



Conceptual Study of Pittadhara Kala

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ABSTRACT

Ayurveda is an Indian system of medicine. It explores the concept of "*Kala*" in *Vedic* and ancient literatures. *Kala* is defined as a *Maryada* or partition separating *Dhatu* and its *Ashaya*. The arrangement of *Kala* supports various *Dhatus*, substantiating their existence despite being invisible. Among the seven *Kalas*, the sixth one is *Pittadhara Kala*. According to *Acharya Sushruta* it is located in between the *Amashaya* and *Pakwashaya*. It processes four types of food i.e. *Ashita*, *Khadita*, *Peeta* and *Leedha*. It aids in the assimilation, absorption and digestion of food subsequently facilitating its movement into the *Pakwashaya*. *Pittadhara Kala* serves as the seat of internal *Agni* and is prone to disorders like *Grahani Roga* caused by impaired *Agni*. This aligns with the *Ayurvedic* axiom "*रोगा सर्वे अपि मन्दाग्नौ*." This study compared *Pittadhara Kala* with modern science on the basis of anatomy, physiology and histology, concluding that it is comparable to the mucous membrane of small intestine. Understanding *Kala* is crucial for timely diagnosis and determining disease progression.

KEYWORDS: Histology, *Kala*, *Pittadhara Kala*, Small intestine.

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