

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	Kṣīrabala 101 Taila (Ā.Hṛ. Ci 22)	Snāyugata-vata, Pakṣāghāta, general dhātu-kṣaya pains	5 – 10 ml p.o.	After breakfast & dinner (bhojanottara)	Equal volume warm milk
2	Mahānārāyaṇa Taila (Bṛhat-Cakradatta)	Sandhigata- & Kaṭigraha-type Vāta with stiffness	8 – 12 ml p.o. or 5 ml × 3	After light food; also for abhyanga	Warm water / milk
3	Yogarāja-Guggulu (B.CD., Bṛhadyoga-ratnākara)	Gridhrasī, chronic vata-kaphaja arthralgia, early RA shifting to Vāta stage	4–6 tabs of 125 mg = 0.5–0.75 g	After meals (bhojanānte) t.i.d.	Warm water or Rasnā-kaṣāya
4	Simhanāda-Guggulu (Bhaishajyaratnāvali Vāta-pr. 26)	Āmavāta transforming into Gata-Vāta phase	0.5–1 g	Empty stomach early a.m.	Hot water / ginger-decoction
5	Rasnāsaptaka Kaṣāya (Ā.Hṛ. Ci 22)	Gridhrasī, Manyāstambha with Kapha heaviness	40 ml filtered decoction	Before food twice daily	5 ml castor-oil if constipation present
6	Daśamūla Kaṣāya (Su. Ci 3)	Kaṭigraha, Sandhivāta, Vātaja fevers with backache	40 ml	ṣaḍ-kala (empty stomach morning & evening)	Few drops ghṛita + pinch saindhava
7	Bala-Taila Nasya (Su. Ci 24)	Arditā, Pakṣāghāta with facial/cranial Vāta	6 drops/nostril (madhyama naśya)	Morning after gentle foment & mouth wash	Gargle warm water post-instillation
8	Daśamūla-Ghṛita (Cikitsā-sthāna lines under Vāta)	Majjāgata-vata, tremor & shooting pain	5 g (1 tsp)	Dawn on empty stomach	Warm milk
9	Sahacarādi Kaṣāya (Ā.Hṛ.)	Vāta-kapha Gridhrasī, obstinate low-back stiffness	40 ml	Before meals	Follow with 5 ml warm castor-oil if bowels hard
10	Rasnā-Eraṇḍādi Kaṣāya (Ā.Hṛ. Ci 22)	Vātaja sciatica with colicky component	40 ml	Before breakfast & supper	5 ml Eraṇḍa-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 *āvāraṇa / āma* is clear, go straight to sneha-based yogas (Kṣīrabala, Daśamūla-ghṛita).
2. **Match the tissue seat** – tendon-dominance → Kṣīrabala; joint swelling → Rasnā-saptaka; nerve-burn → Balanasya.
3. **Fix bowels first** – castor-oil with the kaṣāyas doubles as mṛḍu 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.