

RELATION BETWEEN “PURISHDHARA KALA, ASTHIDHARA KALA & THEIR RESPECTIVE STROTAS WITH SPECIAL REFERENCE TO PHYSIOLOGY- CONCEPTUAL REVIEW

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ABSTRACT

Kala was first time described by *Sushruta*. ‘*Kala sharir*’ is related with the information about the important membranes and layers of the body which take part in many important functions of the body. There are seven *kala*’s in human *Sharir*. *Purishdhara Kala* is fifth *kala* among them. According to *Charak Samhita Strotas* is Channel through which the *svavaj* occurs. Internal transport system of the body is termed as *Strotas*. *Purishvaha Strotas* is one of the *strotas* among them. According to *Dalhan Tika* “*Purishdhara Kala sa eva Asthidhara Kala*”.^[2] Definitions & synonyms of *Kala* resemble With the *Strotas* Concept. As *dushti lakshana* of any *Kala* is not mentioned by Respected *Acharya*’s we can study *lakshan* of respective *strotas* instead of *Kala*. Now, the aim of Article is to study the relation between *Purishdhara kala* and *Purishvaha strotas* by studying *Asthivaha strotas dushti lakshan* firstly as it’s *lakshana*’s are available in Ayurvedic text.

KEYWORDS: *Kala, Strotas, Purish, Asthi.*

INTRODUCTION

According to *Ayurveda* Body is consist of *Dosha* (*Vata, Pitta, Kapha*), *Dhatu* (*Rasa, Rakta, Mamsa, Med, Asthi, Majja, Shukra*), *Mala* (*Mutra, Purisha, Sweda*). ‘*Purisha*’ is end product of digestion. and it is one of the most important *Mala* of *Sharir*.^[3] There are 7 Kinds of *Kala* have been described by *Sushruta*. *Kala* is envelope like structure which covers the internal organ. *Kala Shareera* gives information about the important membranes and layers of body which take part in many important functions of body. 5th *Kala* is ‘*Purisha Dhara Kala*’ Interrelationship of ‘*Purishdhara kala*’ and ‘*Asthidhara kala*’ is quoted by *Dalhana*. *Asthi* is one of seven *Dhatu* of body and *Mala* of *Asthi Dhatu* is *Kesha*^[4] (Hair) and its *Updhatu* is (*Danta*).^[5] Presently most of people are experiencing health issues like early joint pain, weak bones, early graying of hair, early hair loss, dental deformity etc. *Dalhan* said that both structure *Asthidhara* & *purishdhara* are same. So these Sutra “*Ya eva Purishdhara Kala sa eva Asthidhara Kala*” becomes topic of research. Symptoms of *Kala dushti* are not mentioned anywhere in *ayurveda* text so it is important to study that what is relation between *Kala* and *strotas* concept. Aim of present article is to study only relation between *Purishdhara kala* & *Purishvaha strotas dushti* w.s.r to *Asthivaha strotas*. This study can help for

exploring other concepts related with *Kala sharir* & *strotas* concept.

AIM AND OBJECTIVE

- 1) To study *Purishdhara Kala*.
- 2) To study relation between *purishdhara, asthidhara kala* & their respective *strotas* i.e *asthivaha strotas* & *purishvaha strotas*.

MATERIAL AND METHOD

- 1) Literature search: Review of literature regarding *purishdhara kala, Asthidhara kala, strotas* is collected from *Brihatrayi* and available commentaries on it as well as related research articles were searched from various websites.
- 2) Type of study: Conceptual Review.

CONCEPTUAL REVIEW

PURISHDHARA KALA

Kala is defined as a separator between *dhatu* (Tissue) *Ashay* (Organ or Viscera). They are principally of 7 types. *Purishdhara* is one of the *kala* among them. Fifth *Kala* is called *Pureeshdhara Kala* located in *Pakwashaya* (Large Intestine) inside the *Anta Koshta* (abdomen). Large intestine is also associated with the function of formation & separation of *mala* in the *pakwashaya*^[6] this *Kala* particularly located in the Intestine at the level of

Yakrit (Liver) and within the *Koshta* and differentiates the *Mala* situated at the site of *Unduka*. It starts with caecum, covers the ascending colon, transverse colon, descending colon, sigmoid colon, rectum & anal region. *Pureeshdhara kala* separates the water and other nutrients from digested food and forms the stools or feces and these *kala* is also called as '*Maladhara Kala*'.

RELATION BETWEEN ASTHIDHARA /PURISHDHARA KALA & THEIR RESPECTIVE STROTAS

Asthidhara kala is only described by Acharya Dalhan. According to Acharya Dalhan "ya eva kala purishdhara sa eva Asthidhara" means Asthidhara & Purishdhara kala are same *strotas* are compared with fine channels present in lotus stem through which fluid circulate and exude. *Strotasa* are the inner transport system of the body. Thus each and every cell can be considered as a *strotas* since the transportation mechanism occurs within the cell and between cells. *Strotasa* indicate all macro and micro level descriptions pertaining to exchange.

Charak says that "Yavanto hi moortimanto bhaava visheshaaha taavanta eva asmin strotasaam prakaara visheshaha"^[7] means Charak specified varieties of *strotas*. Acharya Charak has explained that many solid structures are present in the body, the same number and type of *strotas* are also present. *Kala* is unique concept explained by Acharya Susruta in *Susruta Samhita*, they said that *Kala* is limiting membrane or layer between *Dhatu* and *Ashaya*. Thus *Kala* is extremely minut structure or particles similar to cell. The cell membranes separating each cell from each other can be considered as *Kala*. Thus *Strotasa* are the channels or structure in which each and every cell can be considered as *Kala*. *Kala* can be considered as basic structural and functional unit of *Strotasa*. So *Strotasa* obviously compose the *kala*. *Kala* is nothing but *Sukshma* type of *Strotasa*. *Purishvaha strotas mool* is *Pakwashay* and *Sthoola Guda*.^[8] Location of *Purishdhara Kala* is also given *Pakwashay*. *Kala* functions through the different kinds of *strotansi* that compose them. so indirectly *Kala* can be correlated with *Strotasa*. *Kala* vitiation symptoms are not mentioned in texts. So in stead of *kala* respective *strotas* vitiation symptoms can be consider for study on the basis of above review.

DISCUSSION

Asthi dhatu is fifth dhatu among seven dhatu. *Pakwashay* is the main location of *Vat dosha*. *Vat dosh* & *Asthi dhatu* have *ashray ashrayi bhava* relation with each other.^[9] *Pakwashay* is location for *purishdhara kala*. Acharya Dalhan said that *asthidhara* & *purishdhara kala* are same. *Panchamahabhautic sanghatan* of *Asthi* & *purish* both are same i.e *Prithvi mahabhut*. Function of *Prakrut Purish mala* is "*vayuagnidharaan*"^[10] means it gives strength to *vayu* & *agni*. *Vayu* & *Asthi dhatu* have *Ashray ashrayi bhav* relation. It means whenever *prakrut purish* gives strength to *Vayu* then & then only *vayu* can keep *Asthi dhatu prakrut* physiologically. so *Asthi dhara*

kala & *Purishdhara kala* have positive relation between them. we can say that functionally *Asthi dhara kala* & *purishdhara kala* are same but anatomically *asthidhara kala* & *purishdhara kala* may be different. Functionally we can say that whenever there is vitiation of *Asthidhara kala* their can be vitiation of *purishdhara kala* also. But symptoms of vitiation of any *kala* is not given in *samhita* or texts so it become difficult to study about *purishdhara* or *asthidhara kala vikruti* or any other *kala*. The function of *strotas* is to permit the passage of material from one side to other side by exudation, filtration or oozing etc. According to Acharya Sushruta *Kala* is epithelial or endothelial membrane tissue. function of any epithelial tissue inside the organ according to modern is secretion, absorption, exudation, transportation. etc. *Strotas* may be numerous in number i.e is called as *Anustrotas*. There are millions & millions epithelial cells in human body. *Kala* can be considered under "*Anu strotas*". So for studying *purishdhara kala*, *Asthidhara kala* physiologically we can consider *purishvaha strotas*, *Asthivaha strotas*.

CONCLUSION

Symptoms of *Purishdhara kala vikruti* & *Asthidhara Kala vikruti* are not described directly in *Ayurveda samhita*, *Ayurveda* text. on the basis of above literature & discussion present article staes that for assessment of *Asthidhara* & *Purishdhara kala* we can assess symptoms of their respective *strotas* as *strotas dushti lakshana* are directly described in *Ayurveda* taking all necessary factors into consideration.

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