

ix. auśadha sevana kāla and auśadha sevana mārġa

Āyurveda places **immense emphasis** on the correct **timing** (kāla) and **route** (mārġa) of administering medications, reflecting the system's individualized approach to maximizing therapeutic efficacy. This discussion merges **classical textual references**—from **Caraka**, **Suśruta**, **Aṣṭāṅga Hṛdaya** (A.H.), **Śārṅgadhara**, and **Kāśyapa**—with modern examples to clarify how these concepts are practically applied in contemporary Ayurvedic practice.

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Auśadha Sevana Kāla: Timing of Medicine Administration

Significance of Timing in Āyurveda

- **Rationale:** The body's **digestive** and **metabolic** states fluctuate during the day, influenced by *doṣa* cycles. Administering drugs at specific times ensures **better absorption**, **targeted action**, and **minimal side effects**.
- **Citations:** Caraka (~10 types), Suśruta (~10), Vāgbhaṭa (Aṣṭāṅga Hṛdaya: ~10, Aṣṭāṅga Saṃgraha: ~11), Śārṅgadhara (~5). Each outlines distinct phases—before meals, with meals, after meals, repeatedly, or at night.

Comparative Chart of Auśadha Sevana Kāla

Below is a **composite** table, consolidating classical sources (Caraka, Suśruta, Aṣṭāṅga Hṛdaya, etc.) and **Śārṅgadhara's** simplified approach. (Note: Some texts combine or split the same categories; entries might slightly differ in naming.)

Sl.	Caraka (10)	Suśruta (10)	Aṣṭāṅga Hṛdaya (10)	Aṣṭāṅga Saṃgraha (11)	Śārṅgadhara (5)
1	Bhuktādi (Prathaha Niranna)	Abhakta (empty stomach)	Ananna (fasting)	Abhakta	Sūryodaya (morning)
2	Bhuktādhi (Prāgbhojana)	Prāgbhakta	Annada (before food)	Prāgbhakta	Divā-bhojana (midday meal)
3	Madhyebhakta	Adhobhakta	Madhyebhakta (mid-meal)	Madhyebhakta	Sāyantanam (evening)
4	Paścād-bhakta (prātaḥ)	Madhyebhakta	Antebhakta (prātaḥ) (after breakfast)	Antebhakta (prātaḥ)	Muhur-muhur (frequent)
5	Paścād-bhakta (sāyam)	Antarābhakta	Antebhakta (sāyam) (after dinner)	Antebhakta (sāyam)	Niśi (night)
6	Muhur-muhuḥ	Sa-bhakta	Khavalantara	Muhur-muhuḥ	—
7	Samudga	Samudga	Grasagrāsa	Grasagrāsa	—
8	Bhakta-samyukta	Muhur-muhuḥ	Muhur-muhuḥ	Muhur-muhuḥ	—
9	Grāsa	Sa-grāsa	Sanna	Sanna	—
10	Grāsāntara	Grāsāntara	Samudga	Samudga	—
11	—	—	—	Niśi	—

Note:

- *Bhuktādi* or *Bhuktādhi* = ~fasting or early morning before meal, *muhur-muhuḥ* = repeated small doses, *niśi* = nighttime, etc.
- **Śārṅgadhara** simplifies to 5 phases: **Sūryodaya**, **Divā-bhojana**, **Sāyantanam**, **Muhur-muhur**, **Niśi**.

Key Observations

1. **Before Meals (Prāgbhakta):** Common for appetizer or deepaṇīya drugs.
2. **During Meals (Madhyabhakta):** Blending with food for synergy or slower release.
3. **After Meals (Antebhakta):** Minimizes GI irritation for strong rasāyanas or known irritants.



4. **Repeated Dosing (Muhur-muhuh):** Useful in acute conditions (cough, fever).
5. **Nighttime (Niśi):** Sedatives (Brahmī ghṛta) or mild laxatives for overnight action.

Auśadha Sevana Mārgā (Routes of Administration)

Classification of Routes

Classical texts mention 8 major routes, ensuring that the drug specifically targets the site of pathology or leverages local absorption pathways:

1. **Mukha (Oral)**
 - The most common route: includes powders (chūrṇa), tablets (guṭikā), syrups (āsava-ariṣṭa), ghee (ghṛta), confections (avaleha).
2. **Netra (Ocular)**
 - Eye drops (aścyotana), ointments (añjana) for netra-roga.
3. **Karṇa (Ear)**
 - Medicated oils for ear instillation (karṇa pūrāṇa) in otitis or ear conditions.
4. **Nāsā (Nasal)**
 - Nasya, pradhāmanā nasya for diseases above clavicle (ENT, neurological).
5. **Twak (Skin/Transdermal)**
 - Lepas (pastes), bandages, or abhyanga (oils).
6. **Guda (Anal)**
 - Basti (enemas), a mainstay for vāta management, also used in panchakarma.
7. **Mutra Mārga (Urethral)**
 - Rare; specialized irrigation or Uttara basti for genito-urinary issues.
8. **Yoni (Vaginal)**
 - Yoni picchu (tampon), yoni dhavana (wash), or yoni varti (suppositories) for reproductive system disorders.

Modern Adaptations

1. **Capsules, Lozenges** under oral route, bridging classical forms with convenient dispensing.
2. **Aerosols** or **Nasal sprays** developed for nasya.
3. **Suppositories** or **Creams** for certain rectal or vaginal indications, more in line with modern pharmaceuticals yet referencing classical rationale.

Clinical Applications and Examples

Aligning Timing with Doṣa Cycles

- **Morning** (Kapha-dominant): Emetics, mild stimulants (e.g., laṅghana).
- **Noon** (Pitta peak): Digestive or anti-inflammatory formulations.
- **Evening/Night** (Vāta): Laxatives or sedative herb combos if insomnia or dryness is an issue.

Matching Route to Disease Pathophysiology

- *Nāsya* for sinusitis, migraine, or memory enhancement (nasal route to CNS).
- *Basti* for systemic Vāta management, e.g., degenerative arthritis or neurological conditions.
- *Lepa* for local swelling, skin diseases, wounds.

Pediatric and Geriatric Considerations

- **Pediatric:** Kasyapa's guidelines carefully limit doses, often preferring sweetened forms or mild routes.
- **Geriatric:** Lower capacity for strong purgatives or repeated dosing, so evening-based mild therapies or transdermal might be considered.



Key Takeaways

1. Memorization

- Familiarize with the classical 10–11 timetables from Caraka, Suśruta, A.H., A.S., plus Śārṅgadhara’s 5 simplified times.
- Remember the 8 main routes (Mukha, Netra, Karṇa, Nāsā, Twak, Guda, Mutra, Yoni).

2. Conceptual Logic

- Each time slot or route correlates with *doṣa-physiology*, disease location (*srotas*), and dietary synergy.
- E.g., *muhur-muhuḥ* for continuous effect, *abhakta* for potent formulas requiring full assimilation, *nasya* for head region diseases.

3. Modern Integration

- Metric-based dosing (mg, ml) frequently replaces classical measures (*rati*, *masha*, *praśṛta*), but timing principles remain relevant in clinical practice.
- Modern dosage forms (tablets, capsules) maintain the same logic of “before meal / after meal / bedtime” to enhance efficacy or reduce GI side effects.

Conclusion

Auśadha Sevana Kāla and **Auśadha Sevana Mārga** form essential pillars in **Āyurvedic pharmacotherapeutics**. Classical texts enumerate specific timings—ranging from *abhakta* (fasting) and *prāgbhakta* (before food) to *muhur-muhuḥ* (frequent) and *niśī* (nighttime)—to optimize a drug’s assimilation with the patient’s daily cycle. Meanwhile, multiple **administration routes**—from oral (*mukha*) and nasal (*nāsya*) to rectal (*basti*) and local/transdermal (*lepa*)—enable targeted, *doṣa*-specific interventions. These guidelines, although ancient, continue to **shape contemporary practice**. Whether by prescribing morning doses for respiratory wellness or adopting advanced nasal sprays for *nasya*, physicians seamlessly blend **traditional scheduling** with **modern formulations**. Thus, for both classical scholarship and clinical praxis, mastery of **timing** and **route** stands central to Ayurveda’s holistic and individualized approach to healing.