

ROLE OF *PURISHDHARA KALA* IN *MALAVSTAMBHA* – A REVIEW**Dr. Kishan Singh¹****Dr. Krishna kumar²****Dr. Abhijit patil³**

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Abstract:

Kalasharir described in Ayurved compendia is unique concept of AyurvedSharir. *Kala* are described as limiting membranes between *Dhatu* and *Aashay* which are seven in number. *Kala* are not mere limiting membranes in the body between two entities but also perform certain functions. *Purishadhara kala* is of fifth- This is in the *anthakoshtha* between, last parts of *laghwantra* and starting part of *bruhadantra* known as *unduka*. Here the separation of *rasa*, *mutra* and *purisha* takes place. Separation of *mala* is more in *pakvashaya*. Here liquid waste material is separated and it sends towards *basti* and solid part of the waste remains there. *Malavstambha* is when there is change in natural evacuation of stool i.e. irregular evacuation of hard stool.

Keywords : *Ayurveda, Kala, Purishdhara, Malastambha*

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