

CONCEPT OF KALA/Time in Ayurveda

INTRODUCTION

Kala is 'Bagavan' having neither a beginning nor an end. Everything in this universe is constantly undergoing changes. The change from an earlier condition to its succeeding condition is called Kala or in other words 'parinama'. Everything in this cosmos starting from the planets down to the minutest substance, undergoing changes or transformations follows some orderliness which can be recognized. The changes in the atmosphere which is called 'seasons' follow a definite order, so also the physical body of all living beings. These changes are inexorable goes on silently without break.

Kala is the cause for the birth and death of all living beings, for the disorders and excellence of the seasons, properties of substances such as taste and potency, the disorders or excellence of strength of Dosha and the body.