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**A CRITICAL REVIEW OF *KOSHTHA* AND ITS CLINICAL
 IMPORTANCE**

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ABSTRACT-

Koshtha is one of the unique entities in *Ayurveda*. The term *Koshtha* refers to an open area with a roof where large quantities of items can be stored. The term "*Koshtha*" refers to the nature of the digestive tract or alimentary tract, which typically represents intestine motility and movement, faecal matter in the alimentary canal, and stool elimination. *Koshtha* is classified into three types based on the dominance of *Dosha*, or *Dehaprakriti*, namely *Krura*, *Mridu*, and *Madhya*, which have *Vata*, *Pitta*, and *Kapha Dosha*, respectively. *Abhyantara Rogamarga* contains *Koshtha*. The bowel habits' liquidity, moistness, and roughness are described by *Koshtha Pariksha*. *Koshtha* evaluation is critical for disease diagnosis and treatment. *Koshtha Pariksha* aids in the selection of *Aushadhi* and *Aushadhimatra*. *Koshtha Pariksha* is also useful for advising (*Pathya-Apathya*) and directing (*Aahara-Vihara*).

Keywords: *Tridosha, Koshtha, Koshtha Pareeksha* and *Virechana Dravya*.

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