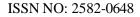
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## **Conceptual Study of Pittadhara Kala**

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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 is 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 मन्दायो." 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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