

**IMPORTANCE OF KALA DRAVYA****Patil Monika Dhiraj*¹, Patil Dhiraj Kakasaheb², Shukla Sonali Viraj³**

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* **Corresponding author:** Mob. No. – 8050467172, Email ID – drmdpatil1980@gmail.com**ABSTRACT :-**

Kala Dravya is unavoidable. It is *Nitya* and *Vibhu*. It effects on all the things on the earth. While treating disease medicine should be given according *Kala*. *Desha*, *Matra* etc. *Heena*, *Ati* and *mithya* yoga of *Kala* acts as an etiological factor. *Jara* is *Kalakrut Swabhavabalpravrutta vyadhi*. *Doshavastha* also changes with *kala*. *Garbhadharana* requires particular *Kala*. *Shodhana*, *aushadhi sangrahan* is also done in specific *kala*. For ingestion of medicine *Dashavidhaushadhi Sevan Kalas* are described. *Sadhyasadyata* of disease also changes with *kala*. So *kala* plays an important role in our life.

KEY WORDS – *jara*, *kala*,**INTRODUCTION**

प्रयोजनंचास्य स्वस्थस्य स्वास्थरक्षणमातुरस्य
विकारप्रषमनं च ।

(च.सू.30/26)

Health maintain and disease cure are aims of Ayurveda. In disease cure doctor, patient, medicine and compounder plays

an important role. Among these all doctor use medicine to cure disease.

While treating disease medicine should be selected according to *desh*, *kala*, *matra*, *atmyasatmya* etc.

देशकालप्रमाणानां सात्त्यासात्मस्य चैव हि ।
सम्यग्योगोऽन्यथा ह्येषां पथ्यमप्यन्यथा भवेत् ॥
(Cha.cha.30/293)

Kala is unavoidable .so it effects all the factors on the earth. *Heen*, *ati* and *mithya* yog of *kata* acts as etiological factors. *Kala* is also important in the view of treatment.

नहृतिपतितकालप्राप्तकालं वा भेषजमुपयुज्यमानं
यौगिकं भवति, कालो हि भेषज्यप्रयोग
पर्याप्तिमभिनिर्वर्तयति ।

(च.वि.8/128)

Medicine given before or after time could not give better results. In samhitas *kala dravya* is described in detail. It is related with *dinacharya*, *rutucharya*, *hetu*, *chikitsa*, *sadhyasadyata*, *aushadhisevan kala*, *saviryatavadhi* of *drugs* and

aushadhi sangrahan. So it is very important to study this dravya in detail.

MATERIAL AND METHOD

Kala is divided into two types-*nityag and avasthik*. *Kshana, muhurt, aho-ratra* are *nityag* and *bala, tarun and vrudhavadha* are *avasthik kala*.

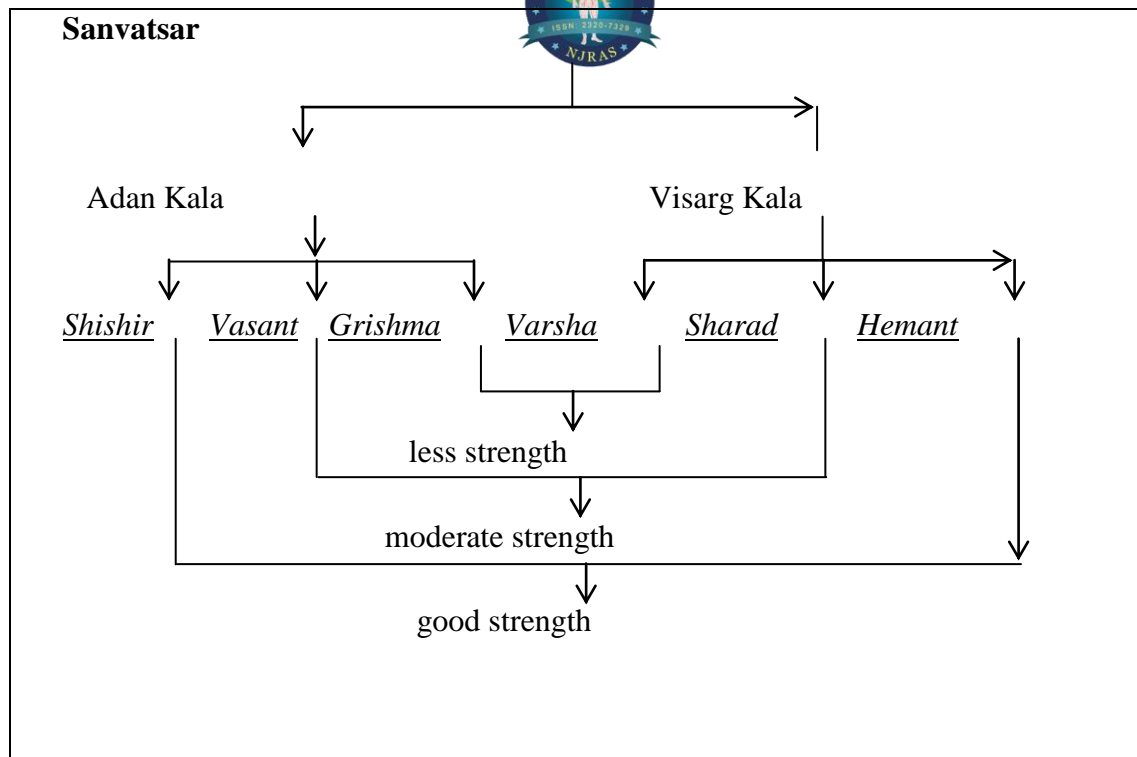
Vrudhavadha-

According to Acharya Charak rasadi seven dhatus become kshina. Strength, virya, memory, grasping power decrease day by day. Vat dosha becomes is called *akala jara*. Excess intake of salty food, stressful life, junk food causes early aging.

predominant. *Oja kshaya* will occur. The power of sense organs will reduce. Charkacharya has described Jara as *swabhavaj* (natural) *vyadhi*.

Jara and death occurs due to effect of kala on body. These diseases occurs naturally i.e. *swabhavatah* which is considered as untreatable. Acharya Sushruta has also described ageing as a *Kalkrutswabhav balapravrutta*. Thrust, hunger, death are unavoidable diseases which occurs due to effect of kala on body. When symptoms of jara occurs in early age

• Bala and Kala



• **Kala and Doshavastha**

Dosha	Sanchaya	Prakop	Prashaman
Vata	Grishma	Varsha	Sharad
Pitta	Varsha	Sarad	Shishir Hemant
Kapha	Hemant Shishir	Vasant	Grishma

• **Kala and Sanshodhan**

Basti - Pravrut

Vaman - Vasant
Sadharan Rutu

Virechan - Sharad

Remaining three rutus are sadharan. So sanshodan is contraindicated in these.

Rutucharya :-

Person who follows Abhar - Vihar according to Rutu can avoid that seasonal diseases. So Rutucharya is important for LoLFkL; LokLFk j{k.ka A

• **Kala and Ahar :-** Food taken before or after time can cause different types of diseases.

कालः सर्वं पुण्याप्तिमभिनिर्वर्तयति ।

अ.सं.सू.10/27

Digestion of previous food and feeling of hunger is proper time to take food. *Ashtavidha Aharvidhi Saptavidha Ahar Kalpana* and *Ahar parinam karak bhav* are also related with kala. Too fast, too slow, viruddha kala also deals with kala.

Kala and Pregnancy :-

Rutukal is an important factor in pregnancy. Twelfth day after menstruation period is considered as rutukal. Intercourse on even

days is indicated for male baby child while odd days are for female baby. Pusavanvidhi also requires proper time. Garbhini paricharya, prasav are also related with time.

Trividh Hetu and Kala :-

Kala, artha, karmas heena, ati and mithya yoga are etiological factors of different types of diseases. Samyak yoga helps to maintain health.

Kala and Vyadhi :-

Already it is told that heena, ati and mithya yoga of kala causes diseases. Acharya Sushruta has described Adibala pravrutta, Janmabalappravrutta, Kalabala pravrutta and Daivabala pravrutta diseases. These all types are related directly or indirectly with kala. Newly formed diseases are considered as Sukhasadya and chronic diseases are asadya that is incurable. Some examples are given below.

- 1) Fractures in Shishir rutu and in childhood – Sukhasadhyas
- 2) Newly formed Vatarakta – Sukhasadhyas Su.chi.(5/14)
chronic vatarakta - Yasya
- 3) Ardit since 3 years – Shastra sadhya or Asadhyas (Su.chi.14/3)

Arishta Lakshana indicates death of the person will occur in 3 days, 7 days, 15 days, 6 month or a year.

Kala and Aushadhi sangrahan kala – different part of plants grow fully in particular kala.so different parts should be collected in different seasons. e.g.

- Root-Grishma Ritu
- Stem-Vasant and Varsha Ritu
- Leaves-Vasant and Varsha Ritu
- Skin –Sharad Ritu
- Sar-Hemant Ritu

Flower and fruits-according to seasons

According to karma

Vaman and virechana dravya- Vasant Rutu

Other-Sharad Ritu(sha.pratham khand 1/57)

Agniguna pradhan-*Uttarayan*

Somguna pradhan-*Dakshinayan*

Aushadhi kalpana and saviryatavadhi

- Vanaspati dravya-1yr
- Churna-2month
- Gutika-1yr
- Avaleh-1yr
- Siddhagrita-4months
- Siddha tail-4months
- Asav-potential energy increases with time

Aushadhasevan kala no. of aushadhi sevan kala

- Samhita: 10
- Charak: 10
- Sushrut: 10
- Ashtang sangrah: 10

- Ashtang hridya: 10
- Sharangdhar: 05

Aushadhisevan kala

- Nirannakala-strong persons, kapha pradhanata
- Bhuktadau kala-Apan vayu vikruti, Urushambha, Sthaulya
- Bhuktamadhya-Aaman vayu vikruti, Koshtagat disease, Pittaj vyadhi
- Bhuktapashchat-Ayan yvayu, kaphaj diseases, Bruhan aushadhi
- Muhurmuhur- Dyspnea kas, pipasa, hikka, chardi
- Samudga-hikka, kampa, akshep
- Bhakta sanyukta-weak persons, krimi
- Sagras - pranvayu, weak patients
- Grasantar - pranvayu vikruti, cardiac disease
- Nishakala - shiroroga
- Antarbhakta - tikshnagni, vyan vayu, dipak aushadhi.

DISCUSSION AND RESULT -

Kala affects all the factors on the earth. So all samhitas have described this dravya in detail. It plays an important role in vyadhi uttapati, garbhadharana, chikitsa, aushadhisangrah, sadhyasadyata, ahar vidhi etc.

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