

“KOSHITA - THE BASIC CONCEPT OF AYURVEDA”

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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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