“KOSHTA - 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, Dhatu, 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, Basic concept

INTRODUCTION

Ayurveda is art and science of life which deal each and every aspect of human life. Atarva ved 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

Kosha – Kush Aawarane

‘Koshta’ word made from kushya dhatu. It means Avrana.

Paribhashya (Definition)

- ‘Koshta’ is defined as the nature of alimentary tract, bowel movements or nature of eliminations of faeces.
- According to Bhavprakasha, Shana 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 paryayanawachshabda (Synonyms) of koshta. 
Prakara (Types)

There are three types of koshta based on predominance of doshas such as.\cite{3}.

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- **Krura Koshta** (Hard)
  
  Predominance or increase of vata produces hard faeces with difficulty of elimination or even non-elimination. It 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 Achrya 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.\cite{4} It include samakoshta in 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)\cite{5}, Aaragwadha, ekshu, takra, mastu, gudha, krushara, nava-madhya, ushnodak, draksha.\cite{6} than we can guise, there is pitta-bahulya than this koshta will be Mrudu.

if patient can get virechana\cite{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 (herpsis), 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 : koshatgatvyadhi are sukhasadhya, Madhymavhyadhi are krucha-sadhya and shkahagatavhyadhi are yapya.

CONCLUSIONS

Ayurveda have its own concepts and sidhantas. All concepts have its own impotent. koshtaconcepts 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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