



HEB

Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

JRIM

Critical review of Koshta

¹ Dr. Arya Devaki V N. ² Dr. Kalpana Raje ³ Dr. Syamlal S. ⁴ Dr. Dharmendra Mishra

1. PG Scholar, Dpt. of Rachana sharir, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India
2. Prof. & HOD, Dpt. of Rachana sharir, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India
3. Lecturer, Dpt. of Rachana sharir, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India
4. Assistant Professor, Dpt. of Rachana sharir, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India

Email Id: serviceheb@gmail.com *

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*

Access this Article Online

Website: http://heb-nic.in/jrim-issues/	Quick Response Code:
Received on 08/04/2025 Accepted on 15/04/2025 © HEB All rights reserved	