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Conceptual Study of Pittadhara Kala

Dr. Deepika Raut¹ Dr. Kalpana Rajee² Dr. Syamlal S.³ Dr. Dharmendra Mishra⁴

1. Third Year PG Scholar, Dept. of *Rachana Sharir*, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India, Mob no. -7976447983.
2. Prof. & HOD, Dept. of *Rachana Sharir*, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India.
3. Lecturer, Dept. of *Rachana Sharir*, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India.
4. Assistant Professor, Dept. of *Rachana Sharira*, Institute of Teaching and Research in Ayurveda (INI), Jamnagar, Gujarat, India.

Email Id: serviceheb@gmail.com *

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 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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