



**IJAYUSH**  
*International Journal of AYUSH*  
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY  
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal  
Panacea  
Research library  
ISSN: 2349 7025

Review Article

Volume 10 Issue 05

Sept – Oct 2021

## **“KOSHTA - THE BASIC CONCEPT OF AYURVEDA”: A REVIEW**

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### **ABSTRACT**

Ayurveda is Vast Medicinal Science which focus on healthy living than treatment of disease. This traditional health system gaining more importance and popularity across the world. Ayurveda encompasses many concepts. It would require extensive study to discuss and understand them all. Dosha, Dhatu, Mala, Agni, koshta are some important concepts. It is essential that we need to know them in order to able to really comprehend Ayurveda.

**KEYWORDS:** Koshta, Ayurveda, Basicconcept

## INTRODUCTION

Ayurveda is art and science of life which deal each aspect of human life. Atarva veda is the mother of Ayurveda. Even it is considered that Ayurveda is upveda of athrva veda. The Ayurvedic approach toward the human body based on some principles. Ayurvedic approach of diagnosis is unique and different from conventional medicine. The Ayurvedic principles are formulated based upon some concepts, which are structurally as well as functionally specific & their interpretation which could help in generalization as the matter, such concept is the concept of koshta.

## NIRUKTI

Koshta – Kush Aawarane ‘koshta’ word made from kushya dhatu.it means Avrana.

### Paribhashya (Definition)

- ‘Koshta’ is defined as the nature of alimentary tract, bowel movements or nature of eliminations of faeces. ✓
- According to Bhavprakasha, Sthana such as Aamashya, Agnayshaya, Pakwashya, Mutrashya,
- Rudhirashya, Rhudaya, Unduk, Phupusa are called as koshta.
- Generally, the term koshtameans a hollow viscos.

### Paryaya (Synonyms)

Mahastrotas, Sahrirmadya, Aamshya, Pakwashya are paryayawachashabda (Synonyms) of koshta.

### PRAKARA (TYPES)

There are three types of koshtabased on predominance of doshas such as

#### Krura Koshta(Hard)

Predominance or increase of vata produces hard faeces with difficulty of elimination or even non-elimination. Its happen due to predominance of Ruksha guna of vata over the sar guna of pitta doshas.

### **Mrudu Koshta (Soft)**

Predominance or increase of pitta causes watery or semisolid faeces, moving out more than once or twice, in day.

### **Madhya Koshta (Moderate)**

Predominance or increase of kapha causes soft, solid faeces moving out smoothly. Some Acharya said the doshas are normal, and then the koshta will be madhya which is the ideal condition. Astanga-hrudya (Vagbhata) mention four types of koshta. it includes samakoshta in above three type of koshta. Koshta Parikshana While doing chikitsa (treatment) koshta parikshana is important.

According to koshta we can decide suitable drug for chikitsa. If patient can get virechana (Purgation) with kshir (milk), Aaragwadha, ekshu, takra, mastu, gudha, krushara, nava-madhyam, ushnodak, draksha. then we can guess, there is pitta-bahulya then this koshta will be Mrudu. if patient can get virechana with Shama, Kushata, Triphala, Sudhata then we can guess that, there is Vata-bahulya then this koshta will be Krura, Koshta Mimamsa, Koshta and shakha are two things related with each other. koshta is hollow part while shakha is solid part of body. These terms koshta and shakha are used in different meaning according to the situation. There are several koshta and shakha in the body, but they can also be taken as a single koshta & shakha when a systemic pathogenesis is considered.

In Ayurveda, the transfer of nutrients, the exchange of body fluids are fascinated by the mechanism of koshta and shakha interaction. Vata play a key role in this interaction.

Doshas are exchanges between the koshta & shakha according to the condition as the body as well as condition environment. This balance of the exchange of doshas between the koshta & shakha is needed in normal function of both.

### **Koshtanusari Roga**

Jwar, Atisaar, Vaman, Alsak, Visuchika, Kasa, Shwasa, Hikka, Anaha, Udarrog, Plihaare utapanaa from Anatamarga, while visarpa (herpes), shwaphthu (odema), gulma (tumor), Arsha (piles), Vidradhi (Abscess) are disease koshta marga anusarak..

## **Importance of Concept of Koshta**

- Roga-Nidanartha
- To find out either disease is koshtagata or shakhagata or Madhyama.
- Its help to decide samprapti of disease, either doshas going koshta to shakha or vice versa.
- Roga-Chikisarth
- After panchkarma observation of doshas, is doshas going shakha to koshta or not.
- To find out koshtato shkahagati or shakha to koshatgati and according to that vrudhi, Abhishanadanaupkarmadone.
- Sadhya-sadhyavanischiti: koshatgatvhyadhi are sukhasadhya, Madhymavhyadhi are krucha-sadhy and shakhagatavhyadhi are yapy.

## **CONCLUSIONS**

Ayurveda have its own concepts and sidhantas. All concepts have its own impotent. koshta concepts helps understand find out types of vhyadhi and its help for treatments because drug selection depends on koshta. So koshta is very important in Ayurveda.

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