

## ***The Concept of Koshtha in Ayurveda and Its Role in Panchakarma***

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### ***Abstract***

*Life's science is ayurveda. The shodhana chikitsa includes the panchakarma procedure. Because a disease that is treated with shodhana therapy will never recur, shodhana chikitsa is preferable to shaman chikitsa. The Panchakarma assessment factors are Koshtha, Agni, and Bala. There are two ways to define the word "koshtha." The nature of the digestive tract or hollow body parts, known as koshtha, represents the movement of food and faeces in the alimentary canal as well as the elimination of stool. The most crucial Panchakarma procedure is koshtha shodan. For Panchakarma therapy, Koshtha assessment is crucial because the dosage of Shodhana drugs depends on the type of Koshtha. Samyak shodhan won't happen if Koshtha Assessment isn't done correctly.*

***Keywords: Tridosha; Koshtha; Virechan Karma; Shodhana Chikitsa.***

### **INTRODUCTION**

In Ayurveda, there are two different treatment modalities: shodhana and shamana. (1) Shodhana is a technique for purifying the body and removing aggravated doshas; shamana, on the other hand, is a technique for reducing aggravated doshas within the body.

Koshtha assessment is crucial to the Panchakarma process.

In Ayurveda, the word koshtha has two meanings. Koshtha is the anatomical term for the hollow area of the body that houses the stomach, liver, spleen, pancreas, intestines, and other organs, as well as the pelvic cavity that houses the uterus,

urinary bladder, lower part of the bowel, and other organs. According to a person's fundamental constitution, the koshtha is understood physiologically to be bowel movements. (2)

### AIM AND OBJECTIVE

- To Study the Importance of Koshtha in Panchakarma.
- To prove the importance of koshtha in Different Cases of Virechan.

### Types of Koshtha

There are three types of koshtha based on predominance of doshas such as :(3).

**Table 1: Showing Relation between Koshtha- Dosh and Panchakarma Chikitsa.**

	Types of koshtha	Dosha	Shodhanaa chikitsa
1	Krura (Hard)	Vata	Basti
2	Mrudu (Soft)	Pitta	Virechana
3	Madhya (Moderate)	Kapha	Vamana

### Krura Koshtha (Hard bowel):

In krura koshtha, where vata is the predominate dosha, an increase in vata leads to hard faeces that are difficult or impossible to eliminate. In koshtha, the ruksha and khara gunas (qualities) of the vata dosha predominate over the sar guna of the pitta dosha. Krura Koshtha will be

inadequately secretive and absorptive as a result.

### Mrudu Koshtha (Soft bowel):

Pitta is the dominant dosha in mrudu koshtha; as pitta levels rise, watery or semi-solid faeces that pass more than once or twice per day result. The sara (laxative), drava (fluid property), snigdha (unctuousness), and laghu (lightness) gunas of pitta dosha define mrudu koshtha. The koshtha will be lubricated, slippery, and smooth as a result. Although there will be more secretions, they won't absorb well.

### Madhyam Koshtha (Moderate bowel):

The Predominant Dosha in madhyam koshtha is kapha. Soft, solid faeces move out smoothly when kapha levels rise. Snigdha, guru (heaviness), and sthira (stable) gunas will predominate in madhyam koshtha. Because of the guru and sthira guna of kapha, koshtha will be more lubricated and covert while being less slippery. Maximum secretion and absorption will occur during the Madhya koshtha, which is brought on by the samavastha of three doshas.

### Samakoshtha –

Four different koshtha types are mentioned in Ashtanga-hrudya (Vagbhata). (4) As well as the first three varieties of Koshtha.

Sama Having Agni as its dominant tridosha, Koshtha influences Samagni, which is influenced by the ideal tridosha balance. A person with proper digestion will produce normal stools under this condition. The best treatments for balancing the body's vata, pitta, and kapha doshas are basti (enema), vireka (purgation), and vamana (emesis), respectively. Using medicinal oil—both internally and topically—is ideal for balancing vata, ghee for pitta, and honey for kapha.

### **Koshtha and Virechana**

Bowel habits are expressed as koshtha, which is dependent on Prakriti (constitution). Typically, a subject is classified as Krura if they complain of constipation. Koshtha causes hard, dry stools requires harsh lavanic, snigdha, and ushna purgatives like Shama, Kushta, and Triphala. (9), while in the Mrudu Koshtha Diarrhea is easily induced by mild laxatives.

Aaragwadha, ekshu, takra, mastu, gudha, krushara, navamadya, ushnodak, draksha (10), and in madhyam koshtha require kashaya and tikta laxatives. requires a medium dose of laxatives, katu rasa purgatives, and purgatives does not use

milk or mild laxatives to cleanse. Virechana and Koshtha Dravya.

### **Importance of Koshtha Pariksha in Shodhana Chikitsa**

- We understand the prakruti by koshtha parikshana, Example - mrudu koshtha person having pitta prakruti.
- To understand where the diseases is koshtha gata or shakhagata or Madhyama.
- Its help to decide samprapti of disease, either doshas going koshtha to shakha or vice versa.
- In shamanaa and shodhana chikitsa assessment of koshthais important to decide Aushadhi dravyas and Aushadhi matra. E.g. Mrudu koshthapersons require soumya aushadhi in minimum dose. Krura Koshtharequire Teeksha aushadhi in large dose. Same as krur koshtha required tikshna dravya virechana.

**Table 2: Showing Types of Koshtha & their Virechana Dravyas.**

Sr. No.	Koshtha	Virechana Dravyas
1	Krura Koshtha	Eranda Tail, Haritaki, Triphala.
2	Mrudu Koshtha	Kshir (Milk), Aaragwadha, Ekshu, Takra, Mastu, Gudha, Krushara, Navamadya, Ushnodak, Draksha
3	Madhyama Koshtha	Requires Kashaya & Tikta Laxatives

- Before Shodhana Karma, Snehapana is one of Purvakarma. Sneha-dravya and sneha- matra (dose) can be decided by Koshtha-Pariksha. eg. Duration of snehapan in mrudu koshtha is 3 days.
- After Panchakarma observation of doshas, is doshas going shakha to koshtha or not.
- koshtha pariksha also helps To understand the Ahar –vihar

### Discussion

Koshtha is the most significant idea that is helpful in various treatment-related aspects. Unfortunately, there isn't much research done on the koshtha concept in relation to shodhan chikitsa. It's crucial to comprehend the connection between prkruti, Agni, and Koshtha. A distinctive component of Ayurvedic medicine is pachakrma. The choice of medication in this pachakrma is dependent on the koshtha.

### Koshtha and Agni

The term "Agni," also referred to as "belly fire," has significant significance in Ayurveda. This Agni is situated in Amashaya, where pakwashaya and grahni undergo partial digestion (small intestine and duodenum). This Agni is followed by the koshtha, or behaviour of the gut. The relationship between Agni and Koshtha is shown in the following table based on the dominance of the doshas. (6)(7)

**Table 3: Showing Relationship between Agni and Koshtha According to Predominance of Doshas**

Sr.no.	Types of koshtha	Dosha	Agni
1	Krura (Hard)	Vata	Visham
2	Mrudu (Soft)	Pitta	Tikshna
3	Madhya (Moderate)	Kapha	Manda

**Relationship between Krur koshtha - Agni with Doshas:**

A krur koshtha Vata is the most common dosha. Agni is vishama in Vata Prakruti, which denotes that the digestive system is functioning unevenly.

**Relationship between Mrudu koshtha - Agni with Doshas:**

Murdu Koshtha Pitta is the dominant dosha. Because Pitta and Agni have similar characteristics, food digests quickly. It is common for the bowel to produce soft stools on a regular basis.

**Relationship between Madyam koshtha -Agni with Doshas:**

The dominant dosha in madyam koshtha is kapha, and because this type of Agni will have mild to moderate digestion, the formation of stools will be normal—neither too hard nor too soft. Such koshtha is typical of healthy individuals.

**ANALYSIS OF KOSHTHA**

It is crucial to distinguish between what is constitutional and what is acquired because this finding may be misleading because this condition might be acquired. Constitutional refers to bowel habits as they have existed since birth.

**The bowel habits were examined in following way-**

- Frequency
- Consistency, straining or efforts
- Time taken for proper defecation
- Satisfaction
- Previous encounters of diarrhea and constipation
- Previous experiences of purgatives and laxatives.
- The above points regarding the Malapravritti were considered for the assessment of Koshṭha.

**Table 4: Showing Analysis of Koshtha with Different Point**

<i>Koshtha</i>	<i>Duration of Snehapana</i>	<i>Malapravrutti</i>	<i>Aaharshakti &amp; jaranshakti</i>	<i>Duration</i>
<i>Krura Koshtha</i>	7 days	Hard and dry stools	<i>vishama</i> (irregular frequency and quantity)	Doesn't pass stool regularly
<i>Mrudu koshtha</i>	3days	Semi formed or formed stool	<i>Tikshna</i> (more frequency and quantity)	Passes Stools daily once or twice regularly,
<i>Madhyama koshtha</i>	5 days	normal stools	<i>Manda</i> (less)	Passes stools daily once,

**Analysis of Dose of Virechan Drug & Veg of different Patient**

**Table 5: Showing Analysis of Dose of Virechana Drug & Veg in Different Patient**

<b>DOSE</b>	<b>Patient -Antiki pariksha</b>
<i>Abhayadi modak Tab.2</i>	13 Kaphanta
<i>Abhayadi modak Tab.2</i>	33 Kaphanta
<i>Abhayadi modak Tab.3</i>	16 Kaphanta
<i>Abhayadi modak Tab.3</i>	35 Kaphanta
<i>Abhayadi modak Tab.4</i>	22 Kaphanta
<i>Abhayadi modak Tab.4</i>	35 Kaphanta

The table above demonstrates that while patients received the same dose of the drug virechan, the number of vega in each patient varied because vega depended on the koshta of the patient. The analysis of six patients who received virechan treatment is presented here. All 6 of these patients received abhayadi modak as their virechak dravya. According to that study, one patient received 13 virechana vega after taking 2 tablets of abhayadi modak, while another patient received 35 virechan vega. Another patient who took 3 abhayadi modak tablets received 35 virechan vega, while the other patient received 22 virechan vega. Another patient received 4 tablets of abhayadi modak, of which one patient received 16 virechan veg and the other received 35 virechan veg.

It is clear from the table above that even when the same dose of virechan dravya was given to various patients, the results

varied in terms of the number of vega. Koshta, a different factor in the patients, caused different vega to occur. This demonstrates the value of studying the Koshta prior to choosing the dosage of a medication for virechan or any panchakarma. Koshta assessment is crucial to prevent the patient from developing a vyapad like Ayog or Atiyog.

The patients in the above table who had received two tablets for mrodu koshta still had kaphanta, which is a symptom of samyak shodhan, as was seen. Patient with 33 vega of mrodu koshta and 13 vega of madhyam koshta. similar to how the patient displayed 35 vega after receiving 4 tablets. After 4 tablets, the vega were 35 kaphant symptom appeared as the patient was krura koshta. In contrast, the prior patient displayed 33 numbers of vega on 2 tablets. This demonstrates the significance of koshta. Following koshta assessment,

patients with mrudu koshttha were given 2 tablets, while patients with krur koshttha were given 4 tablets. As a result, koshttha assessment is crucial for both virechan and vaman & basti. The importance of koshttha in panchakarma can be seen in the fact that patients with mrudu koshti are given less basti dravya, and the amount of sneha and madhu is adjusted accordingly in vaman. Additionally, patients with mrudu koshti have their madan phal matra adjusted appropriately to prevent atiyog.

## CONCLUSIONS

The foundational and crucial idea in Ayurveda is koshttha. The choice of a disease's course of treatment depends in large part on koshttha. Before receiving shodhana treatment, koshttha parikshan is necessary. An evaluation of snehapan koshttha is required for the selection of the drug matra anupan. This review paper emphasises the significance of the koshttha concept in panchkarma in a nutshell.

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