

CONCEPTUAL STUDY OF KALA W.S.R. RAKATADHARA KALA**Dr. Kalaburagi Vijaylaxmi*¹, Dr. Shruti²**

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ABSTRACT

Ayurvedic Rachana Shareera contains many special concepts, Kala Shareera is one among them. Kala has been mentioned by almost all acharyas and defined as the separating or lining membrane between the Asharya i.e which gives shelter and Asharayee i.e which resides in it, means kala is present between Ashaya and Dhatus. likewise Raktadhara kala is there, which is present between the Rakta Dhatu which takes abode in Sira, Yakrit and Pleeha. such Raktadhara Kala can be correlate with the endothelial lining of the blood vessels.

KEYWORDS: Kala, Raktadhara kala, Sira, endothelial lining, blood vessels.

INTRODUCTION

Kala means thin membrane. Which is the separator between Dhatu & Ashaya. The Ashaya is cavity which gives shelter to the Doshas, Dhatu & Mala. This lies within the Ashaya & the inner lining of Ashaya is considered as Kala^[1] The Kleda present between dhatu & Ashaya by the action of its own Ushama get matured & develops into kala of the particular Ashaya of the body.^[2] As the cross section of the wood will shows different layers & part of its internal structures as layer by layer, a thin layer which separates the different structures similarly the membrane appears by the cross section of the fleshy part of the body can be taken as Kala.^[3]

AIMS AND OBJECTIVE

1. To study Kala
2. To review the concept of Rakatadhara Kala

MATERIALS AND METHODS

The literary & conceptual study done by collecting the data from Brihatrayees & Laghutrayees & other classical text, modern books including journals, paper presentation etc.

NEED FOR THE STUDY

Kala is considered as the separating, limiting membrane & protecting layer which is present in between the dhatu & it's Ashaya. The Kleda (humidity) present in between the Dhatu and Ashaya undergoes metabolic process by its own Agni and the Kalas are formed of respective Dhatus by the essence of this process like the annual rings in the log of a tree.^[4]

There present total seven Kalas in our body.

1. Mamsadhara Kala
2. Raktadhara Kala
3. Medodhara Kala
4. Shleshmadhara Kala
5. Purishadhara Kala
6. Pittadhara Kala
7. Shukradhara Kala

Raktadhara Kala is second kala among the seven Kala & is present mainly inside the Mamsadhatu, Sira [vessels], Yakrit [liver] & Pleea [spleen]. How milk like secretion comes out on cutting latex tree, similarly the Rakta [blood] bleeds out through the Mamsa Dhatu on its injury or cut.^[5] Sira is the channel where the function of Saran i.e continuous motion takes place & these communicates throughout various parts of body. In the body there present total four types of Siras, Vataava, Pittava, Kaphava & Raktava.^[6] Siras specially Raktava Sira gives color to body as it carries Rakta Dhatu in it, nourishes the Dhatu & helpful in tactile sensation thus may have Raktadhara Kala.^[7]

The Yakrit and the Pleea are the organs which are originated by the Rakta Dhatu. Inflated Dehagni by the influence of Samana Vata metabolizes the Rakta and thus Yakrit and Pleea

are formed.^[8] Raktavaha Srotas having their roots as Yakrit[Liver] & Pleeha[spleen]. & vitiation of this Srotas produces the same Drusti akshana as of Rakatadhatu Drusti.^[9]

DISCUSSION

Kala behaves like separating, limiting membrane & protecting layer which is present between the Dhatu & Ashaya similarly how the skin acts as separating limiting & protecting layer for the underlining structure of the body. Raktavaha Siras are red in color & are neither hot nor cold in nature. These Siras carries Rakatadhatu in it. so there inside the Siras the Raktadhara Kala is present. According to the modern science a thin layer which is made of by the endothelial tissue is present inside the blood vessels which we can correlate as Raktadhara Kala in Siras. Yakrit[Liver] & Pleeha[Spleen] are developed by Rakta dhatu & are considered as the abode of Rakta dhatu. The Rakta [blood] formed by previous Rasa Dhatu stored in these organs until it is supplied to entire body. Such Rakta is distributed to entire body through Raktavaha Srotas. & this Raktavaha Srotas is having Yakrit[Liver] & Pleeha[spleen] as the root organs. By all these consideration Kala present in these organs can be considered as the Raktadhara Kala. Based on the pallor, redness of tongue, conjunctiva examination, bleeding time, clotting time etc. shows involvement of Raktadhara Kala. Raktavaha Srotas Dusti Lakshanas like Pleehavruddhi (splenomegaly), Kamala(jaundice) suggests the association of Raktadhara Kala.

CONCLUSION

By reviewing the above data kala can be taken as the limiting membrane. The internal organ is lined internally by a membrane that membrane can be named as kala. The raktadhara kala which is also internal lining of raktavaha siras, Yakrit [Liver] & Pleeha [spleen]. In modern we can compare it with the endothelial lining of the vessels & internal layer of Yakrut [Liver] & Pleeha[spleen].

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