

**MATRA - CONCEPT OF HRISWA, MADHYAM, UTTAM MATRA, AUSHADHA MATRA**Dr. Kirti B. Gaikwad^{1*}, Dr. Tanuja Nesari² and Dr. Meera K. Bhojani³¹2nd Year PG Scholar, Kriyasharira Deapartment, All India Institute of Ayurveda, Sarita Vihar, New Delhi.²Director and HOD, Kriyasharira Deapartment, All India Institute of Ayurveda, Sarita Vihar, New Delhi.³Additional Professor, Kriyasharira Deapartment, All India Institute of Ayurveda, Sarita Vihar, New Delhi.

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Article Received on 04/09/2024

Article Revised on 24/09/2024

Article Accepted on 14/10/2024

ABSTRACT

Introduction: Ayurveda is a holistic system of medicine that seeks to maintain health and well-being by balancing the body's physical, mental, and spiritual components. Ayurveda mainly aims at maintaining the health of healthy individual and Treating the diseases of the diseased. The principles focuses more on preventive aspects for prolonged healthy life. The Key Component of *Chikitsa Chatushpada* is Medicine (*Dravya*, i.e. *Aushadhi Dravya*). Proper Administration (*Yukti*), Time (*kala*) and Quantity (*Matra*) of *aushadhi* plays a vital role in success of any kind of Treatment. Proper *Matra* of the *aushadhi* must be administered to the *Rugna* for the desired results. *Matra* depends on various factors and it is different for every individual considering his age, sex, weight, body constitution, digestive capacity, mental strength etc. It is of utmost importance to decide the dosage of medicine as per *Rog*, *Rogi* and *Rog- Roga Bala*. Consideration of *Balachatushtya viz., DehaBala, AgniBala, ChittaBala* and *RogaBala* helps in determining the drug dosage. In this exploration, we will dwelve into the ayurvedic understanding of *Matra* covering it's etymological derivation and definition, types, indications, Contraindications, benefits and the paramount importance it holds in maintaining the holistic health. **Etymological derivation:** The term "Matra" derived from the Sanskrit language, and its etymology can be broken down to understand its meaning. The core of the word "Matra" comes from the Sanskrit word, "मीयते अनया । मा + ऋयामाश्रुभसिभ्यस्त्यन्" which denotes the parimana or Quantity which can be measured. This term is fundamental to the concept, capturing the crucial aspect of Ayurvedic treatment, as the effectiveness of a remedy often depends on the correct dosage. **Definition of Matra:** The Sanskrit word 'Matra' means something which can be measured in terms of size, duration, number, degree and any kind of quantity. In Ayurvedic Literatures like *charak, Sushrut, vagbhata, Sharangdhara Samhita*, *Matra* has been explained. Ayurveda is the holistic science rooted in principles of maintaining the health with harmony and *Balance*. Ayurveda mainly aims at maintaining the health of healthy individual and Treating the diseases of the diseased. The principles focuses more on preventive aspects for prolonged healthy life. The Key Component of *Chikitsa Chatushpada* is Medicine (*Dravya*, i.e. *Aushadhi Dravya*). Proper Administration (*Yukti*), Time (*kala*) and Quantity (*Matra*) of *aushadhi* plays a vital role in success of any kind of Treatment. Proper *Matra* of the *aushadhi* must be administered to the *Rugna* for the desired results. *Matra* depends on various factors and it is different for every individual considering his age, sex, weight, body constitution, digestive capacity, mental strength etc. Thus, To understand the concept of *Aushadhi Matra* and its determinants, Classic Ayurvedic Literatures are thoroughly studied and it can be concluded that, bsheshaj *Matra* is different for every individuals. It is of utmost importance to decide the dosage of medicine as per *Rog*, *Rogi* and *Rog- Roga Bala*. Consideration of *Balachatushtya viz., DehaBala, AgniBala, ChittaBala* and *RogaBala* helps in determining the drug dosage.

KEYWORDS: *Aushadhi Matra, Bsheshaj Matra, Rogi, Bala.*

Matra and kala, where *Matra* is more important. *Matra* has been correlated with the posology of the modern pharmacology. In *charaka Samhita (Matrashitiya adhyaya)* acharya *charak* has described *aahar Matra* as, "The amount of food which can be digested easily within proper time without disturbing the metabolism and equilibrium of doshas."

“मात्राशी स्यात् आहार मात्रा पुनरग्निबलपेक्षिणी ।” (च.सू.4/3)

Chakrapanidatta in his commentary, stated that *aahar Matra* depends on the *AgniBala*.^[1] *Matra* for individual person as, "Ahara or *Aushadha*" when when consumed

in a quantity such that it doesn't cause any discomfort or undesired effect is the proper *Matra* for the individual.^[2] *Chakrapani* classified *Matra* as *Ahara Matra*, *Aushadha Matra* and *vyayam Matra*. Further, *Aushada Matra* is divided into *Matravat aushadha* and *Amatravata Aushadha*.^[3]

“यावद्ध्यस्याशनमशितमनुपहत्य प्रकृतिं यथाकालं जरां गच्छति तावदस्य मात्राप्रमाणं वेदितव्यं भवति ॥” (च.सू.4/3)

Table 1: Classification of *Matra*.

Sr. No	Type of <i>Matra</i>	Characteristics of <i>Matra</i>
1.	<i>Aushadha Matra</i>	
2.	<i>Matravata aushadha</i>	Exact quantity of <i>Aushadha</i> , Beneficial for the Individual. It should be Fast acting, Easily metabolized and doesn't cause any harm to body.
3.	<i>Amatravat Aushadha</i>	<i>Hinamatra</i> Unable to treat diseases. Does not create any dhatuamyata. <i>Atimatra</i> Disturbs equilibrium and causes vitiation of <i>Tridoshas</i> . Excreted by <i>Malamargas</i> without being absorbed.

“ह्रस्वमध्योत्तमा मात्रास्तास्ताभ्यश्च हसीयसीम्। कल्पयेद्वीक्ष्य दोषादीन् प्रागेव तु हसीयसीम्॥” (अ.ह.सू.16/18)

Acharya *Vagbhata* and Acharya *Sushrut* had Described “*Hrasiyasi Matra*” to know the *AgniBala* of patients before fixing the dose with reference to *snehapana*.^[4] There are some special *Matras* described in *Charak Samhita* as “*Vardhaman Matra*” designed to incrementally enhance a biological system's capacity to metabolise and respond to higher drug levels which may reach the deeper tissues in due course of time. e.g. *vardhaman pippali Rasayan*.^[5]

Dravyasapeksha Ahar Matra

“द्रव्यापेक्षया च त्रिभागसौहित्यमर्धसौहित्यं वा गुरुणामुपदिश्यते, लघूनामपि च नातिसौहित्यमग्नेर्युक्त्यर्थम् ।” (च.सू.5/4)

Matra depends on the *Gurutwa* (heavy) and *Laghutwa* (Lite) of *Dravya* for digestion. *Laghu Dravyas* are made up of *Agni* and *Vayu mahabhutas*, which are responsible for *Agnidipana* and thus, they digest easily even after Taken in excess. Likewise, *Guru Dravyas* are made up of *Prithvi* and *Jala Mahabhutas* which causes diminution of *Agni* and to avoid the harmful effects of *Guru Dravya*, they must be taken in half or two third capacity of stomach.^[6]

Classification of *Aushadhi Matra*

In *Charaka Samhita* and *Ashtang hridayam*, Acharyas has classified the *Matra* into three main domain as *Hrasva*, *Madhyam* and *Uttam Matra* with reference to *Sneha*.^[7]

“अहोरात्रमहः कृत्स्नमर्धाहं च प्रतीक्षते । प्रधाना मध्यमा ह्रस्वा.....।” (च.सू.13/29)

A. Hrasva Matra

It is the *matra* of *Sneha* which digested in six hours (*Ardha aha*).^[8]

Indications

Childrens, oldage peoples, sensitive peoples and persons feels discomfort in empty stomach, persons living luxury life, persons with weak Digestive Capacity and persons suffering from ailments like chronic fever, Chronic diarrhoea, chronic cough and Persons having less physical and mental endurance are eligible for the *Hrasva Sneha Matra*.^[9]

Benefits

easy digestion and metabolism, improves strength, stimulates libido. This is least harmful and can be administered for a long time.^[10]

B. Madhyam Matra

It is the *Matra* of *Sneha* which digested in twelve hours (*krutsnaraha*).^[11]

Indications

Persons suffering from skin ailments like eruptions, boils, pimples, itching, papules etc., chronic urinary disorders, gout (*Vatarakta*), diabetic patients, persons who can't eat much, Moderately laxated bowels, Moderate strength.^[12]

Benefits

Improves strength, useful for purification of body.^[13]

C. Uttam Matra

It is the *Matra* of *Sneha* which digested in twenty four hours (*Aharaha*).^[14]

Indications

Those who takes adequate quantity of Sneha, have resistance to hunger and thirst, have strong digestive fire, have more strength and those who are suffering from ailments like gulma, visrpa, sarpadansh, constipation.^[15]

Benefits

It alleviates all ailments instantaneously, eliminates doshas, improves strength and rejuvenates the body, sense organs and mind.^[16]

Determination of Aushadha Matra

Acharya charak and Ashtang hridayam stated the factors for administration of drug in proper Matra as Dushya, Desh, Bala, Kala, Prakriti, Vaya, Satwa, Satmya, Aharavastha.^[17]

Aushadh Matra is determined by following three main factors

1. As per Rogi.
2. As per vyadhi.
3. As per Aushadha Dravya.

1. As per Rogi

Many factors determines the Matra in Rugna. Some of them are as follows

A. According to Age

The age distribution on the basis of years as per various acharyas is as follows,

Table 2: Distribution of age.

Avastha	Charak	Sushrut	Vagbhat
Balyavastha	a. Aparipakwa dhatu – 1 to 16 yrs. b. Paripakwa dhatu – 16 to 30 yrs.	a. Ksheerap – upto 1 yr. b. Ksheerannad – 1 to 4 yrs. c. Annad – 4 to 16 yrs.	a. Kumar – from birth to 16 yrs. b. Yauvan – From 16 to 34 yrs.
Madhya mavastha	o 60 yrs.	a. Vruddhi – 16 to 20 yrs. b. Yauvan – 20 – 30 yrs. c. Sampurnata – 30 to 40 yrs. d. Hani – 40 to 70 yrs.	34 to 70 yrs.
Vruddhavastha	60 to 100 yrs.	After 70 yrs.	More than 70 yrs.

Considering above age distribution, the *shastrokta aushadh matra* is given for *Madhyam vaya purush* (i.e., middle aged), *Madhyam Bala*, *madhyakoshtha* persons likewise, *Alpa Matra* is used for *Hinabala*, *mrudukoshta* and *alpavaya* persons eg. childrens and oldage peoples and *Adhik (Uttam) Matra* is used for *Uttambala*, *krurakoshthi* persons.^[18]

As Per Charaka

In childrens *Doshas*, *Dhatus* and *Malas* are in *Aparipakva Avastha* as compared to adults, thus the *Aushadh* Administered in childrens must be of low potency, small in dose and in less frequency.^[19]

As Per Sushruta

तत्र सर्वाण्यवैषधानि व्याध्यग्निपुरुषबलान्यभि समीक्ष्य विद्ध्यत्। (सु० सू० 39/10)

Acharya *Sushrut* stated that the dose of medicine should be determine on the basis of *vyadhibala*, *agnibala* and

Rogibala.^[20] *aushadhi matra* should be increased in same manner with increasing age except in *vruddhavastha*. They specified the *Aushadhi matra* for childrens according to age as

- i) *Ksheerap* (Child taking only milk) – *AnguliparvadvayaMatra* (~ one pinch)^[21]
- ii) *Ksheerannad* (Child able to take milk and Light food) – *Kolasthi praman*.^[22]
- iii) *Annad* (Child able to eat Food) – *Kola Praman*.^[23]

As per Vishwamitra

“विडंगफलमात्रं तु जातमात्रस्य भेषजम्। एतेनैव प्रमाणेन मासि मासि विवर्द्धयेत्।

कोलास्थिमात्रं क्षीरादेदद्यात् भेषजकोविदैः क्षीरान्नादेः कोलमात्रमन्नादोदुम्बरोमतम्।” (विश्वामित्र)

Acharya *vishwamitra* distributed the *Lehya Aushadhi Matra* in childrens is as follows,

Table 3: AushadhiMatra nirdharan in childrens.

Sr No	Age	Matra
1.	JataMatra (New Born baby)	VidangphalaMatra.
2.	Pratimasa	Increase the Matra by 1 vidangphala in each month.
3.	Ksheerap	KolasthiMatra.
4.	Kheerannad	KolaMatra.
5.	Annad	UdumberMatra.

As per Kashyapa

“मात्रा मूल चिकित्सितम् ।” (का. सं. खि.)

Matra is main core of treatment. The success of treatment depends on dosage, time and proper

administration (*Yukti*). Acharya *Kashyap* in *Kashyapsamhita Khilasthanana* described *aushadh Matra* of *ghrita* as follows,

Table 4: AushadhiMatra nirdharan in childrens as per Kashyap samhita.^[24]

Sr. No	Age	Matra
1.	1 to 10 days.	<i>Kolasthi Matra</i>
2.	10 to 20 days	<i>Kolardha Matra.</i>
3.	1 month	<i>KolaMatra</i>
4.	1 month to 2 months	<i>1.5 KolaMatra.</i>
5.	3 months	<i>2 kola Matra</i>
6.	4 months	<i>Shushka amalaka Matra</i> (Dry Amalaki Fruit)
7.	5 to 6 months.	<i>Ardr amalaka Matra</i> (Wet Amalaki Fruit)
8.	7 to 8 months.	<i>> Ardra amalaka Matra.</i>

Dosage of various *kalpanas* as per Acharya *Kashyapa*,

Table 5: Aushadhi Matra nirdharan as per Kashyap samhita.^[25]

Sr No	Dravya Kalpana	Aushadhi karma		
		Agnideepan	Jeevaniya / Sanshamaniya	Vaman / Virechana
1.	<i>Churna</i>	<i>Agra Parva anguli grahya</i>	<i>2 times of deepaniya Dravya</i>	<i>Half of deepaniya Dravya</i>
2.	<i>Kalka</i>	<i>1 Aksha (~ 12gms)</i>	<i>2 Aksha (~24 gms)</i>	<i>½ Aksha (~ 6 gms)</i>
3.	<i>Kwatha</i>	<i>2 prasriti (~192 ml)</i>	<i>1 prasriti (~96 ml)</i>	<i>2 Prasriti (~ 192 ml)</i>

As per Sharangdhara

Acharya *Sharangdhar* has described the factors for determining the *aushadha Matra* as *Kala, Agni, Bala, Vaya, Prakriti, Dosha and desha.*

Further, Age wise *Matra* of *kalka* and *churna* are given as,

“स्थितिर्नास्त्येव मात्रायाः कालमग्निं वयो बलम् प्रकृतिं दोषदेशौ च दृष्ट्वा मात्रां प्रकल्पयेत् ।” (शा.सं.पू.1/37)

Table 6: AushadhiMatra nirdharan as per Sharangdhar Samhita.^[26]

Sr No	Age	Aushadha Matra
1.	1 month	<i>1 Ratti ~ 125 mg</i>
2.	2 months to 12 months.	Increase the <i>Matra</i> by <i>1 Ratti</i> each month.
3.	For 1 year	<i>12 Ratti</i>
4.	1 year to 16 years	Increase the <i>Matra</i> by <i>1 Masha</i> each year.
5.	For 16 years	<i>16.5 grams.</i>
6.	16 years to 70 years	<i>Stable Matra</i> of <i>16.5 gms.</i>
7.	<i>> 70 years</i>	<i>As Age increases by 1 year, decrease the aushadh Matra by 1 gms.</i>

Matra for Kwatha: The *Matra* should be four times that of *kalka* and *churna*.

Matra for Kashthaushadhis

Table 7: AushadhiMatra nirdharan as per Sharangdhar Samhita.^[27]

Sr No	Kalpana	Matra	
1.	Swarasa	<i>Ardra Dravya</i>	<i>½ pala ~ 24 ml.</i>
		<i>Shushka Dravya</i>	<i>1 pala ~ 48 ml.</i>
		<i>Putapaka Swarasa</i>	<i>1 pala ~ 48 ml.</i>
31	<i>Kalka</i>	<i>1 karsha ~ 12 gms</i>	

32	<i>Kwatha</i>	2 pala ~ 96 ml.
33	<i>Hima</i>	2 pala ~96 ml.
34	<i>Phanta</i>	2 Pala ~ 96 ml.
35	<i>Churna</i>	1 Karsha ~ 12 gms.
36	<i>Vati</i>	1 Karsha ~ 12 gms.
37	<i>Avaleha</i>	1 pala ~ 48 ml.
38	<i>Ghrita</i>	1 pala ~ 48 ml.
39	<i>Taila</i>	1 pala ~ 48 ml.
40	<i>Asava – Arishta</i>	1 pala ~ 48 ml.

As Per Kaiyadev Nighantu

मात्राया नास्त्यवस्थानं दोषमग्नि बलं वयः। व्याधि द्रव्य च कोष्ठं च वीक्ष्य मात्राप्रयोजयेत्। (कैः निः मिः 8/178)

In *Kaiyadeva Nighantu* Acharya stated that dose of medicine is not fixed. It should be determined as per *Rogi's Dosh, Agni, Bala, Vaya, Vyadhi, Koshtha* and *Aushadhi Dravya*.^[28]

B. According to sex

Males have *Drudha indriya* and females are *Sukumar* so *aushadhi Matra* in males should be in *Uttam Matra* and *Hrasva* or *Madhyam Matra* in females. Also certain conditions must be considered while administering *teekshna, Ushna aushadhi* Dravya to pregnant womans and menstruating womans, and it should be given in small quantity.

C. According to Desha (Habitat)

- Ushna desha – Sheeta* Dravya should be given in more amount.
- Sheeta desha – Ushna* Dravya should be given in more amount.

D. According to Bala (Strength)

“पुरुषबलादधिक ग्लानिमुर्च्छार्म दानावहति संशमनम् एव संशोधनम् अतिपातयति ।

F. According to Kala (Season)

Table 7: *AushadhiMatra nirdharan as per kala*.^[30]

Sr. No	Kala	Season and Dosha Avastha	Contributing factors	Aushadhi Matra
1	<i>Aadankala</i>	i. <i>Shishir- kapha chaya.</i> ii. <i>Vasant - kapha prakopa.</i> iii. <i>Grishma- vata chaya and kapha prashama.</i>	1. Less <i>sharira</i> and <i>AgniBala.</i> 2. <i>Katu, tikta, Kashaya ras pradhanya.</i>	1. <i>Alpa / Madhyam Matra.</i> 2. <i>Kaphashmaka Dravya should be given.</i>
2	<i>Visargakala</i>	i. <i>Varsha – vataprakopa.</i> ii. <i>Sharad – pittaprakopa.</i> iii. <i>Hemant – kapha chay - pittashaman.</i>	1. More <i>sharira</i> and <i>AgniBala.</i> 2. <i>Madhur, amla, Lavan Ras Pradhanya.</i>	1. <i>Madhyam / Uttam Matra.</i> 2. <i>vata & Pittashaman Dravya should be given.</i>

G. According to Koshtha

For *Mrudu* and *Rikta koshthi*, *Alpa Matra* is advisable while *Madhyamkoshthi Rugna* should be prescribed *Madhyam Matra* and *Krurakoshthi & Purna koshtha Rugna* should be prescribed with *Uttam Matra aushadhi*.

हीनमेभ्यो दत्तमकिञ्चित्करं भवति तस्मात्सममेव विदध्यात्।।” (सु.सू.39/10)

Roga and *Rogi Bala* are most important factors while administering medications. *Uttam Matra* should be given to *Balawan Rogi* whereas, *hrasva* and *Madhyam Matra* should be given in *alpa* and *Madhyam Bala Rogi*. If excess amount of medicine given to *alpabala Rugna*, he may die. Also, If *samshaman aushadha* given in large quantity it may causes *glani, murcha* etc and if less amount of medicines given to *Balawan Rugna*, it will unable to cure the disease.^[29]

E. According to AgniBala (Digestive Capacity)

तस्मात् मन्दाग्नी अल्प प्रमाणं, तीक्ष्णाग्नी अतिप्रमाणं भेषजस्य कर्तव्यम् । (द्र० गु० शा०)

- Mandagni - Alpa Matra*
- Samagni - Madhyam Matra*
- Teekshagni - Uttam Matra.*
- Aushadhi Matra* less than *agnibala – Nishphala* (Unable to cure disease)
- Aushadhi Matra* equals to *agnibala – Gunakari* (Cures the disease)
- Aushadhi Matra* More than *agnibala – Causes Ajirna* (Indigestion), *Vishtambha* (Constipation).

H. According to Satva (Psychology)

- Pravar* and *Madhyam Satva – Madhyam Matra.*
- Hina Satva – Hina Matra.*

I. According to Satmya

- Satmya Dravya - Madhyam Matra.*

- ii. *Asatmya Dravya - Alpa Matra.*
- iii. *Oka Satmya Dravya – Uttam Matra.*

J. According to Prakriti

- i. *Vataprakriti – alpaBala – Alpa Matra.*
- ii. *Pitta prakrit – MadhyaBala – Madhyam Matra.*
- iii. *Kapha prakriti – Uttam Bala – Uttam Matra.*

Considering the tolerance and sensitivity of *prakriti* specific individuals, *Vata prakriti* individuals should be carefully administered with *vatavardhak* medications, *Pitta prakriti* individuals should carefully be administered with *Ushna, teekshna* and high potency *dravyas*, likewise *kaphavardhak* medications should be properly given in small quantity to *kapha prakriti* individuals.

2. As per Vyadhi

“व्याधिदेशकालदोषदूष्यदेहवयोबलादीन् ज्ञात्वा, युज्यते दीयत इति तद्योग्यं, रोगस्य रोगिणश्च ।” (अ.ह.सू.1/28)

Vagbhatacharya stated that, for the selection of proper *aushadhi*, knowledge of *vyadhi* is must. Following Factors should be taken into consideration while deciding the drug dosage.^[31]

A. Vyadhi Bala.(Severity of disease)

“तत्र व्याधिबलादधिकमौषधमुपयुक्तं तमुपशम्य व्याधिं व्याधिमन्यमावहति ।” (सु. सू.39/10)

Alpa Matra aushadhi should be given to *alpa vyadhibala* (Mild severity) *Rugnas*. For the patients with more severity of the disease *Madhyam Matra* of *aushadhi* *Dravya* must be prescribed. If drug dosage more than severity of disease is given to patient, it will causes harmful effects to patients. In the same manner, If Drug dosage less than severity of disease is given to patient, it will not be beneficial.^[32]

B. Vyadhi Kala (Duration of Disease)

Newly diagnosed diseases without complications should be given *alpa Matra aushadhis* and if complications present, *Madhyam Matra* of *aushadhi* should be administered. Chronic Diseases without complications should be given *Madhyam Matra aushadhi* and if complications present, *Uttam Matra* of *aushadhis* should be administered.

C. According to Doshadushti (Pathology of disease)

Patints having *doshas* in *chaya Avastha* i.e. less vitiation of *doshas* and *alpa dhatu dushti* with *malas* less affected should be given *shaman aushadhi* in *alpa Matra* but patients with *prakopa, prasara* and *sthanasanshraya Avastha* i.e. *doshas* are more vitiated, *uttarottar dhatugamitva* and obstructed *malas* should be given *shodhan aushadhis* in *Madhyam Matra* and patients having all *doshas*, all *dhatu*s and all *malas* involved in

disease *samprapti* then *teekshna* and *shodhan dravyas* should be given cosidering *Bala* of *Rogi*.

D. According to Vyadhi sthana (site of disease)

if the disease is located in *Gambhir desh*, *Uttam Matra* should be administered and if disease is in *anya desha* it should be treated with *alpa Matra aushadhis*.

3. As Per Aushadhi Dravya

“बहुता तत्रयोग्यत्वमनेकविधकल्पना । सम्पच्चेति चतुष्कोऽयं द्रव्याणां गुण उच्यते ॥” (च.सू.9/7)

As per *Asthang Hridayam*, the best *aushadhi Dravya* is one which can be taken in many forms, which have many properties, which is able to cure the disease.^[33] Some acharyas has described the dosage of drugs as per their potency as, *Teekshna virya Dravya* should be administered in 1 *tola* (~12gms) *Matra*, *Madhyam virya dravya* in 2 *tola* (~ 24 gms) and *Mrudu virya dravyas* must be administered in 4 *tola* (~48 gms) of *Matra*.

Also, according to *Guna* and *Doshas* of *aushadhi dravyas*, *bahudoshayukta aushadha* in *alpa Matra* and *alpadoshayukta aushadha* should be administered in *Uttam Matra* that too after proper *shodhana* procedures.

As per habitat of *aushadhi dravyas*, *aushadhas* cultivated in *Satmya desha* of patient should be given in *alpa Matra* and those in *anya desha* should be given in *Uttam Matra*.

CONCLUSION

The Optimal drug dosage is of utmost importance for achieving desired therapeutic outcomes in clinical practice. Excess administration of drugs potentially leads to adverse effects or excretion from *malamargas*, while insufficient drug dosage may leads to no cure of disease and compromises therapeutic efficacy. The principle of “Like cures like” is evident in *Balancing* drug dosage where therapeutic and toxic effects are closely related. Although many *aushadhi dravyas* are restricted in many disease pathologies but if the physician used them in proper *Matra*, *vishadravyas* can also acts as *amrita* and helps in curing the disease. Thus, after carefully examining the factors like *Agni, Bala, Vaya, Vyadhi, Dravya, Koshtha, Prakriti, Satva, Satmya, Desha, kala*, etc the *aushadhi dravyas* should be administered in a quantity which is neither too small nor too large.

In *Sharangdhar Samhita*, it is stated that, peoples of (*kalyug*) present era are with low digestive capacity, lesser tolerance, less strength and short life span, so the proper *Matra* of *aushadhi* should be decided by *vaidyas* own *yukti*.

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