

‘Aushadha Matra in Ayurveda’

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ABSTRACT

Ayurveda is a very distinct medical science and has some unique features. Ayurveda mainly focus on the preventive aspects and helps in promotion and prolongation of a healthy and happy life. Ayurveda believes that success of any treatment is totally depends upon Chatushpada of Chikitsa. Chatushpada are Bhishag (physician), the Upastha (Medical Attendant), Rogi (patient) and Dravya (medicine). The medicine is one of the important part of treatment. So these medications should be given in proper quantity . If it is properly used in Samyak matra, it cures diseases. If it is used in Atimatra, it may harm. Same way if it is used in Hina matra, may not be capable to cure the disease. It is the Matra only by which Visha becomes Amruta and vice versa Ausadha becomes Visha. The Matra depends on various factors like patient's age, sex, prakriti, strength, desha, agnibala, satva, dosha, severity of disease and medicines used. These factors are very useful for determination of medicinal dose according to rogi. These can be correlated with modern Pharmacology factors like age, weight, surface area, and enzymatic action etc. These factors can be compiled in the Balachatustay namely Dehabala, Agnibala, Chittabala and Rogabala.

Keywords: Aushadhimatra, Vyadhi, Rogi, Aushadha.

INTRODUCTION

Matra means measurement of any kind, size, duration, number, degree, etc. This matra has significant importance from ancient period. In various samhitas like charak, sushrut, kashyap samhita, sharangdhar samhita matra has been explained. Matra is the main core of treatment. Roga, Rogi and aushadha are the main components of treatment(1). The success of treatment depends on dosage, time and proper administration (Yukti). Every physician gives importance to these two factors Matra and Kala, where Matra is more important. In charak samhita matrashitiya adhyaya acharya charak described matra in relation to intake of food as the amount of food which, without disturbing the equilibrium of dosha and dhatu of the body and get digested as well as metabolised in proper time. Ahar matra depends on agnibala and it is to be regarded as proper quantity. (2) Chakrapani in his commentary described matra of ahar and aushadh should be taken in proper quantity. It produces good results. Also it doesn't cause any undesired results when taken in proper quantity. (3) Classification of Matra Acharya Chakrapanidanta classified Matra into following types- 1.Ahar matra 2 Vyayam Matra 3. Aushada Matra Here the main importance and preference will be given on Aushadhamatra or Bheshajamatra, because Aushada 3 is said second Pada of Chatushpada mentioned by Charaka. Aushadha Matra is divided into- • Matravat Aushadha- When any Aushada or Ahara is taken in correct quantity is beneficial or suitable to person. It should act fast, easily metabolised and should not cause any harm to the body. (4) • Amaravat Aushadha - When any Aushada or Ahara is taken in improper quantity is not beneficial to person. (5) Again Amaravat Aushadha is divided into

1) Hina Matra 2) Ati Matra

अमात्रावत्त्वं पुनर्द्विविधमाचक्षते--हीनम् अधिकं च

i. HinaMatra	ii. Atimatra
Unable to treat disease	Cause the vitiation of Tridoshas leading to othe run desired results.
Does not create any Dhatu Samyata	Excreted by Malamargas without being absorbed.
Usage of SodhanaAusadhain Hinamatra, produceUtklesa of Dosha and AyogaVyapadai.e. unable to eliminate Doshas completely occurs.	UsageofSodhanaAushadhainAtimatra,causesAtiyo gaand may result into emergency and risk of lifetoo.

SPECIAL MATRAS

1) VardhamanaMatra-

It is a special dose design when drug to be administered in excessive dose and to make the biological platform ready to assimilate the greater dose of the same drug gradually, and to avoid its dependency or with drawalsymptoms. Further the gradual increase of dose may reach the deeper tissues in due course of time. Example: Vardamanapimpallirasayan, Bhallatakkalpaetc.

2) Hrasiyasimatra-

ह्रस्वमध्योत्तमा मात्रास्तास्ताभ्यश्च हसीयसीम्
 कल्पयेद्वीक्ष्य दोषादीन् प्रागेव तु हसीयसीम् १८

A.H.Su.16/18

In ShenapanaVagbhataand Sushruta described Hrasiyasimatratro know the Agnibalaof patients before fixing the dose, itissomethinglike testdose.⁽⁶⁾

DETERMINATION OF BHAISHAJ MATRA- According to acharya sushrut , dose of medicine should be determine on the basis of the vyadhibala, agnibala and rogibala. (7)

स्थितिर्नास्त्येव मात्रायाः कालमग्निं वयो बलम्
 प्रकृतिं दोषदेशौ च दृष्ट्वा मात्रां प्रकल्पयेत् ३७

(Sha sam.pu^o1 / 37)

Acharya sharangdhar told kala, agni, bala,vaya, prakriti, dosha and desha are the factors on which aushadhmotra can be determine.

In kaidevnighantu, acharya told that dose medicine is not fixed. It should be determined on diseased persons dosha, agni, bala, vaya, vyadhi, koshta & aushadhdravya. According to ashtanghridaya, dushya, desha, bala, kala, agni, prakriti, vaya, satva, satmya and aharavastha are helpful to decide aushadh. (8) Aushadhmotra is determined by following three main factors - 1) As per Rogi 2) As per Vyadhi 3) As per Aushadh • As per Rogi - there are many factors in diseased person from which we can determine aushdhamotra. They are as follows a) Acc. To Age- In this factor first we see vayavibhajan according to acharya charak, sushrut&vagbhat

	Charak	Sushrut	Vagbhat
Balyavashtha	a) Aparipakva dhatu -1-16yrs b) Paripakva dhatu -16-30yrs	a) Ksheerap-upto1yr b) Ksheeranadfrom2-4yrs c) Annad-from4-16yrs	a) Kumar - from birth to16yrs b) yauvan-from16-34yrs
Madhyamavastha	30-60 years	16-70 years a) Vrudhi-16-20yrs b) Yauvan-20-30yrs c) sampurnata-30-40yrs d) Hani-40-70yrs	34-70 years
Vrudhavastha	60-100years	After70years	Morethan 70 years

According to acharya charak, shastrokta dravyapraman is useful for madhyam vaya, madhyakoshta and madhyabala person. Alpa matra is used for hina & adhik matra is used for adhika. (9) In children dosha, dushya, mala & vyadhi are less than madhyam ayu so aushadh matra also used in small quantity. (10) According to acharya sushrut, as the age is increased in the same manner aushadh matra is increased except vrudhavastha. For children acharya sushrut gave following measures. (11) Ksheerap -anguliparvadwaygrahan (one pinch of) Ksheeranad - kolasthi praman Annad -Kola praman

According to Acharya sharangdhar - churna & Kalka have following matra according to age

1st month	1ratti(125gm)
2ndmonthto 1year	Acc.To month increaseby1-1 ratti
For 1 year	12 ratti
1year to16 years	Increaseby1 mashaper year
16years	16.5gm
16-70 years	Sthir matra16.5gm
Morethan 70 years	As age increase by 1 year Decrease matraby 1gm

Accordingto Vishwamitra-

Jatamatra(new born)	Vidangphalapraman
Pratimasa	Increaseby1vidangphalain each month
Ksheerap	Kolasthipraman
Ksheerannad	Kolapraman
Annad	Udumbarpraman

In kashyap samhita khilasthan acharya kashyap mentioned aushadh matra as follows

1-10days	Equalto badariphalabeeja
10-20days	Equalto halfbadriphala
1month	Equalto badriphala
1-2month	Equalto 1.5badriphala
3months	Equalto 2badriphala
4months	Equaltodryamalaki fruit
5-6months	Equaltowetamalakifruit
7-8months	Morethan amlakifruit

a) Acc. To sex –

As males are drudha indriya so aushadh should be given in vrudha matra. So that females are sukumar so aushadh should be given in rhasva mata. In pregnant women, after pregnancy and in menstrual periods drug should be given in small quantity. In pregnant women tikshan aushadh & tikta dravyashould be given in small quantity.

b) Acc. To Prakriti –

In vataj prakriti people vatavardhak medicine should be given in alpa matra. So that in pittaj prakriti, pittavardhak aushadh given in small quantity. Kaphaj prakriti, kaphavardhak medicines given in small quantity.

c) Acc. To Bala (Strength) -

The dose of medicine is decided on the basis of patient's strength. If excessive amount of medicine dose given to durbala rogi he may die. (12)

If sanshaman medicines gives in large quantity causes glani, murchha, madakarak. If it is given in small quantity it becomes nishphal. If sanshodhan medicines given in excessive amount causes atiyoga. If it given in small amount it is nishphal. (13)

We can give large amount of medicine to balavan rugna but hina bala rugna cannot tolerate so it should be given in small amount.

According to satva (psychology)- Pravara, madhyam satva – madhyam matra Hina satva - hina matra

According to Agnibala (power of Digestive juice) -drug quantity inferior to the patient's agnibala – nishphala drug dose equal to the agnibala of the patient – gunakari drug dose exceeding the agnibala of the patient - causes ajirna, vishtambh (14) In Mandagni patient - small quantity Samagni patient - even quantity Tikshagni patient- large quantity

According to Koshta- Mrudu koshta, rikta koshta - alpa matra Madhyam koshta – madhyam matra Krur koshta, purna koshta - vrudha matra According to Satmya - Satmya dravya - madhyam matra Asatmya dravya - alpa matra Oka satmya dravya - ati matra According to Desha (habitat) - Patients from ushna desha - sheeta dravya in more amount Patients from sheeta desha - ushna dravya in more amount Aushadhi matra As per Vyadhi - According to severity, duration, pathology and site of disease dosage of drug changes.

According to Vyadhi bala (severity of disease) -If disease is severe give best quantity of drug & if disease is mild give hina matra drug to the patient. If drug dose more than vyadhi bala given to patient causes upadrava to patient and if drug dose less than vyadhi bala given to patient it is nishphala. (15)

According to Vyadhi kala (Duration of Disease)- New disease without any complications give small amount of drug to the patient. New diseases with complications give large amount of medicine. Chronic disease without complications give madhya matra of the drug. Chronic disease with complications give large amount of drug. According to dosha dushya (pathology of disease) –Dosage of drug should be decided according to dosha & dushya (16) Bahudoshyukta vyadhi -large amount of drug dose Alpadodhayukta vyadhi -Small amount of drug dose If Doshas are in large number, having different Constitution from dosha – large amount of drug dose If Dushya are less & having same as dosha- Small amount of drug dose

According to site of disease-

Disease form in gambhir desha -shreshtha matra

Disease form in anya desha – alpa matra.

As Per Aushadha

According to guna -dosha of medicine

Tikdhna virya medicine- 1 tola Madhyam virya medicine -2 tola Mrudu virya medicine -4 tola

- Medicine which having large amount of dosha- alpa matra
- Medicine which having small amount of dosha- ati matra
- According to habitat of drugs –
- Medicines grow in satmya desha of patient- madhyam matra
- Medicines grow in anya desha-adhik matra

According to Formulations of drugs-

Acharya sharangdhar mention dose of different formulations –

Swaras -1/2 pala *churna -1 karsha*

Putapaka swaras -1 pala *avaleha -1 pala*

Kalka-1 karsha *pramathya-2 pala*

Kwath-1 karsha *sneha- 1 pala*

Hima-2 pala *sandhan -1 pala*

Phanta-2 pala *vati -1 masha.*

CONCLUSION

Aushdha matra is main root of treatment. There is a saying about the dose that when poison is taken in minute quantity it acts like Amrutham and vis a vis. As a small amount of water cannot extinguish fire, similarly medicine in small quantity cannot cure a disease and irrigation with over flood water is harmful for the crops. similarly, medicine in excessive quantity is harmful for the patients. Therefore, after carefully examining the strength of the disease and the medicine, the remedial measures should be administered in a quantity which is neither too large nor too small.

According to Acharya sharangdhar persons of present era(kalyug) are with low digestive power, lesser tolerance and short life span, so the suitable dose of the drug should be decided by the physician with his own intellect. As mentioned earlier, it depends on various factors like Agni, Bala, Vaya, linga, Vyadhi, Dravya, Kostha, Prakriti, Satmya, Desha, kala, Bhesaja etc. So for the treatment of disease audhadha matra is playing very important role.

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