

**“A CRITICAL STUDY ON ‘YA EVA KALA PURISHDHARA SA EVA
ASTHIDHARA’**



Dissertation submitted as partial fulfillment for the degree of

AYURVEDA VACHASPATI

[Doctor of Medicine– Ayurveda]

Specialty – *Rachana sharir*

Scholar

DR. MEGHA CHANDARANA

Under the supervision of

Guide

DR. AKASHDEEP MESHRAM

(Professor, Rachana sharir, PIA)

Department of Rachana sharir

Parul Institute of Ayurveda

Parul University, Limda, Vadodara

Gujarat – 391760 (India).

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**ABSTRACT****INTRODUCTION:**

Kala Sharira is unique concept of Ayurveda. *Kala* are described as limiting membrane between *Dhatu* and it's *Ashaya*. They are seven in number. *Kala* are sheath like structures enveloped by *Shleshma* or mucoid material. They have also been recognized as inner most limiting linings of *Dhatu* (tissue) and *Ashaya* (body cavities). *Kala* are not mere limiting membrane but they perform certain functions. *Purishdhara Kala* is one among seven *Kala* described by *Acharya Sushruta*. It does function of *Dharana* of *Purish* for certain period. It is located in *Pakwashaya* in the *Koshtha* near *Yakrit*. *Asthidhara Kala* is unique concept of *Acharya Dalhana*. He wrote in his treatise *Nibandha Sangraha* that *Purishdhara Kala* is related with *Asthidhara Kala*. *Kala* are the important structure in the body like other organs so it's all dimensional study is important.

AIM & OBJECTIVES:

1. To review *Purishdhara Kala* and *Asthidhara Kala* as per Ayurvedic literature.
2. To study Anatomy and Physiology of Gastrointestinal Tract, especially Large Intestine.
3. To explore the correlation between *Purishdhara Kala* and *Asthidhara Kala*.

MATERIALS AND METHODS:

Ayurveda compendia, modern textbooks, research papers and literature from internet related to topic were thoroughly reviewed.

DISCUSSION:

In our *Samhita*, many cross references are found which shows the positive relation between *Purishdhara Kala* and *Asthidhara Kala*. Both *Asthidhatu* and *Pakwashaya* are site of *Vata Dosha*. In Ayurveda, many physiological or pathological conditions like, *Dantodbhava*, *Phakka Roga*, *Vata Rakta* suggests the connection between *Purishdhara Kala* and *Asthidhara Kala*. In contemporary science, diseases like Ulcerative Colitis, Permanent colostomy, Tuberculosis caused by *Mycobacterium bovis*, Rickets, Irritable Bowel Syndrome, etc. prove the relation between both the *Kala*.

CONCLUSION:

Purishdhara Kala and *Asthidhara Kala* are interrelated.