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A literature Review on Physiological aspects of “*Koshta*”

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Abstract:

Koshta is one of the terminology in *Ayurveda*. According to various *Acharyas*, physiology or *sharir kriya* of *Koshta* depends on *Dosha* and *agni* present in *koshta*.

Koshta means “*Annavaha strotasa*”. Treatment part depends on nature of *Koshta*. Nature of *Koshta* is mostly dependent on *Dosha* present in *koshta*. According to various *acharyas* *Strotasa* is path which is responsible to carry the medicinal content to various parts of the body.

Now in this article we are going to study- type of *koshta*, effect of *dosha* and *agni* on *koshta*, effect of treatment on various types of *koshta*, etc.

Introduction:

According to *Ayurveda* body is made up of 5 basic things it's called as "*Panchamahabhuta*". In our body there are various types of content and every content have its own "*Strotasa*"⁵. According to *Acharya charaka Strotasa* means hollow part². *Koshta* means *Annavaha strotasa*. The word *koshtha* is derived from the root word *KUSH* meaning an empty space enveloped by a wall.

According to *ayurveda*, the *Koshta* corresponds to alimentary, and is immediately concerned with the process of ingestion, digestion & excretion.

According to *Vagbhata*, *Koshta* means the functional nature of alimentary canal.

Aims and objectives:

1. To study concept of *koshta* and *Agni*
2. To study physiological aspect of *koshtagni*

Material-method:

1. For this study *Samhitas* like *Charaka*, etc. for various references of *Koshta* and *Agni*.
2. Related modern books are also referred to understand some concepts related to physiology of digestion.

Review of literature:

Koshta means "*Annavaha strotasa*" or "*Antakoshta*".

There are 3 types of *Koshta*

1. *Krura koshta*
2. *Mrudu koshta*
3. *Madyam Ksohta*

A) *Krura koshta*:

If in *Grahani* there are excess amount of *Vata dosha* is present, then it oppose the function of *Pitta dosha* so individual with this pathology can't excrete fecal matter properly, that is, he suffers from hard stool, this type of *koshta* is called as *Krura koshta*³.

If there is excess amount of *Vata* and *Kapha dosha* present then also there is *Krura koshta* present because *Kapha Dosha* also oppose in excretion process.

For treatment of *krura koshta* Acharya said – *nishottar*, *Niwadunga* likes *Tivra-Virechaka* that is purgatives also failed in these type of patient. These patient are “*Durvirechha*” that is “*Madyama Virechana*” treatment is not so effective in these type of people . If there is effect of *Vata dosha* more on “*Grahani*” in formation of *krura koshta* then “*Snehapana*” is preferred by Acharyas.

B) *Mrudu koshta*:

Due to excess amount of *Pitta* or *Vata dosha* and *Pitta dosha*, *Mrudu koshta* occurs. Due to presence of *Pitta dosha* with “*Sara Guna*” in *Grahani* in large amount so effect of *Kapha Dosha* is formed in less amount, hence there will be little bit

motivation then function of excretion occurs forcefully.

People with *Mrudu Koshta* should avoid milk, grapes juice, sugrcane juice , etc these types of food or drugs are also responsible for loose motion in these type of people. For treatment of *Mrudu koshta* Acharyas preferred “*Mrudu virechaka*”

C) *Madyama Koshta*:

Due to all three *doshas* and excess of *kapha*, *Madhyama Koshta*

- In this type of *koshta*, *Vata dosha* is present in less amount and *Kapha dosha* is *Shita*, *Manda* and *Stambhaka* hence there will not be difficulty in *Shodhana*. This type of *koshta* is also called as “*Sadharan Koshta*”. For treatment *madyama koshta* five days *Snehapana* and *Madhyama virechaka dravya* is preferred.

- Understanding of *koshta* as *mridu madhyama*, *krura* is very important.

It can be identified by following ways:-

- Bowel habits
- Frequency
- Consistency
- Straining or efforts
- Time taken for proper defecation

Synonyms:

Koshta, Annavaha strotas

Discussion:

Three types of *koshta* are formed due to types of *Dosha* present in *Grahani*. Before treatment of any disease, *Vidya* should be known nature of *Koshta* of patient.

Conclusion:

We can conclude that if patient having *mudru Koshta* then *Shondhan dravya* Matra should be given as *Mrudu Matra*. People with *Madhyam koshta* should be given *Madhyam matra* and *Krura koshta* people should be treated with *Adhik Matra*.

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