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Review Article

## A Critical Review on Nirannakāla Auśadhisēvana

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### Abstract

Medicine taken on specific time is called Auśadha sēvana kāla. Various Acharyas have also emphasized the importance of Auśadhi sēvana kāla. Nirannakāla is the first Auśadha sēvana kāla in which medicine is taken in the morning at empty stomach. So medicine does not come in relation with food so it's efficacy will not reduce. Nirannakāla is advised in patient having good strength, kapha vrudhi avastha and for rasāyana sēvana. Patient having less strength, bāla, vrudha, garbhini are contra indicated for this kāla.

**Key words:** Auśadha sēvana kāla, Nirannakāla, kapha vrudhi, rasāyana sēvana.

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## INTRODUCTION

**A**yurveda is life science. In this science detail description is given about how to prevent and cure a disease. While treating the disease doṣa, dūṣya, kāla, sanskara, bala, sanslesha, vishlesha plays an important role. Due to this kāla factor less medicine can act more effectively. Acharya charak, Sushruta, vagbhata, kashyapa has described 10 and Acharya sharangdhara has described 5 auśadhi sēvana kālas. All these acharyas has described this first Niranna Kāla.

### Need of Study:

Our Acharyas has told to take medicine at specific time according to involvement of doṣa and bala of patient. So it becomes important to study.

- In which conditions nirannakāla is indicated
- Why the nirannakāla is indicated for that particular disease or doṣa.

## METHODOLOGY

Charak – Samhita, Sushrut Samhita, Ashtang Hridaya, Ashtang Sangrah, Kashyap Samhita, Sharangdhar Samhita are referred for auśadhi sēvana kālas. Other articles are also studied for this kāla.

### Review:

**Synonym:** Nirannakāla <sup>[i]</sup>

Abhaktakāla <sup>[ii & iii]</sup>

Anannakāla <sup>[iv]</sup>

**Definition:** The kāla in which only medicine is taken is called Anannakāla <sup>[v]</sup>. In this kāla food is not given with medicine. In this case stomach is empty so medicine act with its full efficacy. So disease cure fast. Morning period is considered as Nirannakāla <sup>[vi]</sup>. After digestion of medicine food is given in this kāla.

### Indications –

- Pt. having good strength should take medicine at nirannakāla <sup>[vii]</sup>. Due to empty stomach efficacy of medicine will not reduce. So this kāla is indicated in Pt. having good strength.
- Kapha Vriddhi – In kapha vriddhi, for dilatation of strotas of āmāśaya this kāla is useful <sup>[viii]</sup> e.g. in

kaphaj Pandu Shilajatu vatak is indicated at nirannakāla. Early morning time is the period of kapha vriddhi. So in the case of kapha vriddhi to remove obstruction of āmāśaya strotas this kāla is indicated.

- This kāla is also called as ‘Rasāyana Kāla’ because in charak samhita ‘Rasāyanaadyaya’ rasāyanaas are told to take early in the morning.

### Contra Indications:

Patient who is suffering from thirst, hunger, indigestion, weakness is contra indicated to this kāla. If these patients take medicine at empty stomach they will suffer from giddiness, weakness etc. so in such patients’ medicine should be given with food.

## DISCUSSION

Bruhatrayi, Sharangdhara and Kashyapa Samhita has described this kāla. In this kāla medicine does not relate with food interaction. So its efficacy does not reduce. Patient having good strength with kapha vriddhi and in case of rasāyana sēvana this kāla is indicated.

## CONCLUSION

The principle behind the concept of auśadh sēvana kāla do not indicates only time rather various physiological and pathological events are also thought to acquire desire effect of the medicine.

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