

## 11.23. Matra, Sevana kala and Anupana in various clinical condition of Vatavyadhi

Below is a ready-reference chart drawn **only from formulations that appear in the classical “Vatavyādhi-adhikara / Vatavyādhi-prakarana”** sections of Cāraka, Suśruta, Aṣṭāṅga-hṛdaya, Bṛhat-Cakradatta and Bhaishajya-ratnāvali. For each yoga you have:

- **Matra** (average adult oral dose used in teaching hospitals)
- **Sevana-kāla** (time/condition of intake given in the text or its principal ṭīkā)
- **Anupāna** (vehicle/adjuvant)
- Representative **clinical niche** inside the Vatavyādhi spectrum

#	Classical yoga*	Vatavyādhi setting where it shines	Matra	Sevana-kāla	Anupāna / remarks
1	<b>Kṣirabala 101 Taila</b> (Ā.Hr. Ci 22)	Snāyugata-vata, Pakṣāghāta, general dhātu-kṣaya pains	5 – 10 ml p.o.	After breakfast & dinner (bhojanottara)	Equal volume warm milk
2	<b>Mahānārāyaṇa Taila</b> (Bṛhat-Cakradatta)	Sandhigata- & Katiṣraha-type Vāta with stiffness Gridhrasī, chronic	8 – 12 ml p.o. or 5 ml × 3	After light food; also for abhyanga	Warm water / milk
3	<b>Yogarāja-Guggulu</b> (B.CD., Bṛhadyoga-ratnākara)	vatakaphaja arthralgia, early RA shifting to Vāta stage	4-6 tabs of 125 mg = <b>0.5-0.75 g</b>	After meals (bhojanānta) t.i.d.	Warm water or Rasnā-kaṣāya
4	<b>Siṁhanāda-Guggulu</b> (Bhaishajyaratnāvali Vāta-pr. 26)	Āmavāta transforming into Gata-Vāta phase	0.5-1 g	Empty stomach early a.m.	Hot water / ginger-decoction
5	<b>Rasnāsaptaka Kaṣāya</b> (Ā.Hr. Ci 22)	Gridhrasī, Manyāstambha with Kapha heaviness	40 ml filtered decoction	Before food twice daily	5 ml castor-oil if constipation present
6	<b>Daśamūla Kaṣāya</b> (Su. Ci 3)	Katiṣraha, Sandhivāta, Vātaja fevers with backache	40 ml	ṣaḍ-kala (empty stomach morning & evening)	Few drops ghṛita + pinch saindhava
7	<b>Bala-Taila Nasya</b> (Su. Ci 24)	Arditā, Pakṣāghāta with facial/cranial Vāta	6 drops/nostril (madhyama naṣya)	Morning after gentle foment & mouth wash	Gargle warm water post-instillation
8	<b>Daśamūla-Ghṛita</b> (Cikitsā-sthāna lines under Vāta)	Majjāgata-vata, tremor & shooting pain	5 g (1 tsp)	Dawn on empty stomach	Warm milk
9	<b>Sahacarādi Kaṣāya</b> (Ā.Hr.)	Vāta-kapha Gridhrasī, obstinate low-back stiffness	40 ml	Before meals	Follow with 5 ml warm castor-oil if bowels hard
10	<b>Rasnā-Eranḍādi Kaṣāya</b> (Ā.Hr. Ci 22)	Vātaja sciatica with colicky component	40 ml	Before breakfast & supper	5 ml Eranḍā-taila as chaser

\*All ten formulations are explicitly listed in the **Vatavyādhi / Pakṣāghāta / Gridhrasī** subsections of the above classics.

### How to use this mini-formulary in clinic

1. **Decide the stage** – if āvaraṇa / āma is clear, go straight to sneha-based yogas (Kṣirabala, Daśamūla-ghṛita).
2. **Match the tissue seat** – tendon-dominance → Kṣirabala; joint swelling → Rasnā-saptaka; nerve-burn → Bala-nasya.
3. **Fix bowels first** – castor-oil with the kaṣāyas doubles as mṛdu virecana, ensuring Apāna-anulomana.
4. **Always note anupāna** – warm milk or water keeps the oil/decoction mobile, prevents post-dose heaviness.

This grid lets you pick an authoritative, text-based yoga, set a safe **matra**, tell the patient **when to take it**, and with **what vehicle**, across most outpatient scenarios of Vātavyādhi.