

1. Dashpot in reciprocating motion

n = number cycles per minute
A = angle of travel Degrees
T = operating torque Nm
P = power dissipated as heat Watts

1.1. Damping in both directions

$$P = \frac{nAT}{1720} \text{ Watts}$$

1.2. Damping in one direction
(free in other direction)

$$P = \frac{nAT}{3440} \text{ Watts}$$

2. CR Dashpot rotating continuously

n = number revolutions per minute
T = operating torque Nm

$$P = \frac{nT}{9.55} \text{ Watts}$$