

VIRTUAL STUDY OF KOSTHA AND AASHAY SHARIR**Swarup P. Kulkarni***

Ph.D. (Registered Scholar), Associate Professor and H.O.D., Department of Rachana Sharir,
Sant Gajanan Maharaj Ayurved Medical College, Mahagaon, Maharashtra, India.

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Corresponding Author*Dr. Swarup P. Kulkarni**

Ph.D. (Registered Scholar),
Associate Professor and
H.O.D., Department of
Rachana Sharir, Sant
Gajanan Maharaj Ayurved
Medical College,
Mahagaon, Maharashtra,
India.

ABSTRACT

Human body (Sharir) is divided into 6 parts called as Shadang Sharir. In this shadang sharir, there are 4 extremities (right – left upper and lower, madhya sharir i.e. Koshtha (Trunk region) and 6th part is Shir pradesh (Head region). Out of these, Madhya sharir is called as Kostha pradesh means trunk region which includes Thoracic and Abdominal cavities. So it is also called as Big Cavity. Aashay means Adhistan (Space) in which the certain materials can be stored. As per Sushrutacharya, in general 7 aashayas are present in the human body (males) as, Vataashay, Pittaashay, Shleshmaashay, Raktaashay, Amashay, Pakwashay, Mootraashay and in females one additional aashay as Garbhashay. According to Sharangdhara, he has mentioned that, stree sharir is having 10 aashayas with inclusion of Garbhashay and 2 Stanyashay. So, Koshtha is big cavity situated in the middle part of the body into which certain organs are located. And Aashay is small cavity inside those certain organs which contains the respective material inside.

KEYWORDS: Koshtha, Aashay, Trunk region, small, cavity inside the organs.

INTRODUCTION**Koshtha sharir**

According to Sushrut Sharirsthan 5th chapter, human body (Sharir) is divided into 6 parts called as Shadang Sharir. In this shadang sharir, there are 4 extremities (right – left upper and lower, madhya sharir i.e. Koshtha (Trunk region) and 6th part is Shir pradesh (Head region). Out of these, Madhya sharir is called as Kostha pradesh means trunk region which includes Thoracic and Abdominal cavities. So it is also called as Big Cavity. Also, according to Sushrut Chikitsasthan 2nd chapter, Koshtha is the place or cavity which includes location of

Aam (Amashay – Stomoch), Agni (Agniyashaya – Pancreas), Pakwa (Pakwashay – Intestines), Mootra (Mootraashay – Urinary Bladder), Rudhira (Rudhirashay – Blood – Liver and Spleen), Hrud (Hruday – Heart), Unduka (Caecum), Phuphus (Lungs). As per Charak Sharirasthan 7th chapter, has mentioned the word Koshthanga means the avayavas (organs) which are located in koshtha. So he has also termed the koshtha as big cavity in which the certain organs (15 Koshthang) are located. The name of koshthangas are as, Nabhi (Umbilicus), Hriday (Heart), Kloma (Gall bladder), Yakrit (Liver), Pleeha (Spleen), Vrikka (Kidney), Basti (Urinary bladder), Purishadhar (Caecum), Amashay (Stomoch), Pakwashay (Intestines), Uttarguda (Rectum), Adharguda (Anal canal), Kshudrantra (Small Intestine), Sthoolantra (Large Intestine) and Vapavahan (Omentum). According to Ashtang Hriday Sutrasthan 12th chapter, Vagbhatacharya has mentioned the word “Antakoshtha.” It literally means that the koshtha which is present inside the koshtha. Means the certain organs or the system is called as koshtha which is related to Amashay and Pakwashay. One can take this statement in comparison with Digestive system organs. So, from above description as per Brihatrayi, it is clear that, the Koshtha is a big space or cavity into which the certain organs are located which are called as Koshthanga.

Koshthangas

A/C To Charakacharya	A/C To Sushrutacharya
Nabhi	Aamashay
Hruday	Agniyashay
Kloma	Pakwashay
Yakrut	Mootrashay
Pleeha	Rudhirashay
Vrikka	Hruday
Basti	Unduka
Unduka	Phuphus
Aamashay	-----
Uttarguda	-----
Adharguda	-----
Kshudrantra	-----
Pakwashay	-----
Vapavahan	-----
Sthoolantra	-----

Aashay sharir

Aashay means Adhistan (Space) in which the certain materials can be stored. As per Sushrutacharya, in general 7 aashayas are present in the human body (males) as, Vataashay, Pittaashay, Shleshmaashay, Raktaashay, Amashay, Pakwashay, Mootraashay and in females

one additional aashay as Garbhashay According to Sharangdhara, he has mentioned that, stree sharir is having 10 aashayas with inclusion of Garbhashay (Uterus) and 2 Stanyashay (Breast Glands).

In males	In females
Vataashay	Vataashay
Pittaashay	Pittaashay
Shleshmaashay	Shleshmaashay
Raktaashay	Raktaashay
Amashay	Amashay
Pakwashay	Pakwashay
Mootraashay	Mootraashay
-----	Garbhashay
-----	2 Stanyashay

Modern correlation of aashay

Name of aashay	Modern correlation
Vataashay	Lungs
Pittaashay	Liver with Gallbladder
Shleshmaashay	Lungs, Joint Cavities
Raktaashay	Heart, Liver, Spleen
Amashay	Stomach
Pakwashay	Intestines
Mootraashay	Urinary bladder
Garbhashay	Uterus
2 Stanyashay	Breast Glands

DISCUSSION^[1,2,3]

Human body (Sharir) is divided into 6 parts called as Shadang Sharir. In this shadang sharir, there are 4 extremities (right – left upper and lower, madhya sharir i.e. Koshtha (Trunk region) and 6th part is Shir pradesh (Head region). Out of these, Madhya sharir is called as Koshtha pradesh means trunk region which includes Thoracic and Abdominal cavities. So it is also called as Big Cavity. Aashay means Adhistan (Space) in which the certain materials can be stored. according to Sushrut Chikitsasthan 2nd chapter, Koshtha is the place or cavity which includes location of Aam (Amashay – Stomach), Agni (Agniyashaya – Pancreas), Pakwa (Pakwashay – Intestines), Mootra (Mootraashay – Urinary Bladder), Rudhira (Rudhirashay – Blood – Liver and Spleen), Hrud (Hruday – Heart), Unduka (Caecum), Phuphus (Lungs). As per Charak Sharirsthan 7th chapter, has mentioned the word Koshthanga means the avayavas (organs) which are located in koshtha. So he has also termed the koshtha as big cavity in which the certain organs (15 Koshthang) are located. The name of koshthangas are as, Nabhi (Umbilicus), Hriday (Heart), Kloma (Gall bladder), Yakrit (Liver),

Pleeha (Spleen), Vrikka (Kidney), Basti (Urinary bladder), Purishadhar (Caecum), Amashay (Stomach), Pakwashay (Intestines), Uttarguda (Rectum), Adharguda (Anal canal), Kshudrantra (Small Intestine), Sthoolantra (Large Intestine) and Vapavahan (Omentum). According to Ashtang Hriday Sutrasthan 12th chapter, Vagbhatacharya has mentioned the word “Antakoshtha.” It literally means that the koshtha which is present inside the koshtha. Means the certain organs or the system is called as koshtha which is related to Amashay and Pakwashay. Aashay means Adhistan (Space) in which the certain materials can be stored. As per Sushrutacharya, in general 7 aashayas are present in the human body (males) as, Vataashay, Pittaashay, Shleshmaashay, Raktaashay, Amashay, Pakwashay, Mootraashay and in females one additional aashay as Garbhashay According to Sharangdhara, he has mentioned that, stree sharir is having 10 aashayas with inclusion of Garbhashay (Uterus) and 2 Stanyashay (Breast Glands).

CONCLUSION

Koshtha is defined as big space or cavity which includes thoracoabdominopelvic cavity. The koshtha contains certain avayavas or organs in their respective space called as Koshthangas. Aashay is smaller space or cavity inside the certain organs. This small cavity inside the aashayas contains mainly the liquid material. So, Koshtha is big cavity situated in the middle part of the body into which certain organs are located. And Aashay is small cavity inside those certain organs which contains the respective material inside.

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