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यन्कल्पे द्वारको समकल्पयन् ॥१॥ विश्वकर्मो रामाद्रुपुंरुहाटकनि  
र्वेता ॥ तत्रयोऽशस्योऽस्त्रीणां वैचवराधिकम् ॥११॥ भवनानि मनोज्ञानि  
योमध्यकल्पयन् ॥ परिजानन्तरे वैवतासो भोगाय कल्पयन् ॥१२॥ या  
यानोऽष्टहास्तत्रयद्दपे चाशतकोटयः ॥ अन्येपि बहवो लोकावसतिविगत  
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तेः प्रसन्नो भगवान् सवाजितपुरस्थितः ॥१६॥ सवाजिनापि तुष्टावदृष्टादि वैदि  
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स्तु नमस्ते बहुराजिव्यो ॥ वेदत्रयनमस्तेस्तु सर्वद्वन्द्वनमोस्तुते ॥१९॥ प्रसीद  
गिह्ने वा सुदृष्ट्या मोदिवा करे ॥ २०॥ संकल्पमानोऽस्माद्वदेवा दिवा करः ॥२१॥  
विद्यमानो भिरनपर्यसकं जितमवावरे ॥ २२॥ अत्र विप्रसन्नोऽस्ति यन्मनसि





## International Journal for Empirical Research in Ayurveda

### MANA PARIBHASHA AND ITS UTILITY IN AYURVEDIC REMEDIES – A REVIEW

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#### ABSTRACT:

The utility of weights and measures is an integral part of today's life. Ayurveda has its own system of measurement, under the 'Mana Paribhasha'. The word Mana means to measure. This system of measurements is considered a basic principle when it comes to the study of any sciences. Rasashastra and Bhaishajya Kalpana in Ayurveda deal with studies on medicine dosage and administration in the prescribed manner. In ancient era Acharyas had such wonderful parameters which are perfect in this era too. Three Types of Mana based on nature of substance that is Pautava mana, Druvaya Mana and Payya mana are very useful in Aushadha Nirman and also in Aushadha sevan matra. Therefore, for all purposes (pharmaceutical as well as therapeutic) the consideration of 'Mana' is essential.

#### KEY-WORDS:

Mana, Pautava Mana, Druvaya Mana, Payya Mana, Ayurvedic remedies.

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**INTRODUCTION:**

*Mana* is defined as the system of measurement, based on the measures of weight, length, or capacity. Without the knowledge of '*Mana*' one can never expect to have a thorough approach to any subject matter. *Mana* is an inseparable part of our knowledge and studies because the knowledge about weight and measurement places a pivotal role for any scientific study. In Ayurveda such a study concerning the dose and administration of drugs are dealt under the specialization called *Rasa Shastra and Bhaishajya Kalpana*.

Mana Paribhasha:

**1] Nirukti:**

By which we can measure the substance is called as *Mana*.<sup>[1]</sup>

**2] Defination:**

It is said in the classics that the accurate outcome of any treatment cannot be expected if the dosage of the medicine given is improper.<sup>[2]</sup>

3] Distinctly the system of measurement that was followed in India revolves around Magadha (500 to 321 BC) and *Kalinga* (261 BC) period, hence known as *Magadha Manaa* (Followed by Acharya Charaka) and *Kalinga Mana* (Followed by Acharya Sushruta) respectively.<sup>[3]</sup>

4] Ayurveda has also followed this, *Mana*; hence it is needless to say that the pharmaceutical science of Ayurveda has

widely adopted both the *Mana* for all practical purposes.

5] *Mana* starts from the smallest particle as *Trsarenu*.<sup>[4]</sup>

6] *Mana paribhasha* is a basic thing to be known by every physician. *Mana* is always essential starting form selection of the drug to the administration of the medicine.

**Aim and objective:**

1] To study *Mana Paribhasha*

2] To study uses and importance of *Mana* (measurement) in *Ayurvedic* remedies.

**Materials and Methods:**

For this review article, literary materials have been compiled, screened, rearranged and analyzed from Ayurveda texts such as *Sharangdhar Samhita, Charaka Samhita, Sushrut samhita, Ayurved Sar Sangraha*. Online literature searched from various databases such as PubMed, Scopus, Ayush Research Portal, Dhara, Google Scholar, etc.

**Review of Literature:**

A) According to Desha:<sup>[5][6]</sup>

1. *Magadha Mana* (followed by *Charak*): It is prevailed in *Magadha Desha* (Bihar-North India).

2. *Kalinga Mana* (followed by *Sushrut*): It is prevailed in *Kalinga Desha* (Orissa)

3. In comparison with *Kalinga Mana, Magadha Mana* is considered to be superior

as it includes *Parmanu* as the smallest unit of measurement. [7]

B) According to Nature of substance (followed by *Amarkosha*): [8]

1. *Pautava Mana* - For measurement of Solids.

2. *Druvaya Mana* - For measurement of Liquids.

3. *Payya Mana* - For measurement of Length.

### Magadha mana:

(a) According to Acharya Sharangdhar : -( *Pautava Mana*)

30 <i>Parmanu</i>	1 <i>Vanshi</i> or 1 <i>Trasrenu</i>	0.04 mgs
6 <i>Vanshi</i>	1 <i>Marichi</i>	0.22 mgs
6 <i>Marichi</i>	1 <i>Rajika</i>	1.31 mgs
3 <i>Rajika</i>	1 <i>Sarshapa</i>	3.91 mgs
8 <i>Sarshapa</i>	1 <i>Yava</i>	31.25 mgs
4 <i>Yava</i>	1 <i>Gunja</i> ( <i>Ratti/Rakti</i> )	125 mg
6 <i>Gunja</i>	1 <i>Masha</i> ( <i>Rajmasha, Hem, Dhanyak</i> )	750 mg
4 <i>Masha</i>	1 <i>Shana</i> ( <i>Tank, Dharan</i> )	3 gm
2 <i>Shana</i>	1 <i>Kola</i> ( <i>Kshudrak, Vataka, Drakshana</i> )	6gm
2 <i>Kola</i>	1 <i>Karsha</i> 12g	12gm
2 <i>Karsha</i>	1 <i>Shukti</i>	24gm
2 <i>Shukti</i>	1 <i>Pala</i>	48gm
2 <i>Pala</i>	1 <i>Prasrata</i>	96 gm
2 <i>Prasrata</i>	1 <i>Kudava</i>	192gm
2 <i>Kudava</i>	1 <i>Manika</i>	384gm
2 <i>Manika</i>	1 <i>Prastha</i>	768 gm
4 <i>Prastha</i>	1 <i>Adhaka</i>	3.072 kg
4 <i>Adhaka</i>	1 <i>Drona</i>	12.228 kg
2 <i>Drona</i>	1 <i>Shurpa</i>	24.576 kg
2 <i>Shurpa</i>	1 <i>Droni</i>	49.152 kg
4 <i>Droni</i>	1 <i>Khari</i>	196.608 kg
200 <i>Pala</i>	1 <i>Bhara</i>	96 kg
2 <i>Shukti</i>	1 <i>Pala</i>	48gm

**(b)According to Acharya Charaka: -<sup>[9]</sup>**

6 Dhwanshi	1 Marichi
6 Marichi	1 Raktsarshapa
8 Raktsarshapa	1 Tandula
2 Tandula	1 Dhanyamash
2 Dhanyamash	1 Yava
4 Yava	1 Andika
4 Andika	1 Masha (Hem, Dhanyak)
3 Masha	1 Shana
2 Shana	1 Drankshan (Kol, Badar)
2 Drankshan	1 Karsha (Suvarna Aksha, Vidalpataka, Pichu, Panitala, Tinduka, Kavalgrah)
2 Suvarna	1 Palardh (Shukti, Ashtmika)
2 Palardh	1 Pala (Mushti, Prakunch, Chaturthika, Bilva, Shodashika, Amra)
2 Pala	1 anjali (kudava)
2 Kudava	1 manika
4 Kudava	1 prastha
4 Prastha	1 aadhaka (kansa)
4 Kansa	1 drona (armana, nalvana, kalash, ghata, unmana)
2 Ghata (Drona)	1 Shurpa
2 Shurpa	1 Goni (Khari, Bhara)
32 Shurpa	(Khari, Bhara) 32 Shurpa 1
100 Pala	1 Tula

**Kalinga Man:- <sup>[10]</sup>**

12 Gaursarshapa	1 yava	
2 Yava	1 Gunja	125g
3 Gunja	1 Valla	375mg
7 gunja	1 Masha	1000mg or 1gm
8 Gunja	1 Masha	1 gm
6 Masha	1 Shan	4 gm
6 Masha	1 Gadyan	6 gm
10 Masha	1 Karsha	10 gm
4 Karsha	1 Pal	40 gm
4 Pal	1 kudav	160 gm

**Druvayamana (Measurement of liquid)-**  
[11]

*Druvayamana* is the measure of capacity. The smallest unit here is 'Bindu'(drop). One *Bindu* is a drop of liquid that falls from the index finger after it is lifted from the water.

- 8 *Bindu* =1 *Shana* ( ½ *Tola* ,16 drops will make 1 ml)
- 32 *Bindu* = 1 *Shukti*
- 64 *Bindu* = 1 *Panishukt*
- ❖ *Payyamana* (Measures of length)- [12]

One *Angula* is said to be the basic unit here, explained as the length of 8 *Yava* brought together in one thread or placed one besides the other. Classical Unit

- ❖ 1 *Yavodara* = 1/8 of 3/4" =0.24 cm
- ❖ 1 *Angula* = 3/4"= 1.95 cm
- ❖ 12 *Angula* =1 *Vitasti*= 9"= 22.86 cm (distance between tips of stretched thumb and little finger)

- ❖ 22 *Angula* =1 *Aratni*= 16.5"= 41.91 cm (distance between elbow joint and little finger tip)
- ❖ 24 *Angula*= 2 *Vitasthi* = 1 *Hasta*= 18"= 45.72cm (distance between elbow joint and middle finger tip)
- ❖ 1 *Rajahasta* = 22"= 55.88 cms
- ❖ 4 *Hasta* =1 *Vyama*= 72"= 182.88 cms (distance between middle finger tips of both stretched hands)
- ❖ **Kala mana (Measurement of time):**  
[13]

While preparing the different medicines, the time adjustment should be taken into consideration and the time of medicine administration after preparation, preservative time also will be decided to depend upon the *Kala* (Time). *Kala mana*, the measuring unit of time is mentioned at different instances in the classics. The basic units include *Nimesha* (closing eyelids) and *Unmesha* (opening eyelids) together as one *Matrakala*.

**Table 1 – Saviryta Avadhi of different Ayurvedic dosage forms as per classics [14]**

Dosage Form	Saviryta Avadhi		
	According to Vanga Sen	According to Sharangdhar	According to Yogaratnakar
Kwatha	----	----	03 hours
Kalka	----	----	03 hours
Swarasa	----	----	03 hours
Anjana	----	----	03 months
Churna	----	02 months	03 months
Vati	----	12 months	----
Guda/Avaleha	12 months	12 months	06 months
Ghrita & Taila	06 months	16 months	12 months

Asava	-----	Long term stability	-----
Dhatu	-----	Long term stability	-----
Rasa	-----	Long term stability	-----

### Importance of Mana:

Mana is inseparable part of our knowledge and studies. Without the knowledge of *Mana* one can never expect to have a through approach to any subject matter.

1. In Raw drug collection, it is stated that with wet drugs should be taken twice than the indicated quantity. <sup>[15]</sup>
2. *Mana* is important while preparation of any *Kalpana* like *Sneha Kalpana* we require *Kalka: Taila: Dravadravya* in 1:4:16 *pramana*. <sup>[16]</sup>
3. While deciding *Anupana* and *Matra*, we need to know the *Mana* as *Churna, gutika* and *kalka* should be given 3,2 and one *pala* respectively. <sup>[17]</sup>
4. To study measurement in our classics
5. It is inseparable and most essential in all eight branches of *Ayurveda*.
6. Plays a crucial role in quadruples of treatment.
7. For quantitative assessment of body constituents.
8. Raw drug collection
9. Preparation of different *Kalpana's*
10. *Anupana matra*
11. Preparation of *Ahara kalpana (Pathya kalpana)*
12. To quantify the drugs for all purposes.
13. To fix the doses etc.
14. According to *Acharya Agnivesha*, *Mana* is important for following things: <sup>[18]</sup>  
*Dosha, Bala, Satmya, Bhesaja, Sharira, Satwa, Desh, Sara, Prakruti, Kala, Ahara, Vaya.*

### DISCUSSION:

This 'system of measurements' is considered as a basic principle when it comes to the study of any sciences. In our classics, different types of *Mana* are explained: *Magadha mana, Kalinga mana, Pautava mana, Pay-ya mana, Druvaya mana, Kala mana etc.* *Acharya Sharangdhar* and *Charaka* write *Magadha mana* as superior among both. *Acharya Charaka* deal with the smallest unit of *Magadha mana* is 'Dhawanshi' and *Sharangdhar* smallest unit of *Magadha mana* is 'Parmanu'.

Mostly the *Pautavamana* is used in the reference of *Aushadha sevana matra, Aushadha nirman matra etc.* *Payyamana* used in the reference of *Dhumpana, Pu-ta, Sharair pramana. Druvayamana* used in *Aoleha kalpana, Nasya kalpana, Aasava-Arishta, Ksheerpaka.*

The utility of weights and measures is an integral part of our day-to-day life. In *Ayurveda Mana* plays an important role in the preparation of drug formulation to drug intake, *Pathya, Anupana etc.*

### CONCLUSION:

In *Bhaishajya Kalpana Mana* was considered in the basic principles. Although there is a difference between *Mana Paribhasha* by *Acharyas*, the *Mana* remains the same. It is not possible to use any substance without the help of *Mana*, it is an essential concept to understand a science in term of quantity. It's very important while preparing Ayurvedic Remedies.

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