



A study –*Koshta* with reference to *Kriya Sharir*

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Abstract-

Ayurveda is the Science of life. It deals with 'swastha' as well as cure diseases. Some basic fundamentals of Kriya Sharir described in Ayurveda. They are unique 'Koshta' is such fundamental Siddhant described in Kriyasharir. In this study by using specific and multiple parameters try to explain easy method of determine Koshta of a person.

Along with questionary, Koshta can determine by some parameters according to Kriya Sharir. As explained in Samhita, Koshta can determine by Abhyantar snehapan more significant use of Virechana. In this study by using classical terms of Ayurveda, Abhyantar snehapan, Classical Virechan and Sansarjankram were used to explain concept Koshta.

Total 70 person (59 male and 11 female) were selected. Among 70, 25 were krur koshti, 23 were madhyam koshti and 22 were mrudu koshti. More clues and idea get by questionnaire including dry diet to explain Koshta. More significant study of Koshta was done with the help of Abhyantar Siddhasnehapan, period of snehapan, symptoms of siddhasnehapan, Virechana and Sansarjankram..

Keywords:

Koshta, Kriya Sharir, Abhyantar Siddhasnehapan, Virechana, Sansarjankram.

Introduction:

Ayurveda is the science of life. Ayurveda prescribed to maintain health as well as cure diseases. According to Ayurveda dosha are functioning units, dhatu and mala are also responsible for maintaining health as well as cure diseases. Koshta is Annavaha strotas and allied parts. Shodhana used for removal of impurities in body. Dysfunction of Jatharagni is responsible for all diseases, Jatharagi situated in Koshta i.e. in Annavaha strotas, Koshta is fundamental siddhanta in Kriya sharir.

Koshta corresponds to elasticity, dryness, softness, thickness and shows significance of dosha. According to Samhita, a person having predominance of Vatadosha shows significance of Krur koshta, predominance of Pittadosha characteristic of Mrudukosta and Kaphadosha predominance shows Madhyamkoshta. In Charaksamhita, period- 3 days and 7 days snehapan are necessary for mrudukost and krurkost respectively.

Aim- To determine Koshta in healthy person with reference to Kriyasharir.

Objective –

- To collect the data of Koshta from Samhita, commentaries in Ayurveda.
- To develop parameters for Koshtaviniscchaya.

- To take consent of 70 healthy volunteers. To perform Siddhasneha and Virechana and sansarjankram for 70 healthy volunteers.
- To study determination of koshta.

Relevance of study of Koshta

Koshta is indicating the condition of health, body and dosha. Hence it is useful for observe effect of medicine at same age group. With the help of Koshta Principle, why the variations occur of same medicine in same age group can explain in Ayurveda.

Literary review

Koshta is described by different Acharyas as follows

According to Acharya Charaka- Cha.Su.11/27 Koshta is Mahsrotas, Sharirmadhya, Mahanimna, Pakvashaya.

Gangadhar-explain as above and describe as Mahasarancchidra.

Chakrapani- Yakrit pliha i.e. liver and spleen is also included in Koshta

Acharya Sushruta- Su.Chi.2/12-Place of aama, agni, pakvasthan, heart, Unduka, lungs.

Dalhana- described as above

Acharya Vagbhata- Astang hru.Su.12/46 Antakosta, Mahasrot Aampakvashaya.

Types-Sushrutacharya explained 3 types i.e. mrudu, madhyam, & krur koshta. Astanghrudya & Astangsangraha & their commentaries explained 4 types. mrudu, madhyam, krur, madhya in samyavastha in tridosha. In Indu tika tridosha relationship with type of koshta has explained. Vatadosha-krurkoshta, pittadosha-mrudukoshta, kaphadosha-madhyakoshta & samdosha also madhyakoshta.

Material and Method-

Charakacharya, Sushrutacharya and Dalhana described koshtanga. Ashtanga

Sangraha, Ashtanghrudaya Kashyap Samhita and Bhel Samhita have been described Koshtanga as Charakacharya.

Relation between Koshta & Dosha- Charakacharya, Gangadhar, Chakrapani explained. Sushruta and Commentaries had also explained above relation. Ashtanga hrudaya and Commentaries had explained it in detail.

Relation between Koshta & Snehan- In Bhruhatrayee, 3 days for mrudukoshta, 5 days for madhyam and 7 days for krurkoshta are necessary siddhilakshana. Siddhasneha, Koshta, condition of Dosha, symptoms of siddhasneha are important in koshta determination. Charakacharya and commentaries explained in detail koshta and sahavirachana i.e. jiggery, milk, curd, mastu, warm water, juice of sugarcane; these can effect on mrudukoshta for virechana but can't in other type koshta. Amount of virechya dravyas matters in type of koshta i.e. less amount of virechya dravya is more efficient for mrudukoshti, medium quantity for madhyamkoshti and large amount of virechya is important for krurkoshti (Cha.Su.13/29) Su.Chi.33/21

Siddhasneha, swedan yantra, castor oil, Sphygmomanometer, Weighing Machine were used.

- 1) Koshta derivative factors-
- 2) Siddhasneha,
- 3) Abhyantar Snehan,
- 4) Snehan,
- 5) Swedan,
- 6) Drug selection
- 7) Dose
- 8) Virechana

Observation

Samyak siddhilakshanas-

Sr. no.	Siddhilakshanas	Charakacharya	Sushrutacharya	Vagbhatacharya
1.	Agnidipti	+	+	-
2.	Snehodvega	+	-	+
3.	Asant varcha	+	+	+
4.	Anglaghav	+	+	-
5.	Gatra mardav	+	+	-
6.	Gatra Snigdhata	+	+	+
7.	Purisha Snigdhata	+	+	+
8.	Vatanuloman	+	-	+
9.	Adhomarg sneha	-	+	+
10.	Tvaksnigdhata	-	+	-
11.	Klam	-	+	+
12.	Shaithilya	-	+	-

Asnigddh lakshanas-

Sr no.	Siddhilakshanas	Charakacharya	Sushrutacharya	vagbhatacharya
1.	Grathita Purisha	+	+	-
2.	RukshaPurisha	+	+	-
3.	Agnimandya	+	+	-
4.	Vayupratilomata	+	-	-
5.	Gatra kharata	+	-	-
6.	Urodaha	+	-	-
7.	Urovidaha	-	+	-
8.	Dourabalya	-	-	-
9.	Durvarnata	-	+	-
10.	Difficulty in digestion	-	+	-

(+ = Described, - = No described)

Virechana-Removal of mala from body is virechana. (Cha.Ka.1/4)

Sr no.	Types of Snehana	Period for snehana	Swedana	Virechana
1.	Awar	3 days	4, 5, 6 th days	7 th day
2.	Madhyam	5 days	6, 7, 8 th day	9 th day
3.	Pravar	7 days	8, 9, 10 th day	11 th day

According to karma-Sukhvirechana, Mruduvirechana, Tikshna virechana According to Guna-Snigdha, Ruksha

Sr.No.	Symptom of Veg vishaya	Pravar	Madhya	Jaghanya
1.	Vaigiki	30 vega	20 vega	10 vega
2.	Maniki	4 prastha	3 prastha	2 prastha
3.	Antiki	kaphant	kaphant	kaphant
4.	Laigiki	Vatshaman	Vatshaman	Vatshaman

Samyak yoga of Virechana karma expected for appropriate result.

Samyak yoga lakshanas of Virechana karma

Sr. no.	Siddhilakshanas	Charakacharya	Sushrutacharya	vagbhatacharya
1)	Srotovishuddhi	+	-	-
2)	Endriyaprasada	+	+	-
3)	Laghuta	+	+	-
4)	Agnivruddhi	+	-	-
5)	Anamayam	+	+	-
6)	Vata Pitta Kapha kramasha Niassaran	+	+	-
7)	Vatanulomana	+	+	-
8)	Ayogya lakshana	-	-	+

Virechana dravya-Castor oil (Racinus Communis) (Family-Euphorbiace), Chemical composition-fix oil-37.61%, Mansasar-12.16%, Fibers-23.28%, emulsiage, invertage, lipase, Ricine, Recinine, Recine olic acid.

Guna-Snigdha, Tikshna, Ushna, Madhura Ras, Katu, Kashaya Anuras, Madhur Vipaka, Karma- Kapha-vat shamak

Dose-Beej tail-4-16ml

For Virechana=30-80ml

Ahar- Abhyavaranshakti, Jaranshakti, Trishna, stool examination, addiction, sleep, exercise, Urine examination, Urine examination, Mental stage, Diseases if any; were examined.

Discussion-

According to Kriyasharir, to elaborate concept of Koshta seventy volunteers were selected of 15-45 years age group as follows-

Sex	Krur koshta	Madhyam koshta	Mrudu koshta	Total
Male	24	18	17	59
Female	01	05	05	11
Total	25	23	22	70
%	35.71	32.86	31.45	100

Koshta parikshana patrak includes questionnaire observations, snehapana & virechana. In all 70 persons examined for koshta parikshana mrudu-22, madhyam-23, krur koshti-25 observed. Questionary

and observations are useful for determine concept of koshta. In 18 persons having mrudu koshta and madhyam koshti 20 persons can eat dry things easily, in these 4 & 3 person use water at while eating respectively. Among 25 person of krurkoshti, only 3 people can eat dry food without water and 22 people used water for eating dry food.

Stool examination-In all krurkoshti, 14 persons grathit, asrushta, constipation observed, 9 person normal, and in 2 persons dravamalpravrutti observed. In madhyamkoshti all observed person normal only 4 persons observed with grathit asrushta malpravrutti. In mrudukoshti, only 2 persons observed with grathit, asrushta malpravrutti remaining all were srushta & frequently malpravrutti observed. Virechan observed in 3 persons by milk, sugarcane juice, grapes juice among 22 krurkoshti. In madhyam koshti people virechan observed in 9 people & not present in 14 people. While in mrudukoshti out of 22 people, virechan observed in 21, only single person not response for rechana with help of same juice/liquid.

Factors affecting Malpravrutti

Sleep- 12 persons in krurkoshti, 5 in madhyam and 3 in mrudu were affected by pass the night awake, other not affected.

Exercise- 7 persons suffer from constipation by doing regular exercise, this symptom seen in more quantity in krurkoshti.

Urination- Frequency rate of urination is high in pittapradhan prakruti.

In krurkoshti 7 persons were suffering from stomatitis & sneezing cold frequently. In madhyam & mrudukoshti 3-3 persons were suffering from same as above. Questionary is useful in determination of koshta. Samyak snehapana was observed during 3-4 days in mrudukoshti, 5-6 days in madhyamkoshti, and 7 days in krurkoshti. Special observation was that hard worker having krurkoshti need more than 7 days for sufficient snehapan. 30 -40 ml castor oil was used for mrudukoshti. 4 persons were shown more & 2 were shown less response, In madhyamkoshti 45-55 ml castor oil used; 2 person shown less response & 1 need stambhana due to atiyoga. 60-80ml castoroil is used in krurkoshti, in those ayoga observed in only 3 person.

Blood pressure decreases 10 -20 mm of Hg, while weight reduced in 21 persons by 1-2 kg & in 43 persons by 3-4 kg. No changes in weight in 6 persons which were mrudukoshti. Special observed that weight reduction is complex process and it permanently reduction of weight depend on sansarjankram.

Result-

Firstly literary search was done from Bruhatrayee & laghutrayee for detail study of koshta in view Kriyasharir. Questionary was prepared depending on database of literary review which was very useful. Parameters were developed for determine study of koshta which was fruitful &

depend on the basis of above factors. Results were same as described in siddhant and observed by virechana. Dose of snehana was helped in virechana & got way for determination the type of Koshta. Among 70 people, 25 were krurkoshti, 23 were madhyamkoshti & 22 were mrudukoshti. In hardworkers, farm workers 12 were krurkoshti. Among 12 krurkoshti, 7days were sufficient samyak sneha lakshana for 7 people. Age group was 15-45 yrs. In 35-45 yrs age group out of 15 persons, 6 are krurkoshti. According to questionary observation cleared that eating of dry, spicy, salty, sugrcain juice, things was affect on defecation, urination. Parameters were helpful in determination of koshta. Questionary & abhyantar snehapan were important for concept of koshta.

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