

# ‘Importance of Aushadha Matra in Ayurveda’

Dr. Shital S. Dhote<sup>1</sup>, Dr. Vedangi. D Wargantiwar<sup>2</sup>

<sup>1</sup>Assistant professor in dept. of Samhita Siddhanta , DMM Ayurved Mahavidyalaya, Yavatmal,  
<sup>2</sup>PG Scholar, department of Panchakarma, MGACHRC, Wardha

## 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-**Aushadhi matra, 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 Bhashajamatra, because Aushada 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. Hina Matra	ii. Atimatra
Unable to treat disease	Cause the vitiation of <i>Tridoshas</i> leading to other undesired results.
Does not create any <i>Dhatu Samyata</i>	Excreted by <i>Malamargas</i> without being absorbed.
Usage of <i>Sodhana Ausadha</i> in <i>Hinamatra</i> , produce <i>Utklesa</i> of <i>Dosha</i> and <i>Ayoga Vyapada</i> i.e. unable to eliminate <i>Doshas</i> completely occurs.	Usage of <i>Sodhana Aushadha</i> in <i>Atimatra</i> , causes <i>Atiyoga</i> and may result into emergency and risk of lifetoo.

**SPECIAL MATRAS**

**1) Vardhamana Matra -**

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 withdrawal symptoms. Further the gradual increase of dose may reach the deeper tissues in due course of time. Example: *Vardhamana pimpalli rasayan, Bhallatak kalpa* etc.

**2) Hrsiyasimatra-**

ह्रस्वमध्योत्तमा मात्रास्तास्ताभ्यश्च हसीयसीम्  
 कल्पयेद्विद्य दोषादीन् प्रागेव तु हसीयसीम् १८

A.H.Su.16/18

In *Shenapana Vagbhata* and *Sushruta* described *Hrsiyasimatra* to know the *Agnibala* of patients before fixing the dose, it is something like test dose.<sup>(6)</sup>

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 1 / 37)

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

In kaidev nighantu, acharya told that dose medicine is not fixed. It should be determined on diseased persons dosha, agni, bala, vaya, vyadhi, koshta & aushadh dravya. According to ashtang hridaya, dushya, desha,

bala, kala, agni, prakriti, vaya, satva, satmya and aharavastha are helpful to decide aushadh. (8) Aushadh matra 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 aushdha matra. They are as follows a) Acc. To Age- In this factor first we see vaya vibhajan according to acharya charak, sushrut & vagbhat

	Charak	Sushrut	Vagbhat
<i>Balyavashtha</i>	) <i>Aparipakva dhatu</i> -1-16 yrs ) <i>Paripakva dhatu</i> -16-30 yrs	a) <i>Ksheerap</i> -upto 1 yr ) <i>Ksheeranad</i> from 2-4yrs c) <i>Annad</i> - from 4-16 yrs	) <i>Kumar</i> - from birth to16 yrs ) <i>yauvan</i> -from 16-34yrs
<i>Madhyamavastha</i>	30-60 years	16-70 years a) <i>Vrudhi</i> -16-20 yrs b) <i>Yauvan</i> -20-30yrs c) <i>sampurnata</i> - 30-40yrs d) <i>Hani</i> -40-70yrs	34-70 years
<i>Vrudhavastha</i>	60-100 years	After 70 years	More than 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*.<sup>(9)</sup> In children *dosha, dushya, mala & vyadhi* are less than *madhyam ayu* so *aushadh matra* also used in small quantity.<sup>(10)</sup>

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

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.<sup>(11)</sup>

*Ksheerap -anguliparvadwaygrahan* (one pinch of)  
*Ksheeranad - kolasthi praman*  
*Annad -Kola praman*

1st month	1 <i>ratti</i> (125 gm)
2nd month to 1 year	Acc. To month increase by 1-1 <i>ratti</i>
For 1 year	12 <i>ratti</i>
1 year to 16 years	Increase by 1 <i>masha</i> per year
16 years	16.5 gm
16-70 years	<i>Sthir matra</i> 16.5 gm
More than 70 years	As age increase by 1 year Decrease <i>matra</i> by 1gm

**According to Vishwamitra-**

<i>Jatamatra</i> (new born)	<i>Vidangphala praman</i>
<i>Pratimasa</i>	Increase by 1 <i>vidangphala</i> in each month
<i>Ksheerap</i>	<i>Kolasthi praman</i>
<i>Ksheerannad</i>	<i>Kola praman</i>
<i>Annad</i>	<i>Udumbar praman</i>

In kashyap samhita khilasthan acharya kashyap mentioned aushadh matra as follows

1-10 days	Equal to <i>badariphala beeja</i>
10-20 days	Equal to half <i>badri phala</i>
1 month	Equal to <i>badri phala</i>
1-2 month	Equal to 1.5 <i>badri phala</i>
3 months	Equal to 2 <i>badri phala</i>
4 months	Equal to dry <i>amalaki fruit</i>
5-6 months	Equal to wet <i>amalaki fruit</i>
7-8 months	More than <i>amlaki fruit</i>

**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 dravya* should 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*, *pittavardhakaushadh* 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 *durbalarogi* he may die.<sup>(12)</sup>

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*.<sup>(13)</sup>

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)- Pravar, 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*, *vishthambh*<sup>(14)</sup>

In *Mandagni* patient - small quantity *Samagni* patient - even quantity *Tikshangni* patient- large quantity

**According to Koshtha-**

*Mrudu koshtha, rikta koshtha - alpa matra* *Madhyam koshtha - madhyam matra* *Krur koshtha, purna koshtha - 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*.<sup>(15)</sup>

**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

• **According to Formulations of drugs-**

Acharya sharangdhar mention dose of different formulations –

- |                                  |                         |
|----------------------------------|-------------------------|
| • <i>Swaras -1/2 pala</i>        | <i>churna -1 karsha</i> |
| • <i>Putapaka swaras -1 pala</i> | <i>avaleha -1 pala</i>  |
| • <i>Kalka-1 karsha</i>          | <i>pramathya-2 pala</i> |
| • <i>Kwath-1 karsha</i>          | <i>sneha- 1 pala</i>    |
| • <i>Hima-2 pala</i>             | <i>sandhan -1 pala</i>  |
| • <i>Phanta-2 pala</i>           | <i>vati -1 masha.</i>   |

**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

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*<sup>(16)</sup>

*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*

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.

**REFERENCES**

- [1]. Nepal Rajgurunam pandit Hemrajsharmana, Kashyap Samhita, Varanasi, Chaukhamba sanskrit sansthan, Khilsthan
- [2]. Sharma RK, Bhagwan Dash. Charaka Samhita (Eng. Translation) Vol. I (Sutrasthana). Varanasi; Chaukhamba Sanskrit Series Office; Sloke 4, pg.no.106
- [3]. Sharma RK, Bhagwan Dash. Charaka Samhita (Eng. Translation) Vol. I (Sutrasthan). Varanasi; Chaukhamba Sanskrit Series Office; chakrapani commentary, Sloke

- 4, p. 106.
- [4]. Agnivesha, charaka samhita, Vol- IV, Siddhithana, published by Gulabkunverba Ayurvedic University, Jamnagar, 1949, Shloke 15-16, page 2735.
- [5]. Sharma RK, Bhagwan Dash. Charaka Samhita (Eng. Translation) Vol. I (Sutrasthana). Varanasi,Chaukhamba Sanskrit Series Office; chakrapani commentary, Sloke 4, p. 106
- [6]. Dr.Ganesh krushna Garde,sartha vagbhat (marathi translation),varanasi ,chaukhamba surbharati prakashan ,shlok 18,pg.no.70
- [7]. Vd.P.G.Athavale, Drushtartha Sushrut Chintan, part 1 , Nagpur, Godavari Publication & book pramotors, shlok no. 10,pg.no.299
- [8]. Dr.Ganesh krushna Garde,sartha vagbhat (marathi translation),varanasi ,chaukhamba surbharati prakashan ,shlok 67,pg.no.59
- [9]. Vd.Vijay Shankar Kale, Charak Samhita, Delhi, Chaukhamba sanskrit Pratishthan,kalpasthan,shlok 82,pg.no.850
- [10]. Vd.Vijay Shankar Kale, Charak Samhita, Delhi, Chaukhamba sanskrit Pratishthan,Chikitsa sthan,shlok 282,pg.no.770
- [11]. Vd.P.G.Athavale, Drushtartha Sushrut Chintan, part 1, Nagpur, Godavari Publication & book pramotors, shlok no. 37,pg.no.272
- [12]. Kaviraj Shree Atridevaji Gupta,Charak Samhita,Banaras,Bhargav Pustakalay gayaghat Banaras, Bhag 1 , Vimansthan,shlok 14 , pg. No. 563
- [13]. Vd.P.G.Athavale, Drushtartha Sushrut Chintan, part 1, Nagpur,Godavari Publication & book pramotors, shlok no.10,pg.no.245
- [14]. Vd.P.G.Athavale, Drushtartha Sushrut Chintan, part 1, Nagpur, Godavari Publication & book pramotors, shlok no. 10,pg.no.299
- [15]. Vd.P.G.Athavale, Drushtartha Sushrut Chintan, part 1, Nagpur, Godavari Publication & book pramotors, shlok no. 10,pg.no.299
- [16]. Kaviraj Shree Atridevaji Gupta, Charak Samhita,Banaras, Bhargav Pustakalay gayaghat Banaras, Bhag 1 , Vimansthan,shlok 14 , pg. No. 563