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Critical Review on Mana Paribhasha

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Abstract:

The measurement has become the base for foundation of all science. In *Ayurveda* such a study concerning the dose and administration of drugs are dealt in *Rasashastra* and *Bhaishajya Kalpana*. In ancient era *acharyas* had such a wonderful parameter which are perfect in this era too. In this article the ancient methods of *Mana* like *Magadha Mana* and *Kalinga Mana* are comparatively discussed. 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*.

Keywords: *Mana, Pautava Mana, Druvaya Mana, Payya Mana*

Introduction:

The knowledge about weight and measurement place 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*. By which we can measure the substance is called as *Mana*.[1]

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.[2]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 Mana* and *Kalinga Mana* respectively.[3]*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. *Mana* starts from the smallest particle as *Trsarenu*.[4] It is also instructing to find typical names of fruits to denote *Mana* of particular substance such as *Bilva Phala, Bibitaki* etc in many contexts of *Samhitas*. It is in *Amarakosha Mana* was classified as *Poutava, Druvaya* and *Payya Mana*, indicating the weight, volume and length wise measurement

respectively.[5] Commentator of *Amarakosha Hemachandra* stated that, *Tuladhi* are *Poutava Mana*, *Kudavadi* are *Druvaya Mana* and *Hastadhi* are *Payya Mana*.

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.[6]
2. *Mana* is important while preparation of any *Kalpana* like *Sneha Kalpana* we require *Kalka: Taila: Dravadravya* in 1:4:16 *pramana*.[7]
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.[8]
4. While preparing *Pathya Kalpana*, for example in *Manda Kalpana*, *Shali Dhanya* 1 *Pramana* while *Jal* should be taken as a 14 *Pramana*.[9]

According to Acharya *Agnivesha*, *Mana* is important for following things:[10]

Dosha	*Bala*	*Satmya*
Bheshaja	*Sharira*	*Satwa*
Desh	*Sara*	*Prakruti*
Kala	*Ahara*	*Vaya*

Types of *Mana*:

A) According to *Desha*:[11][12]

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

1 *Pala* = 8 *Tola* = 80ml

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

1 *Pala* = 4 *Tola* = 40ml

In comparison with *Kalinga Mana*, *Magadha Mana* is considered to be superior as it includes *Parmanu* as the smallest unit of measurement.[13]

B) According to Nature of substance (followed by *Amarkosha*):[14]

1. *Pautava Mana* - For measurement of Solids.
2. *Druvaya Mana* - For measurement of Liquids.
3. *Payya Mana* - For measurement of Length.

C) According to British Pharmacopia:[15]

1. Imperial System
2. Metric System

Weights and measures according to *Magadha (Charakiya) Pramana*:[16]

It begins taking *Parmanu* (atom) as smallest unit of measurement. 30 such *Parmanu* will make up *Trasarenu* also known as *Vanshi* which is the first measuring unit of weight. One *Vanshi* is the floating dust particle seen in a beam of light entering a dark room.[17]

Classical Unit		Metric Equivalents
30 Parmanus	*1 Trasarenu*	0.04 mgs
6 Vanshis	*1 Marichi*	0.22 mgs
6 Marichis	*1 Rajika*	1.31 mgs
3 Rajikas	*1 Sarshapa*	3.91 mgs
8 Sarshapas	*1 Yava*	31.25 mgs
4 Yavas	*1 Gunja*	125 mgs

6 Gunjas	*1 Masha*	750 mgs
4 Mashas	*1 Shana*	3 gms
2 Tankas	*1 Kola*	6 gms
2 Kolas	*1 Karsha*	12 gms
2 Karshas	*1 Ardhapala*	24 gms
2 Shuktis	*1 Pala*	48 gms
2 Palas	*1 Prasruti*	96 gms
2 Prasrutis	*1 Anjali (Kudava)*	192 gms
2 Kudavas	*1 Manika (Sharava)*	384 gms
2 Sharavas	*1 Prastha*	768 gms
4 Prasthas	*1 Aadhak*	3.0732 kgs
4 Adhakas	*1 Drona*	12.288 kgs
2 Dronas	*1 Shurpa*	24.576 kgs
2 Shurpas	*1 Droni*	49.152 kgs
4 Dronis	*1 Khari*	196.608 kgs
2000 Palas	*1 Bhara*	96 kgs
100 Palas	*1 Tula*	4.8 kgs

Weights and measures according to *Kalinga* (*Sushrutiya*) *pramana*:[18]

Classical Unit		Metric Equivalents
12 Gaura Sarshapa	*1 Yava*	62.50 mgs
2 Yava	*1 Gunja*	125 mg
3 Gunjas	*1 Valla*	375 mg
8 Gunjas	*1 Masha*	1000 mgs or 1 gm
4 Mashas	*1 Shana*	4 gms
6 Mashas	*1 Gadayana*	6 gms
10 Mashas	*1 Karsh*	10 gms
4 Karshas	*1 Pala*	40 gms
4 Pala	*1 Kudava*	160 gms

Weights and measures according to *Kalinga (Govindadas Sen) pramana*:[19]

30 Parmanu	*1 Trasarenu*
6 Dvansi	*1 Marichi*
6 Marichi	*1 Sarshapa*
6 Sarshapa	*1 Yava*
3 Yava	*1 Gunja*
8 Gunja	*1 Masha*
4 Masha	*1 Shana*
6 Masha	*1 Gadyana*
10 Masha	*1 Karsha*
2 Shana	*1 Kola*
2 Karshardha	*1 Karsha*
2 Suvarn	*1 Palardha*
2 Palardha	*1 Pala Mushti*
2 Pala	*1 Prasrut*
2 Prasrut	*1 Kudav*
2 Kudav	*1 Manika*
2 Manika	*1 Prastha*
4 Prastha	*1 Adhak*
4 Adhak	*1 Drona*
2 Drona	*1 Shurpa*
2 Shurpa	*1 Droni*
4 Droni	*1 Khari*
100 Pala	*1 Tula*
20 Tula	*1 Bhar*

Weights and measures according to *Rasashastriya Mana*:[20]

6 Truti	*1 Liksha*
6 Liksha	*1 Yuka*
6 Yuka	*1 Raja*
6 Raja	*1 Siddhartha*
6 Siddhartha	*1 Yava*
6 Yava	*1 Gunja*
6 Gunja	*1 Mashak*
12 Mashak	*1 Tola*
8 Tola	*1 Pala*
32 Pala	*1 Shubha (256 Tola)*
2000 Shubha	*1 Bhara (51200 Tola)*

Weights and measures according to *Rasa Vagbhatokta Mana*:[21]

6 Anu	*1 Truti*
6 Truti	*1 Liksha*
6 Liksha	*1 Yuka*
6 Yuka	*1 Raja*
6 Raja	*1 Sarshapa*
6 Sarshapa	*1 Yava*
6 Yava	*1 Gunja*
2 Gunja	*1 Nishpav*
3 gunja	*1 Valla*
2 Valla	*1 Masha*
2 Masha	*1 Dharan*
2 Dharan	*1 Shana*
2 Nishka	*1 Kola*
2 Kola	*1 Tola*
2 Karsha	*1 Shukti*
2 Shukti	*1 Pala*
2 Pala	*1 Prasruta*
2 Prasruta	*1 Kudav*
2 Kudav	*1 Manika*
2 Manika	*1 Prastha*
2 Prastha	*1 Shubha*
2 Shubha	*1 Adhaka*
4 Adhaka	*1 Drona*
100 Pala	*1 Tula*
4000 Pala	*1 Bhara*

Weights and measures described in Ayurvedic classics and their metric equivalents adopted by the Ayurvedic Pharmacopeia Committee:[22]

Classical Unit		Metric Equivalents
1 Ratti or Gunja		125 mg
8 Ratti or Gunja	*1 Masha*	1 g
12 Mashas	*1 Karsha or Tola*	12 g
2 Karshas or Tola	*1 Shukti*	24 g
2 Shuktis	*1 Pala*	48 g
2 Palas	*1 Prasruti*	96 g
2 Prasrutis	*1 Kudava*	192 g
2 Kudavasa	*1 Manika*	384 g
2 Manikas	*1 Prastha*	768 g
4 Prasthas	*1 Aadhaka*	3 kg 73 g
4 Aadhakas	*1 Drona*	12 kg 288 g
2 Dronas	*1 Shurpa*	24 kg 576 g
2 Shurpas	*1 Droni*	49 kg 152 g
4 Dronis	*1 Khari*	196 kg 608 g
1 Pala		48 g
100 Palas	*1 Tula*	4 kg 800 g
20 Tulas	*1 Bhara*	96 kg

Druvaya Mana:

These are the measures of capacity and are also called as *Tarala mana*. The smallest unit is *Bindu* (drop). One *Bindu* is a drop of liquid which falls from index finger after it is lifted from water.

Sharangdhar defines *Bindu* as the quantity of *Sneha dravya* which fall soon after lifting the index finger immersed up to two joints in the *sneha*.[23]

In the case of liquids, the metric equivalents would be the corresponding liter and milliliter.[24]

Classical Unit		Metric Equivalents
1 Bindu	*1 Shana*	9 gms
32 Bindu	*1 Shukti*	24 gms
64 Bindu	*1 Panishukti*	192 gms

Payya Mana (Linear Measures):[25]

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 after the other.[26]

Classical Unit	Classical Unit	Inches	Metric Equivalents
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	*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)

Synonyms:[27]

Dhanyamasha = Yava (Udida)

2 Dhanyamasha= Gunja (Ratti)

4 Dhanyamasha= Nishpav, Andika

4 Masha = 1 Shana, Dharana, Tanka

2 Shana = 1 Kola, Kshudrabha, Drakshana, Vatak, Badar

2 Kola = 1 Karsha, Aksha, Suvarna, Panitala, Bidalapadak, Pichu, Tinduk, Kavalgraha, Panimanika, Kinchitpani, Udumbar, Hansapada, Karamadhya, Shodashika.

2 Karsha = 1 Shukti, Palardha, Ashtamika

2 Shukti = 1 Pala, Panishukti, Mushti, Prakunch, Bilva, Amra, Chaturthika

4 Pala = 1 Anjali, Kudav, Ashtamana, Ardhasharav

2 Kudav = 1 Sharav, Manika

4 Prastha = 1 Adhak, Patra, Bhajan

4 Adhak = 1 Drona, Kalash, Nalvan, Arman, Unman, Ghata, Rashi

2 Drona = 1 Shurpa, 1 Kumbha

2 Shurpa = 1 Droni, Goni, Vaah.

Seeds used for weighing:[28]

Gaura Sarsapa, Rakta Sarshapa, Udidha, Yava, Gunja

Fruits used for weighing:[29]

Badar, Bilva, Amra, Udumbar, Bibhitaki.

Measurement of Time:[30]

Classical Unit		Equivalents in hrs, minutes and seconds.
2 Kshana	*1 Lava*	-
2 Lavas	*1 Nimesha*	-
3 Nimeshas	*1 Kashta*	4.66 seconds
1 Ghati		24 minutes
30 Kasthas	*1 Kala*	2 minutes 20 seconds
20 Kala + 3 Kashtas	*1 Muhurt*	48 minutes
30 Muhurtas	*1 Ahoratra*	24 hrs
15 Ahoratras	*1 Paksha*	15 days
2 Paksha	*1 Masa*	30 days/1 month
2 Masa	*1 Ritu*	60 days/ 2 months
3 Ritus	*1 Ayana*	6 months
2 Ayanas	*1 Samvatsara*	12 months/ 1 year
5 Samvatsara	*1 Yuga*	5 years
1 Ahoratra Dev	-	1 year
1 Ahoratra Pitarasa	-	1 month

Metric System:[31]

Standard unit of measures of mass(weight) is Kilogram and all other measures of mass are derived from kilogram.

1 Kilogram (Kg)	1000 gm
1 Hectogram (Hg)	100 gm
1 Decagram (dag)	10 gm
1 Gram (Gm)	1 gm
1 Decigram (dg)	0.1 gm (100 mg)
1 Centigram (cg)	0.01 gm(10 mg)
1 Milligram (mg)	0.001 gm (1 mg)
1 Microgram (mcg)	0.0001 gm

Imperial System: It is divided into two.[32]

1. Avoirdupois System

2. Apothecaries System

Avoirdupois system which is used for more substantial weights.

According to this system the standard unit for weighing is pound and all other measures of mass are derived from pound. It is represented by lb. [33]

1 Pound	7,000 grains
1 Pound	16 ounces
1 Pound	453.592 gms

Apothecaries System:[34]

It is also knowns as troy system. The standard weight in this system is grain.

20 Grains	1 Scruple
60 Grains	1 Drachm
480 Grains	1 Ounce
8 Drachms	1 Ounce
12 Ounces	1 Pound
5760 Grains	1 Pound

The avoirdupois measures have 16 ounces in a pound, the Apothecary and Troy system have 12 ounces in a pound, and use lighter weights, such as scruples and grains.[35]

	Avoirdupois [36]	Apothecaries [36]
1 pound	453.592 g (7000 grains)	373.242 g (5760 grains)
1 ounce	28.35 g	31.10 g, 480 grains

Measures of Capacity:[37]

Standard units for capacity are same in Avoirdupois as well as Apothecaries system. The standard unit is Gallon and all other measures of capacity are derived from gallon.

1 gallon	160 fluid ounces	
1/4th of a gallon	1 quart	40 fl. Ounce
1/8th of a gallon	1 pint	20 fl. Ounce
1/160th of a gallon	1 fl. Ounce	
1/8th of a fl. ounce	1 fl. Drachm	
1/60th of a fl. drachm		1 minim
1 fluid ounce	480 minims	
1 fluid drachm	480/8 minim	60 minims

Domestic Measures:[38]

1 drop	1 minim	0.06 ml
1 tea spoon	1 fl. drachm	4 ml
1 dessert spoon	2 fl. drachm	8 ml
1 table spoon	4 fl. drachm	15 ml
2 table spoons	1 fl. Ounce	30 ml
1 wine glass	2 fl. Ounce	60 ml
1 tea cup	4 fl. Ounce	120ml
1 tumbler	8 fl. Ounce	240 ml

Discussion:

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. In olden days physician himself used to prepare the medicine in small quantity for his patient. The measurement mentioned in *Samhita* was not clearly understandable. i.e. volume wise or weight wise. But in *Amarakosha*, *Mana* is classified as *Poutava*, *druvaya* and *payya Mana*, indicating weight, volume and length measurement respectively.

To standardize these measurements the Pharmacopoeia Committee of Central Government with Indian standard Institution has given certain weight wise measurements for all measurements which they have mentioned in *Samhita*.

Conclusion:

Although there is difference in *Mana paribhasha* of *Acharya Charak*, *Acharya Sushrut*, *Acharya Sharangdhar* but the *Mana* (measurement) remains the same. For example, as per *Acharya Sushrut* and *Acharya Sharangdhar* 6 *ratti* is equal to 1 *masha* and 4 *masha* is equal to 1 *shana* (24 *ratti*) whereas, according to *Charak*, 8 *ratti* is equal to 1 *masha* and 3 *masha* is equal to 1 *shana* (24 *ratti*). Therefore, the *Shana*, *Kola* and *Karsha mana* of all the three *Acharyas* is the same. *Acharya Sushrut* has mentioned *Dhanyamasha* as the smallest *mana*. However, after the development in *Rasashastra* there must have been need of smaller mana which are mentioned *Charak Samhita*. Nowadays the *Magadha Mana* mentioned by *Acharya Charak* and *Acharya Sharangdhar* is being practiced.

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