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## MATRA NIRDHARANAM – AN ABRIDGEMENT OF DOSE OPTIMIZATION

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### ABSTRACT

As per our science *Chikitsa* depends totally upon four factors which are known as *Chikitsa Chatushpada*. *Aushadha* is one among the four *Chatuspada* and the proper *Maatra* of *Aushadha* has very great importance in reference to treating diseases as severe fire can't be stopped by little drops, in this same manner little dose of medicine can't be able to treat disease completely. As more amount of water can damage the crop, in the same manner increased dosage of medicine may harm body or gets excreted by *Malamarga*. Whereas, if it is properly used in *Samyak matra*, it cures diseases. It indicates that only required dose of medicine is supposed to be administered to the patient.

The *Matra* depends on various factors like *Dosha*, *Agni*, *Bala*, *Vaya*, *Vyadhi*, *Dravya*, *Bala*, *Satva*, *Desha* and *Kostha* etc. So, one must consider all these factors before fixing the *Matra* of the *Aushadha*. The *Matra* described in Ayurveda has been correlated to the Posology of the modern pharmacology. Posology is derived from the Greek word “poses” means how much and “logos” means science, so Posology is the branch of medicine/pharmacy dealing with doses.

**keywords-** *Bheshaja Matra*, *Matra Nirdharanam*, *Aushadha Matra*.

### INTRODUCTION

In Ayurveda, the *Matra* has been mentioned in different *Samhitas* such as *Charaka*, *Susrutha*, *Sharangadhara* and *Kashyapa Samhitas*. *Charaka* in *Matrashitiyaadhaya* described *Matra* in relation to intake of food as, “the amount of food which get digested as well as metabolized in proper time, without disturbing the equilibrium of *Dhatu*s and *Doshas* of the body.”<sup>1</sup>

*Chakrapani* in his commentary described *Matra* as “Either the *Ahara* or *Aushada* when taken in proper quantity it produces good effect. Also, it doesn't cause any undesired effect when taken in proper quantity.”<sup>2</sup>

### CLASSIFICATION OF MATRA

Chakrapanidatta classified *Matra* into

1. *Aahara Matra*, 2. *Vyayama Matra* and 3. *Aushada Matra*.

*Aushadha Matra* can be divided into

a. *Matravat Ausadha* - When any *Aushadha* or *Ahara* is taken in correct quantity is beneficial or suitable to person. It should act fast, easily metabolized and should not cause any harm to the body.<sup>3</sup>

b. *Visamamatravata Ausadha* - When any *Aushadha* or *Ahara* is taken in improper quantity is not beneficial to person.

Further *Vismamatravat Aushdha* is divided into, *Hina Matra*- Unable to treat disease and *Atimatra* - Cause the vitiation of *Tridoshas* leading to other undesired results or which may harm the body and even gets excreted by *Malamarga*.<sup>4</sup>

### SPECIAL MATRAS

*Vardhamana Matra*- It is a special *Matra* to advise the drug in excessive dose by making the biological platform ready to assimilate the greater dose of the same drug gradually, and to avoid its withdrawal symptoms by decreasing it gradually. Example: *Vardamana Pipalli, Parpati Kalpa Prayoga etc.*

*Hrisiyasi Matra* - It is something like test dose. In *Snehapana, Vagbhata* and *Susruta* described *Hrisiyasi Matra* to know the *Agribala* of patients before fixing the dose.

### EFFECT OF VARIOUS FACTORS ON MATRA

*Matra* can be decided only after considering the following factors.<sup>5</sup>

1	<i>Vaya</i>
2	<i>Bhesaja</i>
3	<i>Bhesaja Kalpana</i>
4	<i>Kala</i>
5	<i>Satmya</i>
6	<i>Prakriti</i>
7	<i>Desha</i>
8	<i>Kostha</i>
9	<i>Agni</i>
10	<i>Satva</i>
11	<i>Bala</i>
12	<i>Rogavastha</i>
13	<i>Dosha</i>
14	<i>Prayoga marga</i>

### DETERMINATION OF MATRA AS PER THE AGE

ACCORDING TO SUSRUTHA DOSE FOR CHILDREN IS AS FOLLOWS:

Table No.1: Dosages According to Condition of Child.<sup>6</sup>

AGE & CONDITION OF CHILD	MATRA
<i>Ksirada</i>	<i>Ungliparvadvaya ghrahna samita</i>
<i>Ksiraanada</i>	<i>Kolasthi</i>
<i>Annada</i>	<i>Kola Samita</i>

### AS PER CHARAKA

*Doshas, Dhatus* and *Malas* in children are *Aparipakva* in comparison to the adults; the drug given to child must be of low potency, small in dose as well as less frequency of administration.<sup>7</sup>

ACCORDING TO ACHARYA KASHYAPAMATRA OF LEHYA <sup>8</sup>

For *Navajata* as *Vidangaphalatulya*, afterwards the above dose is gradually increased. The maximum dose should not exceed the weight of *Amalakiphala*.

DOSE OF GHRITA <sup>9</sup>Table No.2: Showing dose of *Ghrita*

CONDITION	MATRA
In newly born	<i>Kolasthi</i>
After 5 or 6 days	Slightly more
After 20 nights	<i>Kolardha</i>
Till one month	<i>Kola matra</i>
2 <sup>nd</sup> month	More than <i>kola</i>
3 <sup>rd</sup> month	2 <i>Kola</i>
4 <sup>th</sup> month	<i>Shushk Amlaki</i>
5 <sup>th</sup> /6 <sup>th</sup> month	<i>Aadra Amlaki</i>
7 <sup>th</sup> /8 <sup>th</sup> month	More than <i>Aadra Amlaki</i>

Till 8 months the drug quantity should be 1/4<sup>th</sup> to that of *Sneha Kalpana* and should be given according to disease.

After 8 months drug should be mixed with water and given.

As per *Acharya Kashyapa*, Keeping the exceptions aside, the dose of drug of old person is that of persons of sixteen years of age. Afterward, it gradually decreases and for hundred or more than hundred years of age, the dose is like *Ksheerannada* is described.

ACCORDING TO ACHARYA SHARANGADHARATable No. 3: Showing dose for *Churna* and *Kalka*.<sup>10</sup>

AGE	MATRA
1 month	1 <i>Ratti</i>
2 <sup>nd</sup> month - 1 year	Increase by 1 <i>Ratti</i> every month which will be equal to 1 <i>Masha</i> at 12 <sup>th</sup> month
1 year- 16 year	Increase by 1 <i>Masha</i> every year
16- 70 years	This will be equal to 16 <i>Masha</i>
After 70 years	Decrease slowly as that of child dose

Increase the dose to 4 times for *Kwatha*.

DOSAGES OF VARIOUS KALPANAS

## AS PER KASHYAPA

Table No.4: Showing dosages of various *Kalpanas* as per *Kashyapa*

<i>Churna</i>	<i>Deepaniya</i>	<i>Agraparva anguli grahya</i>
	<i>Jeevaniya, shamshamaniya</i>	2 times of <i>Deepaniya</i>
	<i>Vaman/virechan</i>	$\frac{1}{2}$ of <i>Deepaniya</i>
<i>Kalka</i>	<i>Deepaniya</i>	1 Aksha/ 12 g
	<i>Jeevaniya, shamshamaniya</i>	2 Aksha / 24 g
	<i>Vaman/virechan</i>	$\frac{1}{2}$ Aksha /6 g
<i>Kwatha</i>	<i>Doshanashaka</i>	2 Prasriti/ 192 ml
	<i>Jeevaniya, shamshamaniya</i>	1 Prasriti/ 96 ml
	<i>Vaman/virechan</i>	2 Prasriti/ 192 ml

DOSAGE OF KAASTAUSHADHISTable.No.5: Showing dosage of *Kaastaushadhis* as per *Sharangadhara*

SL.NO	KALPANA NAME	MATRA
1	<i>Svarasa (ardra draya)</i> <i>Svarasa (shushk draya)</i> <i>Putpaka Svarasa</i>	$\frac{1}{2}$ Pala / 24 ml 1 Pala / 48 ml 1 Pala / 48 ml
2	<i>Kalka</i>	1 Karsha / 12 g
3	<i>Kwatha</i>	2 Pala / 96 ml
4	<i>Hima</i>	2 Pala / 96 ml
5	<i>Phanta</i>	2 Pala / 96 ml
6	<i>Churana</i>	1 Karsha / 12 g
7	<i>Vati</i>	1 Karsha / 12 g
8	<i>Avaleha</i>	1 Pala / 48 ml
9	<i>Ghrita</i>	1 Pala / 48 ml
10	<i>Taila</i>	1 Pala / 48 ml
11	<i>Asava - Arishta</i>	1 Pala / 48 ml

DOSAGE OF RASA DRAVYASTable No.6: Showing dosage of *Rasa Dravyas* as per R.T and R.R.S

SL.NO	KALPANA NAME	MATRA
1	<i>Abharaka bhasma</i>	1-2 Ratti
2	<i>Vaikranta bhasma</i>	$\frac{1}{24}$ - $\frac{1}{11}$ Ratti
3	<i>Makshik bhasma</i>	$\frac{1}{2}$ - 2 Ratti
4	<i>Vimala bhasma</i>	$\frac{1}{2}$ - 2 Ratti
5	<i>Shuddha shilajatu</i>	2 - 8 Ratti
6	<i>Shuddha gandhak</i>	1 - 8 Ratti

7	<i>Shuddha gairik</i>	2 – 4 Ratti
8	<i>Kasis bhasma</i>	½ - 2 Ratti
9	<i>Shuddha safatika</i>	2 – 4 Ratti
10	<i>Hartala bhasma</i>	¼ - ½ Ratti
11	<i>Shuddha Mana shila</i>	1/32 – 1/16 Ratti
12	<i>Shuddha gauripashan</i>	1/120 – 1/30 Ratti
13	<i>Shuddha navasadara</i>	2- 8 Ratti
14	<i>Kaparda bhasma</i>	2 Ratti
15	<i>Godanti bhasma</i>	1- 3 Ratti
16	<i>Shringa bhasma</i>	1 -2 Ratti
17	<i>Shukati bhasma</i>	2 Ratti
18	<i>Shankha bhasma</i>	2 Ratti
19	<i>Kukkutand tvak bhasma</i>	1- 2 Ratti
20	<i>Svarna bhasma</i>	1/8 -1/4 Ratti
21	<i>Rajata bhasma</i>	¼ - 1 Ratti
22	<i>Tamra bhasma</i>	1/8 – 1 Ratti
23	<i>Lauha bhasma</i>	¼ - 2 Ratti
24	<i>Mandura bhasma</i>	¼ - 2 Ratti
25	<i>Naga bhasma</i>	¼ - 1 Ratti
26	<i>Vanga bhasma</i>	1 -2 Ratti
27	<i>Yashad bhasma</i>	½ - 1 Ratti
28	<i>Kamsya bhasma</i>	½ - 1 Ratti
29	<i>Hiraka bhasma</i>	1/32 – 1/16 Ratti
30	<i>Pravala bhasma</i>	½ - 2 Ratti
31	<i>Mukta bhasma/Pishti</i>	¼ -1 Ratti
32	<i>Shuddha jaypal</i>	1/8- ¼ Ratti
33	<i>Shuddha bhallataka</i>	1-3 Ratti

### FEW YOGAS WITH ITS SPECIAL MATRA

Table No.7: Showing few Yogas with its special Matra

AUSHADHA YOGAS	MATRA	INDICATIONS	REFERENCE
<i>Haridra khanda</i>	Half tola	<i>Shitapitta, udarda, kota,kandudadru ,vispota</i>	<i>B. R</i>
<i>Lavangadi vati</i>	1 Valla	<i>Grahaniroga, amajirna, pravahika, jwara, kaphajashula, kusta, amlapittaetc</i>	<i>Ra.Sa.San</i>
<i>Avipathikara churna</i>	8 Masha Before and in between meals	<i>Amlapitta, mala mutra vibandh, agnimandya, 20 types of prameha and arsharoga</i>	<i>Rasendra chintamani</i>
<i>Agastya haritaki</i>	2 Haritaki along with 1 karsha of lehya	<i>Kshaya, kasa, swasa, hikka, jwara, aruchi,pinasa.</i>	<i>Ch.Sam</i>
<i>Kamsa haritaki</i>	1 Haritaki along with 2 karsha of lehya	<i>Shwayathu, swasa, jwara, aruchi, meha,hikka, pliha roga,pandu</i>	<i>Ch.Sam</i>
<i>Talisadi churna</i>	½ Masha	<i>Kasa roga</i>	<i>B. R</i>
<i>Saraswata churna</i>	1 Aksha	<i>Unmada</i>	<i>B. R</i>
<i>Ashwagandh aristam</i>	½ Pala	<i>Murcha</i>	<i>B. R</i>
<i>kutajavaleha</i>	1 Karsha	<i>Jwaratisara</i>	<i>B.R</i>

	<i>1 Badara</i>	<i>atisara</i>	<i>Chakra dutta</i>
<i>Kalyanaka Guda</i>	<i>1 Aksha</i>	<i>Grahani roga</i>	<i>B.R</i>
<i>Bhallatakadi modaka</i>	<i>3 Masha</i>	<i>Arsha roga</i>	<i>B. R</i>
<i>Kaishora guggulu</i>	<i>1 Shana matra</i>	<i>Kusta, vatarakta, vrana, gulma,pramehapidaka,prameha, udararoga,mandagni, kasa,swasa, etc</i>	<i>Sh.Samhita</i>
<i>Traiyodashanga guggulu</i>	<i>½ Aksha</i>	<i>Vatavyadhi</i>	<i>B. R</i>
<i>Mahavata gajankusha rasa</i>	<i>1 Nishka</i>	<i>Vatasleshmahara</i>	<i>Ra.Sa.San</i>
<i>Rajamrganka rasa/ Mrganka pottali</i>	<i>Chatur gunja</i>	<i>Rajayakshma</i>	<i>Bruhat rasarajasundara</i>
<i>Trailokya chintamani rasa</i>	<i>½ Ratti (dhanya dvayam)</i>	<i>Sannipatajwara</i>	<i>Rasa Rajsundara</i>
<i>Vishama Jwaranthaka loha</i>	<i>4 Gunja</i>	<i>Pliharoga, Agnimandya, Krishatha, Yakrutroga, etc</i>	<i>B. R</i>
<i>Bruhatvata chintamani rasa</i>	<i>1 Valla</i>	<i>Vataroga, Pittaroga, increases virility</i>	<i>B. R</i>
<i>Chandramrita rasa</i>	<i>4 Gunja</i>	<i>Rajayakshma and Kasa</i>	<i>B. R</i>
<i>Hinguleshwara rasa</i>	<i>½ Gunja</i>	<i>Cures Vataja jwara</i>	<i>B. R</i>
<i>Kamadugha rasa</i>	<i>2 Valla</i>	<i>Raktavidhi, pittaroga, prameha, pradara,panduroga,kamala, halimakaetc</i>	<i>Ra.Y.S</i>
<i>Kumarakalyana rasa</i>	<i>½ Ratti</i>	<i>Jwara, swasa, chardi, parigarbhikaroga, grahamdosha, aruchi, etc</i>	<i>B. R</i>
<i>Lakshmivilasa rasa (naradiya)</i>	<i>3 Ratti</i>	<i>Kusta, prameha, nadviruna, gudaroga, bhagandhara, slipada, amavata,yakshma,improves sexual vigor etc</i>	<i>Rasendra chintamani</i>
<i>Mugdha rasa</i>	<i>Adult -1/2 to 2.5 Ratti</i>  <i>Children -aged one year and above 1/8 to ¼ Ratti</i>	<i>Sahajaphiranga, Atisara in children</i>	<i>R. T</i>
<i>Praval panchamruta rasa</i>	<i>1 Valla daily for 2 weeks</i>	<i>Anaha,gulma , udararoga, pliharoga, swasa, agnimandya, ajirna, prameha etc.</i>	<i>B. R</i>
<i>Ramabana rasa</i>	<i>1 Masha</i>	<i>Sangrahani, amavata,agnimandya</i>	<i>B. R</i>
<i>Smriti sagara rasa</i>	<i>1 Masha</i>	<i>Apasmara, Smriti vardhaka</i>	<i>Y. R</i>
<i>Mrityunjaya rasa</i>	<i>4 Mudga Matra</i>	<i>Sarvajwarahara</i>	<i>Ra.Sa.San</i>
<i>Grahani kapat rasa 4</i>	<i>4 Gunja</i>	<i>Agnimandya, sangrahani, atisara, aruchi</i>	<i>Ra.Sa.San</i>

	<i>Vardhaman prayoga-2 -10 Ratti</i>		
<i>Prabhakara vati</i>	<i>2 Valla</i>	<i>All types of hridroga</i>	<i>B. R</i>
<i>Rajapravartini vati</i>	<i>1 Chanaka</i>	<i>Krichraartava, kastaartava</i>	<i>B. R</i>
<i>Amlapittantaka loha -1</i>	<i>1 Masha</i>	<i>amlapitta</i>	<i>Rase.sara.sa</i>
<i>Punarnava mandoora</i>	<i>1 Kola</i>	<i>Pandu, shotha, udhara,anaha, shula, arsha, krimi,gulma</i>	<i>Ch.Chikitsa</i>
<i>Agnikumara rasa</i>	<i>1 Masha</i>	<i>Agnimandyajanyashotha, pandu, arsha, grahani, amajanyarogaetc</i>	<i>Ra.Sa.San</i>
<i>Makaradwaja rasa</i>	<i>Yavamatra (¼ Ratti)</i>	<i>Sannipatajajwara, mandagni,aruchi,rasayana,vajikarana</i>	<i>B. R</i>
<i>Bruhat vata Chintamani rasa</i>	<i>1 Valla</i>	<i>Cures Vata and pitta roga.</i>	<i>B. R</i>
<i>Dhatri loha -2</i>	<i>1 tola to be taken before,in between and after meal</i>	<i>All types of Shula, amlapitta.</i>	<i>B. R</i>
<i>Rasa karpura</i>	<i>1/64 Ratti to 1/32 Ratti</i>	<i>Twak and raktavikaras Atisara, krimiroga, etc</i>	<i>R. T</i>
<i>Rasa pushpa</i>	<i>½ to 2.5 Gunja 2.5 Gunja 1/8 Gunja ¼ Gunja ½ Gunja.</i>	<i>General dose Virechana Hikka Phiranga Virechana in children</i>	<i>R. T</i>
<i>Rasa sindura</i>	<i>A.P – upto 5 Ratti R.Y.S – upto 3 Ratti Ra.Pr.Su- 1-3 Ratti Y.R 1-2 Ratti</i>	<i>Jwara, prameha, shula, bhagandhara, ksaya, gulma, pandu, agnimandya, kustaetc</i>	<i>R.Yo.Sa</i>
<i>Jalodharari rasa</i>	<i>1 Nishka</i>	<i>Jalodhara</i>	<i>R.Sa.San</i>
<i>Sanjeevani vati</i>	<i>1 Gunja 2 Ratti 3 Ratti 4 Ratti</i>	<i>Ajirna, ama, gulma vishuchika, sarpadamstra sannipatajwara</i>	<i>Sha.Samhita</i>
<i>Kanakasundara rasa 1</i>	<i>Chanaka matra</i>	<i>jwaratisara</i>	<i>B. R</i>
<i>Arsha kutara rasa</i>	<i>2 Masha</i>	<i>Arsha</i>	<i>B. R</i>
<i>Paribadra avaleha</i>	<i>1 Aksha</i>	<i>Krimi</i>	<i>B. R</i>
<i>Panchamrita rasa</i>	<i>1 Masha</i>	<i>Kasa</i>	<i>B. R</i>
<i>Shwasa kasa chintamani</i>	<i>4 Ratti</i>	<i>Hikka,Swasa</i>	<i>B. R</i>
<i>Rasa parpati</i>	<i>1-2 Ratti 5- 8 Ratti 2-8 Ratti 8 Ratti</i>	<i>General dose Unmada Apasmara sangrahani</i>	<i>R. T</i>

<i>Saptamrita parpati</i>	<i>1-6 Ratti</i>	<i>Mandagni, swasa, kasa</i>	<i>Ra.Pra.Su</i>
<i>Shweta parpati</i>	<i>2-8 Ratti</i>	<i>Mutrakrichra, mutraghata, ashmari</i>	<i>Sidha prayoga sangraha</i>
<i>Bola parpati</i>	<i>1-6 Ratti</i>	<i>Rakta atisara, rakta pradara, rakta arsha, raktapitta</i>	<i>Y. R</i>
<i>Malla parpati</i>	<i>½ -1 Ratti</i>	<i>Kaphaja and vataja Jwara jwara upadrava</i>	<i>Sidha prayoga sangraha</i>

## DISCUSSION

Our *Acharyas* have told in depth regarding *Aushada Matra* however in the end all the *Acharyas* talk about application of *Yukti* of *Vaidyas* so ultimately it is the responsibility of *Vaidya* to come up with the *Samyak Aushadha Matra*, since there are lot of confusions in present time hence, I have tried sorting out few aspects regarding *Matra*.

## DOSING DEVICES

Now a days most of the physician prescribe the dose with regards to spoon i.e., teaspoon and tablespoon for most of the *Kalpanas* such as *Churna*, *Avalehya*, *Swarasa*, *Khanda* etc. However, there are many types of spoons available in market which may lead to lot of variation in the dose taken by the patient, this variation is depicted in the table below.

Table No.8:

KALPANA	TEASPOON	TABLESPOON
<i>Swarasa</i>	4.5 ml	9 ml
<i>Kwatha</i>	5.3 ml	9 ml
<i>Asava</i>	5 ml	10 ml
<i>Arista</i>	4 ml	10 ml
<i>Syrup</i>	5 ml	10 ml
<i>Avaleha</i>	16.7 g	27.09 g

As we can see from the table, based on different *Kalpanas* the measurement also varies, this difference is based on the difference in the viscosity. But in general, we can consider 1 teaspoon as 5 ml and 1 tablespoon as 10 ml. When it comes to *Churna*, even with the same spoon the measure will vary from a heaped spoon to a flattened spoon as shown in the table below

Table No.9

KALPANA	TEASPOON		TABLESPOON	
	Flattened	Heaped	Flattened	Heaped
<i>Churna</i>	2.65 g	5.05 g	4.66 g	7.96 g

This problem can be rectified at two levels

1. By manufacturing companies – should provide measuring caps and standard measuring spoon along with their product.



2. By the physicians – they can dispense standard measuring glass or spoon along with the medicines.

### MUDGA AS MATRA

In many formulations we can see *Acharyas* have told *Mudga as Matra* eg. *Mrityunjaya rasa* however no measures are given with reference to *Mudga* in *Mana Paribhasha*. So, to define the measure of *Mudga* a small experiment was carried out by measuring 10 *Mudga* on a measuring scale and the average weight of 1 *Mudga* came out to be 59 mg so we can consider 1 *Mudga* = ½ ratti.

### AMALAKI AS MATRA

*Acharya Kashyapa* has mentioned *Amlaki Pramana* while describing the dose based on the age. Where he has told dose of *Ghrta* for 4-month-old child equal to the measure of dry *Amalaki* fruit which increases to wet *Amalaki* fruit by the age of 5 to 6 months. As there is no reference with regards to *Amalaki as Pramana*, small experiment was carried out to determine its dose by measuring wet *Amalaki* and dry *Amalaki* on measuring scale.

Weight of 10 dry *Amalaki* fruit = 30.33 g, Average weight of 1 dry *Amalaki* = 3 g

Weight of 10 wet *Amalaki* fruit = 181.51 g, Average weight of 1 wet *Amalaki* = 18g

As we can see there is lot of difference in weight of wet and dry *Amalaki* and this much difference cannot be accepted in an age difference of just 2 months so we can infer that we have to consider the size of the *Amalaki Phala* not the weight.

### **CONCLUSION**

The proper dose of the medicine is very much important in clinical practice to achieve the desired therapeutic efficacy. We know when *Aushadha* is administered in *Samyak Matra*, it cures diseases. If it is administered in *Atimatra*, it may lead to undesired effects or gets excreted by *Malamarga*. Similarly, if it is administered in *Hina matra*, may not be capable to cure the disease. It is the *Matra* only by which *Visha* becomes *Amrta* and *Amrta* becomes *Visha*. Our *Acharyas* have told in depth regarding *Aushada Matra* however in the end all the *Acharyas* talk about application of *Yukti* of *Vaidyas*. So, it is the duty of *Vaidya* to prescribe *Samyak Aushadha Matra* after considering various factors such as *Kaala, Agni, Roga Bala, Rogi Bala, Vaya, Prakriti, Desha, Dosha* etc.

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