

A Review on Drug Administration According to Ayurveda

Dipshikha S. Rakhunde

Assistant Professor, Dravyaguna Department, Shri Ayurved Mahavidyalaya,
Hanuman Nagar, Nagpur, Maharashtra, India

***Corresponding Author**

Email Id: rsdipshikha13@gmail.com

ABSTRACT

In our ancient science of Ayurveda the description about various drugs, their uses according to diseases and their stages, dose, time of drug intake, supplementary drug taken with the main medicine for the better absorption and also for the better result are described briefly. According to Ayurveda three dosha are mentioned i.e., vata, pitta and kapha and the all diseases are described under these three dosha. Sometime one dosha involve in some diseases or sometime two or three dosha are involved in the disease. According to the dosha involve, nature of the disease, the time involve in which the the disease aggravate the medicine time, dose, supplementary drink are decided. For all the above purpose the drug administration according to ayurveda are important. In this paper all these things are described briefly.

Keywords: drug administration, dose, dosha, time, supplementary drink.

INTRODUCTION

In our ancient science of ayurveda basic principles of drug administration are described. In this science three doshas i.e., vata, pitta and kapha are the base of treatment of various diseases. According to stages of tridosha and the diseases the route of drug administration are differ. The dose of the drug, time, supporting drink or other drug which is help for the better absorption of medicine, combination of two or more drugs, prescription writing are the things important for the management of diseases [1].

Uses of Different Parts of Plants

Aacharya Charak described four properties of best medicine i.e., bahuta, yogyata, anekvidh kalpana and sampat. There are various parts are used in varius combination of medicine or in a single drug. These parts are root, stem, stem bark, leaf, flower, milk, seed, oil, fruit, ash, exudates. The mesicines are prepared in various forms like swaras, kalka, kwath, aasava, arishta, leha, churna, kshar, ksheer, hima, fanta, vati, guti, parpati etc [2].

Samyog and Virodha

In treatment there are combinations of two or more drugs for the rapid absorption of medicine, treatment of at a time two or more doshas or different diseases. These combinations are called as samyog. Sometimes the combinations of the two or more drugs are harmful for the human being. This is called as virodha. There are five types of virodha, maanvirodha, gunavirodha, viryavirodha, vipakvirodha and karmavirodha. Some drug are not combined with the other drugs but those are harmful for the body. Aacharya Charak described 18 types of virodha [3].

Aushadha Yoga

With the combination of two or more drug medicines are prepared in ayurveda. According to Ayurveda the name of the medicine are based on the main drug like chitrakadi vati, abhrak bhasma. On the basis of rushi muni like chyawanprash, agastiharitaki avaleha etc. some names are on the base of their look like parpati, vati, guti. In this type of various combination of the drug one drug is the main

constituents and the others are supplementary or some drugs are helpful for the decreases harmful effect of the main drug. Dosha, dushya, desh, bala, kala, agni, prakriti, vaya, linga, satva, satmya, aahar, awastha are the some important things which is kept in mind during the preparation of the medicine [2].

Aushadhi Matra

According to Ayurveda the drug dose is dependent on the various characters like vyadhi, koshta, bala, vaya desh, kala. In Ayurveda some drugs are harmful if they are used in a large quantity also some drugs are not worked properly if they given in a minute quantity. That's the reason drug dose are dependent on various conditions of the patient as well as diseases. According to modern science there are drug dose finding formulas like Cowling's formula, Diling's formula for the correct dose given to the correct person according to the age [1].

Anupan

Anupan is the most important part of the medication in Ayurveda. It is useful in not only taken drug properly but also it is useful for the absorption of the medicine. Some anupan increases the potency of the drug and helps in readily improve in health condition of the receiver. Warm water is the best anupan described in ayurveda. There are various anupan described according to various disorder like ghrith and hing in shoolroga, ghrith and lasun in vatvyadhi, madhu and pippai in jirnajwar etc [2].

Bhaishajya Kala

The time of medication is one of the most important part among all. When we taking a proper medication but not on proper time then it's not going to work well. That's why the time of taken medicine is very important. Aacharya charak described eleven types of kala. Pratkkaal , pragbhakta, madhyabhakta, prata pashchatbhakta,

sanya pashchatbhakta, muhurmuha, samudga, samabhakta, sagras, grasantar, nisha are the kala. In Sharangdhar Samhita five bhaishajya kala described [3].

DISCUSSION

Administration of the drug *i. e.*, bhashaj prayog in ayurveda is the most important part of the medication. Like modern science ayurveda not only treat the symptoms but it cures the disease from the root of it. For the curing the disease from its root it is important to take the medication in a proper way according to dosha involve in this, time of the drug taken, dose of the drug, potency of the drug used, supplementary drug taken with the main drug which increases the capacity of the drug for the better absorption as well as helps in fastly improving the diseased condition.

CONCLUSION

The administration of the drug is the most important part of the medication, if it taken in a proper way it is helpful in increases the condition of the patient. If the combination of all the above things are well maintained then the mostly diseases are recovered fastly.

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