

Department :- Ayurved Samhita &
Siddhant

Topic :- Koshtha

CONTENTS

1. INTRODUCTION
2. TYPES OF KOSHTHA
3. MRIDU , MADHYAM AND KRURA KOSHTHA
4. THERAPEUTIC TEST FOR DIAGNOSIS OF BOWELS
5. CLINICAL SIGNIFICANCE OF KOSHTHA

INTRODUCTION

1. The word Koshtha is used for the vast empty place where the things can be kept in a lot.
2. In our thoracic and abdominal cavities a lot of vacant place is available where all the organs are arranged properly.
3. As per Sushruta entire abdomen should be considered as koshtha.
4. According to Sushruta
Thoraco – abdominal cavity can be considered as the Koshtha where Stomach , Large intestine , Small Intestine

CONTI....

- The Koshtha is not just alimentary canal but includes all connected organs also – such as Gallbladder , Pancreas etc.
- Bringing the dosha to Koshtha means – the bio-waste components or residuals are transported to GIT for elimination.
- The Elimination methods include either oral route (Vamana) or rectal route (Virechana) as poorna shodhana and Basti as ardha chikitsa (Half way treatment)

Doshas

Kapha
Water & Earth

Pitta
Fire & Water

Vata
Air & Ether

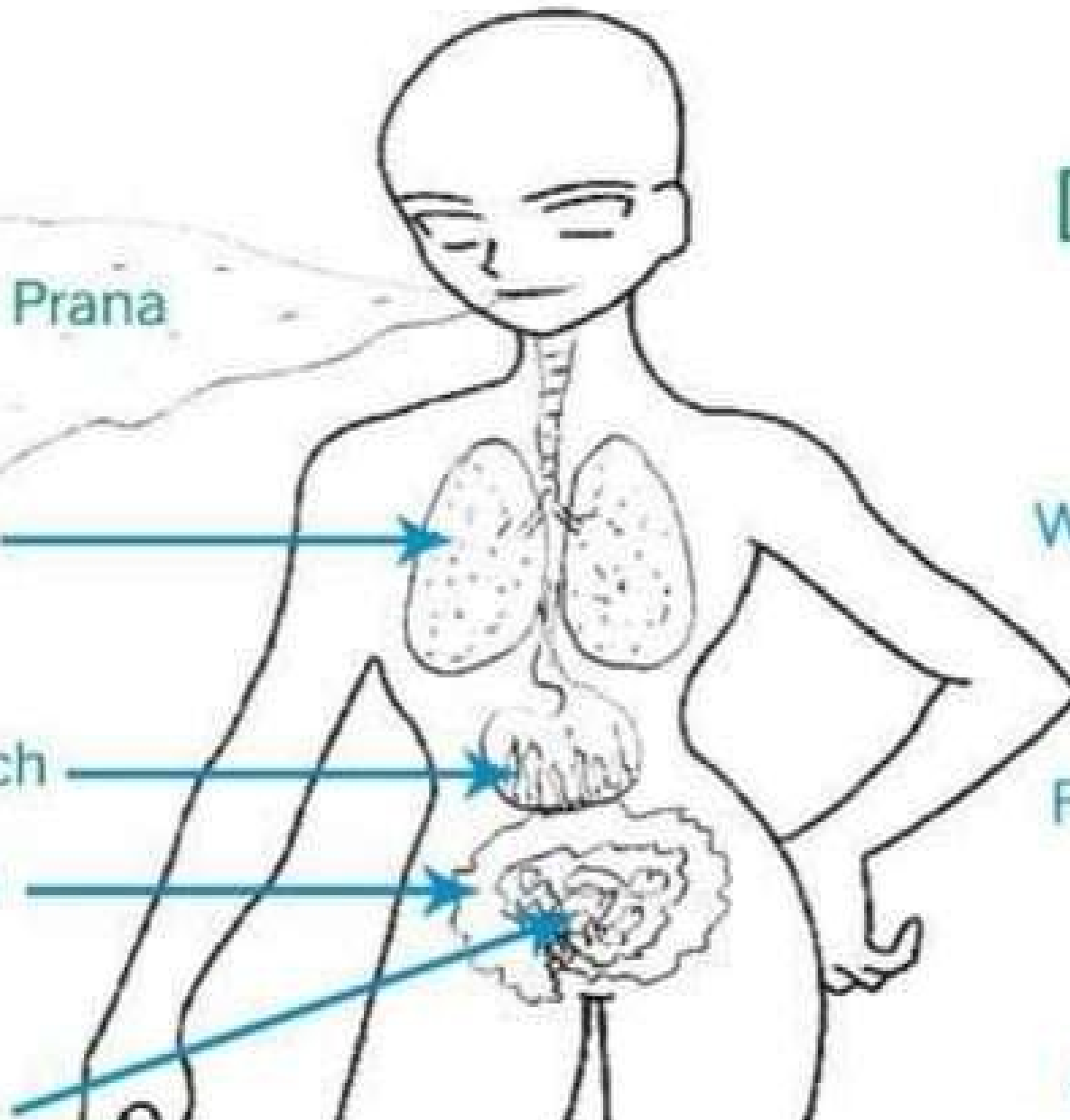
Prana

Lungs

Stomach

Colon

Small



TYPES OF KOSHTHA

- About the Koshtha (Nature of Alimentary tract)
- Vagbhata has mentioned that –
- Koshtha is of three types -
 1. Krura (Hard)
 2. Mridu (Soft)
 3. Madhyam (Moderate , Medium)

WHAT IS KOSHTHA

- In the context Sharngadhara has Mentioned that –
- The Persons having pitta Predominance in their constitution , due to predominance of pitta or increase of pitta causes watery or semisolid faeces , moving out more than once or twice a day known as Mridu Koshtha (soften stools).
- The person having Kapha predominant in constitution , due to predominance or increase of kapha causes soft , solid faeces moving out smoothly once a day or regularly known as madhyam koshtha (semisolid stools).

CONTI....

- The person having vata predominant in constitution , due to predominance or increase vata produce very hard faeces by ruksha guna of vata, elimination of faeces with very difficulty or even its non elimination . This type of koshtha is known as Krura Koshtha (difficult to digest).

THERAPEUTIC TEST FOR DIAGNOSIS OF BOWELS

- The person with laxated bowel is properly Oleated by taking unctuous substance of three consecutive nights & one costive bowels (Laxative) for seven consecutive nights with following drugs such as –
- Sugarcandy , Sugarcane juice , milk , milk cream from the curd , payasa , gruel made from tila , rice , masha, ghee , juice of kasamarda, haritaki , amalaki , bibhitaki, draksha, and even hot water or fresh wine.

CONTI....

- Intake of any of these serves as a purgative of those with Mridu Koshta (Laxed Bowel) because their Grahani (duodenum including small intestine) is too much dominated by pitta .
- Purgative is easy for those with laxated bowel , Because their Grahani is dominated by pitta and is least affected by kapha and vata
- Purgation is difficult in case of vata in grahani .In case of laxated bowel , Grahani is predominated by pitta with little

CLINICAL SIGNIFICANCE OF KOSHTHA

- The examination of koshtha is Necessary for the following like –
- Since five cleansing procedure are inevitable (unavoidable) in case of vitiation of dosha
- Snehana and Swedana are inevitable pre - operative procedures before performing the cleansing ones.
- This reveals the predominance of dosha and makes the physician to judge the line of diet can be decided as diet is supposed to be one of the lines of treatment .
- For Snehana which unctuous material should be used is decided

Sneha Pāna

- Sneha Pāna is carried out according to koshta bala and prakruti of patient and also according to predominant dosha present i.e.

1. **Vāta Prādhāna** Vāta Rakta - Sadphala ghritam, Madhu yashtyādi tailam,

Ksheera balā tailam, Dhanvantari ghritam

→ All these sneha dravyas does **Brimhana** and **Vāta hara**

Karma

2. **Pitta Prādhāna** Vāta Rakta - Mahā tiktaka ghritam

→ This ghrita promotes **Rakta prasādana** and **pitta Shāmaka**

karma

3. **Kapha Pradhānya** Vāta Rakta - Guggulu tiktaka ghritam



THANK YOU