

**CONCEPT OF KOSHTHA AND ITS IMPORTANCE IN
PANCHKARMA: A REVIEW ARTICLE****Anju Thakur^{1*}, Vikash² and Anamika Sharma³**

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ABSTRACT

Ayurveda is the science of life. Panchakarma procedure comes under the shodhana chikitsa. Shodhanaa chikitsa is better than shamanaa chikitsa, because disease treated with shodhana therapy will never reoccur. Koshtha, Agni, bala are the assessment factor in Panchakarma. The term koshtha can be described in two ways. koshtha is nature of digestive tract or hollow parts of body which represents motility of the intestines and movement of food and fecal matter in the alimentary canal and elimination of stool. koshtha shodhan is most important procedure in Panchakarma. Assessment of Koshtha is very important for Panchakarma therapy as Dosage of Shodhana drugs are dependent upon type of Koshtha. If Koshtha Assessment does not

properly done then Samyak shodhan does not occur.

KEYWORDS:- Koshtha, Shodhana Chikitsa, Virechan Karma, Tridosha.

INTRODUCTION

There are two types of treatment in Ayurveda called as shodhana and shamana. Shodhana is the method of eliminate the aggravated doshas from the body and purifying it, on other hand shamana it is to mitigate the aggravated doshas within the body itself. Assessment of koshtha play important role in Panchakarma procedure. The term koshtha is explained in 2 senses in Ayurveda. Anatomically koshtha means the space or hollowness of the body for

accommodation of organs including stomach, liver, spleen, pancreas intestine etc and pelvic cavity for accommodation of uterus, urinary bladder lower part of bowel etc called koshtha. Physiologically the koshtha is defined as bowel movement according to the basic constitutions of the person.

AIM AND OBJECTIVE

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

Types of koshtha

Krura koshtha (Hard bowel)

In krura koshtha vata is predominant dosha, increase of vata produces hard faeces with difficulty of elimination or even non-elimination. koshtha is dominated mainly by ruksha and khara gunas (qualities) of vata dosha over the sar guna of pitta dosha. Hence, krura koshtha will be poorly secretive and absorptive.

Mrudu koshtha (Soft bowel)

In mrudu koshtha pitta is Predominant Dosha, increase of pitta causes watery or semi-solid faeces, moving out more than once or twice, in a day. Mrudu koshtha is characterized by sara (laxative), drava (fluid property), snigdha (unctuousness), and laghu (lightness) guna of pitta dosha. Hence the koshtha will be smooth, lubricated, and slippery. Secretions will be more, but it will be poor in absorption.

Madhyam koshtha (Moderate bowel)

In madhyam koshtha, kapha is Predominant Dosha. Increase of kapha causes soft, solid faeces moving out smoothly. In madhyam koshtha, there will be predominance of snigdha, guru (heaviness) and sthira (stable) guna. Koshthawill be secretive and will have more lubrication, but less slippery due to guruand sthira guna of kapha.

Madhya koshtha

which is due to the samavasthaof three doshas, there will be optimum secretion and absorption.

Samakoshtha

Ashtanga-hrudaya (Vagbhata) has mention four types of koshtha. Along with previous 3 types of Koshtha. Sama Koshtha having dominance of tridosha having Agni is Samagni which is influenced by perfect balance of tridosha where person will having proper digestion will pass out normal stool For the vata, pitta, kapha doshas of body basti(enema), vireka (purgation) and vamana (emesis) are the best therapies respectively, use of medicinal oil (both internally and externally is ideal for mitigating vata, ghee for mitigating pitta and honey for kapha.

Koshtha and Virechana

Koshtha is the expression of bowel habit, which depends on Prakriti (Constitution). Generally, a subject with complaints of constipation is considered as Krūrakoshthaproduces dry and hard bowels Requires drastic purgatives of snigdha, ushna & lavana like Shama, Kushta, Triphala.^[9] while in mrudukoshthaMinor laxatives easily induces diarrhea. Kshir (milk), Aaragwadha, ekshu, takra, mastu, gudha, krushara, navamadya, ushnodak, draksha and in madhyam koshtha requires kashaya & tikta laxatives Requires medium purgatives of katu rasa and medium dose of Purgatives and laxatives. Doesn't purge by milk or minor laxatives. koshtha and virechana dravya.

Importance of koshtha parikshain shodhana chikitsa

- We understand the prakrutiby koshthaparikshana, Example -mrudu koshthaperson 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 koshthato shakhaor vice versa.
- In shamanaaand shodhanachikitsaassessment of koshthais important to decide Aushadhi dravyas and Aushadhimatra. E.g. Mrudu koshthapersons require soumya aushadhiin minimum dose. Krura Koshtharequire Teeksha aushadhiin large dose. Same as krurkoshtharequired tikshna dravya virechana.
- Before Shodhanaa Karma, Snehapana is one of Purva karma. Sneha-dravya and sneha-matra (dose) can be decided by Koshtha-Pariksha. eg. Duration of Sneha pan 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 most important concept which useful in different aspect of treatment part. Unfortunately, very few research occurs related to koshtha concept with Reference to shodhan chikitsa. Understand the relation of prkruti-agni-koshthais important. Pachakrma is unique part of Ayurvedic treatment. In this panchakrma selection of drug as per patient is dependent on koshtha. Koshtha and Agni Ayurveda give importance to concept called as Agni, which is also known as belly fire. This Agni is located in Amashaya, where partial digestion takes place in pakwashaya and grahni (Small intestine and duodenum). The koshtha or gut behavior also follows this Agni.

Relationship between krur koshtha-Agni with doshas

The krur koshtha Predominant dosha is vata. In Vata Prakruti Agni is vishama means it is uneven in the function of digestion.

Relationship between mrudu koshtha-Agni with Doshas

The mrudu koshtha Predominant dosha is pitta. Pitta and Agni are the same in properties so the food digest quickly. There is frequency for bowel is clear formation of soft stool.

Relationship between Madyam koshtha-Agni with Doshas: The madyam koshtha predominant dosha is kapha the digestion of in this type of Agni will be mild to moderate so the formation of stool is neither too hard nor too soft it is normal. this type of koshtha found in healthy people

Analysis of koshtha

This finding may be misleading as this may be an acquired condition and so it is important to distinguish between what is constitutional and what is acquired. Constitutional means the nature of bowel habit since from 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 Mala pravritti were considered for the assessment of Koshtha.

CONCLUSIONS

Koshtha is the basic and important concept in Ayurveda. Koshtha plays an important role in selection the line of treatment of disease. koshtha parikshan is required before shodhana treatment. For selection of drug matra anupan, snehapan koshtha assessment is necessary. In short, this review paper highlights the concept of koshtha and its importance in panchkarma.

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