

A comparative review on *Auśadhakāla* in Ayurvedic classics

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Abstract

Ayurveda is the science of life based on *Trisūtra* (*Hetu*, *Liṅga* and *Auśadha*) which are important to fulfill objectives of Ayurveda called *Svasthanaparāyaṇa* and *Āturaparāyaṇa*. *Auśadhasūtra* is a very important concept as a part of *Cikitsā* (Treatment). *Auśadhakāla* means times of drug administration which is important to achieve the best result of drugs. A literature study was carried out to collect the data about *Auśadhakāla* mentioned in main authentic classics in Ayurveda called *Vṛddhatraya* (*Caraka saṁhitā*, *Susruta saṁhitā* and *Aṣṭāṅgahr̥daya saṁhitā*) and *Laghutraya* (*Śāraṅgadhara saṁhitā*, *Mādhava Nidāna* and *Bhāvaprakāśa*). According to findings, there are various types of *Auśadhakāla* mentioned in those classics except in *Mādhava Nidāna* and *Bhāvaprakāśa*. Number and names of *Auśadhakāla* differ from classic to classic. *Caraka saṁhitā*, *Susruta saṁhitā* and *Aṣṭāṅgahr̥daya saṁhitā* mentioned ten types of *Auśadhakāla* with similarities as well as differences of names. According to the review of above classics, *Abhakta*, *Prāgbhakta*, *Madhyabhakta*, *Adhobhakta*, *Antarābhakta*, *Sabhakta*, *Muhurmuhuḥ*, *Sāmudga*, *Grāsa*, *Grāsāntara* and *Niśi* can be identified as *Auśadhakāla* with synonyms. *Rogībala* and *Vyādhi* have been given prime importance in the context of *Auśadhakāla* in the *Vṛddhatraya*. *Śāraṅgadhara saṁhitā* mentions five types of *Auśadhakāla* as *Sūryodhaya*, *Divasa bhojana*, *Sāyantane bhojana*, *Muhuḥ* and *Niśi* which differ from the classification of *Vṛddhatraya*. In here different parts of the day were used in the context of *Auśadhakāla* considering about *Vyādhi* without any concern for *Rogībala*. According to the above findings, it can be concluded that there are some similarities and differences between *Vṛddhatraya* and *Laghutraya* in the classification of *Auśadhakāla* in Ayurveda.

Keywords: *Auśadhakāla*, *Vṛddhatraya*, *Laghutraya*

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