

## Critical review of Koshta

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### Abstract

The term *Koshta* means a big cavity lined by walls inside the body and contains various organs known as *Koshtangas*. *Doshas* when got aggravated causes diseases in three *Rogamargas* namely *Bahya-Abhyantara-Madhyama Rogamarga* in which *Abhyantara rogamarga* itself is the *Anta-Koshta*. *Koshta* is physiologically *Krura*, *Mrdu* and *Madhya* types based on the influence of *Tridoshas*. Sometimes, there is a disparity while describing the *Koshta* in *Rachana sharir* and *Krura-Mrdu- Madhya Koshtas* in *Kriya Sharir*. This study explores the structural and functional aspects of *Koshta*, emphasizing the role of accessory digestive organs in gastrointestinal activity. The pancreas and liver play a crucial role in digestion and must be considered in any comprehensive discussion of Gastro Intestinal Tract (GIT) function. Neural regulation of GIT, heart and lungs also shows association. *Mrudu Koshtatwa* etc. is not to be understood as just GIT; it applies to the *Koshtangas* as well. It is the combined action of all the *Koshtangas* and it depends the internal and external environments, stress level and other individual components and is not a constant entity. Understanding the nature of *Koshta* is important in *Chikitsa* as it is the basis of drug determination in each *Avastha*. Both the pharmacokinetics and pharmacodynamics are taken into account here. A person of *Krura Koshta* needs a drastic purgative or intense drug to perform its action in body while the same may cause complications in *Mrudu Koshti*. So a comprehensive study of the anatomical and physiological study of *Koshta* is necessary.

**Key words:** *Koshta*, *Krura Mrdu Madhya Koshta*, *Koshtanga*, GIT

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