

“KOSHITA - THE BASIC CONCEPT OF AYURVEDA”

VD. DNYANESHWAR. K. JADHAV & VAIDYA. PATIL ARATI S

Research Scholar, Department of Kaychikitsa, S.G.R. Ayurved Mahavidyalaya, Solapur, Maharashtra, India

ABSTRACT

Ayurveda is Vast Medicinal Science which focus on healthy living than treatment of disease. This traditional health system gaining more importance and popularity across the world. Ayurveda encompasses many concepts.it would require extensive study to discuss and understand them all. Dosha, Dhātu, Mala, Agni, koshta are some important concepts.it is essential that we need to know them in order to able to really comprehend Ayurveda.

KEYWORDS: Koshta, Ayurveda, Basicconcept

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INTRODUCTION

Ayurveda is art and science of life which deal each and every aspect of human life. *Atarva veda* is the mother of Ayurveda. Even it is consider that Ayurveda is *upveda* of *athrvaveda*.

The *Ayurvedic* approach toward the human body based on some principles. *Ayurvedic* approach of diagnosis is very unique and different from conventional medicine.

The *Ayurvedic* principles are formulated based upon some concepts, which are structurally as well as functionally specific & their interpretation which could help in generalization as the matter, such concept is the concept of *koshta*.

NIRUKTI

Koshta – Kush Aawarane^[1]

‘*koshta*’ word made from *kushya* dhatu.it means *Avrana*.

Paribhashya (Defination)

- ‘*Koshta*’ is defined as the nature of alimentary tract, bowel movements or nature of eliminations of faeces.
- According to *Bhavprakasha*, *Sthana* such as *Aamashya*, *Agnayshaya*, *Pakwashya*, *Mutrashya*, *Rudhirashya*, *Rhudaya*, *Unduk*, *Phupusa* are called as *koshta*.
- Generally the term *koshta* means a hollow viscos.

Paryaya (Synonyms)

Mahastrotas, *Sahrirmadya*, *Aamshya*, *Pakwashya* are paryayawachashabda (Synonyms) of *koshta*.^[2]

Prakara (Types)

There are three types of *koshta* based on predominance of *doshas* such as :^[3].

Table 1

| | Types of <i>Koshta</i> |
|---|------------------------|
| 1 | Krura (Hard) |
| 2 | Mrudu (Soft) |
| 3 | Madhya(Moderate) |

- **Krura *Koshta*(Hard)**

Predominance or increase of vata produces hard faeces with difficulty of elimination or even non-elimination.its happen due to predominance of *Ruksha guna* of vata over the *sar guna* of pitta doshas.

- **Mrudu *Koshta*(Soft)**

Predominance or increase of pitta causes watery or semisolid faeces, moving out more than once or twice, in a day.

- **Madhya *Koshta*.(Moderate)**

Predominance or increase of *kapha* causes soft, solid faeces moving out smoothly. Some *Acharya* said that,when all the *doshas* are normal, then the *koshta* will be *madhya* which is the ideal condition.

Astanga-hrudya (Vagbhata) mention four types of *koshta*.^[4]its include *samakoshtain* above three type of *koshta*.

Koshta Parikshana

While doing *chikitsa* (treatment) *koshtaparikshana* is important. According to *koshta* we can decide suitable drug for *chikitsa*.

If patient can get virechana (Purgation) with *kshir* (milk)^[5], *Aaragwadha*, *ekshu*, *takra*, *mastu*, *gudha*, *krushara*, *nava-madhya*, *ushnodak*, *draksha*.^[6] than we can guise, there is *pitta-bahulya* than this *koshta* will be *Mrudu*.

if patient can get virechana^[7] with *Shama*, *Kushata*, *Triphala*, *Sudhathan* we can guise that ,there is *Vata-bahulya* than this *koshta* will be *Krura*,

Koshta Mimansa

koshta and *shakha* is two things related with each other. *koshta* is hollow part while *shakha* is solid part of body. These term *koshta* and *shakha* are used in different meaning according to the situation. There are several *koshta* and *shakha* in the body but they can also be taken as a single *koshta* & *shakha* when a systemic pathogenesis is consider.

In Ayurveda, the transfer of nutrients, the exchange of body fluids are fascinated by the mechanism of *kosta-sakhainteraction*. *Vata* play a key role in this interaction.

Doshas are exchanges between the *koshta* & *shakha* according to the condition as the body as well as condition of environment. This balance of the exchange of *doshas* between the *koshta* & *shakha* is needed in normal function of both of them.

Koshtanusari Roga

Jwar, Atisaar, Vaman, Alsak, Visuchika, Kasa, Shwasa, Hikka, Anaha, Udarrog, Plihaare utapanaa from *Anatamarga*, while *visarpa* (herpis), *shwapthu* (odema), *gulma* (tumor), *Arsha* (piles), *Vidradhi* (Abscess) are disease of *koshtamargaanusarak*.^[8]

Importance of Concept of Koshta

- **Roga-Nidanartha**
 - To find out either disease is *koshtagata* or *shakhagata* or *Madhyama*.
 - Its help to decide *samprapti* of disease, either *doshas* going *koshta* to *shakha* or vice versa.
- **Roga-Chikisartha**
 - After *panchkarma* observation of *doshas*, is *doshas* going *shakha* to *koshta* or not.
 - To find out *koshtato shkahagati* or *shakha* to *koshatgati* and according to that *vrudhi*, *Abhishanadanaupkarma* done.
- *Sadhya-sadhyavanischiti :koshatgavhyadhi* are *sukhasadhya*, *Madhyavhyadhi* are *krucha-sadhya* and *shakhagatavhyadhi* are *yapya*.

CONCLUSIONS

Ayurveda have its own concepts and *sidhantas*. All concepts have its own impotent. *koshta* concepts helps to understand find out types of *vhyadhi* and its help for treatments because drug selection depends on *koshta*. Here one short review on concepts of *koshta*.

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