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KOSHTA PAREEKSHA

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Meaning of Koshta:

According to Shabdakalpadruma,

कोष्ठ = कुस् ग निष्कर्षे + उषिकुषिगतिभ्यस्थान् ।

Which means to tear, to force, to draw out, or to extract

Introduction of Koshtha

According to Acharya Charaka,

कोष्ठ पुनरुच्यते महास्रोतः शरीरमध्य
महानिम्नमामपक्वाशयश्चेति

- च. सू. ११/४८

महास्रोत :- from grahani (pharynx) to guda(anus), whole of the alimentary canal

शरीरमध्य :- the part lies in the madhya bhaga of shareera

महानिम्न :- the deepest part of the body

आमपक्वाशय :- major organs of gastrointestinal tract

The eight Avayava or Ashaya are cumulatively called as Koshta in Sushrut Samhita.

स्थानान्यामग्नि पक्वानां मूत्रस्य रूधिरस्य च ।
हृदुन्दुकः फुप्फुसश्च कोष्ठ इत्यभिदियते ॥
- सू. चि. २/१२

- | | |
|--------------|-------------|
| १. आमाशय | ५. रूधिराशय |
| २. अग्न्याशय | ६. हृदय |
| ३. पक्वशय | ७. उन्दुक |
| ४. मूत्राशय | ८. फुप्फुस |

Types of Koshtha

Based on the predominance of dosha, Koshtha is of three types:

1. Mridu
2. Kroora
3. Madhyama

According to Acharya Sushruta,

1. Mridu Koshtha:- Bahu Pitta
2. Kroora Koshtha:- Bahu Vata Sleshmalaa
3. Madhyama Koshtha:- Sama dosha

According to Acharya Charaka,

1. Mridu Koshta:- Pitta Prabala, Kapha Nyuna and Vata Manda
2. Krura Koshta:- Excessive Vata
3. Madyama Koshta:- Kapha Pradhana or Sadharana (Samavastha)

Here, Vaidya Ranajit Ray Desai opines that Vatakrit Krurata and Pittakrit Mriduta pacify each other, resulting in Kapha Pradhanya

Importance of Koshtha :

- To understand what type of effect will be produced in which type of patient especially in the sodhana karma
- So as to rationally judge the type of drug and extent of procedure of sodhana karma
- If it is not assessed, it may produce Ayoga, Atiyoga or Mithyayoga

Tests to confirm Koshtha

a. By Pratyaksha Pramana:- By direct administration of Dravya- Virechana Dravya:-

1. Mridu Koshtha

गुडमिक्षुरसं मस्तु क्षीरमुल्लोडितं दधि ।
पायसं कृशरां सर्पिः काशमर्यत्रिफला रसं ॥
द्राक्षारसं पीलुरसं जलमुष्ण्यापि वा ।
मद्यं वा तरुणं पीत्वा मृदुकोष्ठो विरिच्यते ॥
- च. सू. १३/६६-६७

Virechana takes place by the above mentioned dravyas in Mridu Koshthee persons

गुड	पायस	द्राक्षा रस
इक्षुरस	कृशरा	पीलु रस
क्षीर	सर्पि	उष्ण जल
उल्लोडित	काशमर्य रस	तरुण मद्य
दधि	त्रिफला रस	

2. Kroora Koshtha:-

विरेचयन्ति नैतानि क्रूरकोष्ठं कदाचन ।
भवति क्रूरकोष्ठस्य ग्रहण्यत्युल्बणानिला ॥
- च. सू. १३/६८

Virechana doesnot take place by the dravyas that did Virechana in Mridu Koshthee persons.

Acharya Sushruta has told Durvirechya.

3. Madyam Koshtha:-

Virechana takes place by Sadharana Virechana dravyas.

By Abhyantara Snehana Dravya:-

मृदुकोष्ठस्त्रिरात्रेण स्निहयत्यच्छोपसेवया ।
स्निहयति क्रूरकोष्ठस्तु सप्तरात्रेण मानवः ॥
- च. सू. १३/६५

A person with Mridu Koshtha gets Snigdha by taking Achha Sneha for three consecutive nights, while one with Kroora Koshtha gets Snigdha in seven days.

Anumana Pramana

By asking questions about the bowel habits. Here for practical understanding, a paper has been taken as an example, published by Dr. Vasant Patil et al. on the title of Assessment of Agni and Koshtha w. s. r. to Abhayantara Snehana. It takes following points into consideration:

- Frequency
- Consistency
- Straining or efforts
- Time taken for proper defecation
- Lightness and satisfaction after defecation
- Previous encounters of diarrhoea and constipation

Kroora Koshta

- Doesn't pass stool regularly.
- Hard and dry stools.
- Requires straining.
- Requires long time for defecation.
- Unsatisfactory bowel clearance.
- Rarely encounters diarrhoea and more frequently constipation.
- Requires drastic purgatives.
- No change in the bowels by test dose of Sneha.

The person fulfilling the above criteria is decided to be as a person having Kroora Koshta.

Mridu Koshta

- Passes stool daily once or twice regularly.
- Semi formed or formed stools.
- Easy defecation.
- Less time required for defecation.
- Lightness after defecation.
- Previous encounters of often watery stools due to hot drinks, tea, milk.
- Minor laxatives easily induce diarrhoea.
- After the test dose of Sneha Dravya, passes stools slightly loose and frequency may be more.

The person fulfilling above criteria is decided to be as a person having Mridu Koshta

Madhyama Koshtha

- Passes stool once daily.
- Formed stool.
- Requires minimum strain.
- Little long time (in comparison to Mridu).
- Lightness and satisfaction after defecation.
- Doesn't often encounter diarrhoea or constipation.
- Requires medium dose of purgatives and laxatives. Doesn't purge by hot milk or minor laxatives.
- After the intake of test dose of Sneha Dravya, passes semi formed or formed stools once or twice.

The person fulfilling the above criteria is decided to be of Madhyama Koshtha.

Importance of Koshtha Pareeksha

In Snehan

- Helpful to decide duration of Snehan, ie.
 - Mridu Koshtha: 3 days
 - Madhyama Koshtha: 4-6 days
 - Kroora Koshtha: 7 days
- In case, the Koshtha of a person if is unknown, Hraseeyasee matra has been mentioned – (by Acharya Vagbhatta, apart from the three Matras Uttama, Madhyama and Hrisva and it is less than Hrisva Matra. Arundutta comments that it is the amount of Sneha that gets digested in 1 yama, ie. 3 hours.)

Contd...

- If Samyak Snigdha lakshanas do not appear in Kroora Koshthi persons even in seven days?

Acharyas opine to continue snehapana, increasing the dose of Sneha dravya so that it won't get Satmya to the body of the patient and with giving a day's break in between

- Looking the Koshtha and Agni, the starting dose of the Sneha Dravya should be fixed properly, because:
 - if high dose is given to Mridu Kosthee, he/she may get snigdhatta prior to 3 days or snehaajirna may take place,
 - in Kroora Koshthee, if low dose is given, person may not get snigdha lakshans in seven days also.

In Vamana and Virechana :

S. No.	Koshtha	Vamana and Virechana Dravaya
1.	Mridu	Mridu Virya and Alpa Matra
2.	Madhyama	Madhyama Virya and Madhyama Matra
3.	Kroora	Tikshna Virya and Uttama Matra

In deciding dose of a drug:

मात्राया न व्यवस्थाऽस्ति व्याधिं कोष्ठं बलं वयः ।
आलोच्य देशकालौ च योज्या तद्वच्च कल्पना ॥
- अ. ह. क. ६/१२

According to Acharya Vagbhatta, the dose of a drug should be decided on the basis of Vyadhi, Koshta, Bala, Vaya, Desha, Kala as there is no any fixed or rigid dose of any drug.

Conclusion:

- Koshtha can be seen both as anatomical as well as physiological entity
- Physiologically, it can be regarded as the bowel habit of a person
- Koshtha assessment plays a key role for the successful carrying out of a samshodhana karma
- Koshtha Pareeksha is an important factor among many others to assess while prescribing any aushadha dravya to a patient

List of References:

- Charaka Samhita
- Sushruta Samhita
- Astanga Hridaya
- Shabdakalpadruma
- Ayurvedia Panchakarma Vigyana by Vaidya Shreedhar Kasture

Thank you!!!

Any Query.....???