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Concept of *Pittadharakala Sa Eva Majjadharakala* - A Review

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ABSTRACT

Sushruta has explained seven *Kala*, *Pittadhara Kala* is the seventh *Kala* which is *Sthana* of *Agni* and it is the part which is in between the *Amashaya* and *Pakvashaya* called as *Grahani*.^[2] According to modern science it comprises of pyloric part of stomach and small intestine that means *Pittadhara Kala* can be co-related with mucus membrane of stomach, duodenum, jejunum and ileum. *Majjakshaya* symptoms are *Asthisaushirya*, *Bhrama*, *Timirdarshana*.^[10] *Asthisaushirya* can be co-related with osteoporosis. Enterochromaffin cells are present in gut that produce serotonin in gut and then release it in blood. It reaches to the bone and binds with Htr1b receptor at the surface of osteoblast and decreases bone formation. So the study of this concept of *Pittadhara Kala Sa Ev Majjadhara Kala* will be more beneficial for treating the patients of osteoporosis.

Key words: *Kala*, *Pittadharakala*, *Majjadharakala*, *serotonin*.

INTRODUCTION

Ayurveda is a science which has given main emphasize on prevention of disease. According to *Ayurveda Swasthya* depends on *Prakrit Agni*. Main reason of all diseases is *Mandagni*.^[1] *Sushruta* has explained seven *Kala*, *Pittadhara Kala* is the seventh *Kala* which is *Sthana* of *Agni* and it is the part which is in between the *Amashaya* and *Pakvashaya* called as *Grahani*.^[2] According to modern science it comprises of pyloric part of stomach and small intestine that means *Pittadhara Kala* can be co-related with mucus membrane of stomach, duodenum, jejunum and ileum. These parts play important role in the digestion and absorption of many nutritional substances like folic

acid, Vitamin B12, iron. *Dalhana* has stated that the *Pittadhara Kala* is the *Majjadharkala*.^[3] So this relation of *Pittadhara Kala* and *Majjadhara Kala* has to be studied and should be reviewed in *Ayurvedic* texts. This study will be beneficial to treat the patients which are having symptoms of *Majjakshaya*. This will add knowledge in *Sharir Rachana Shatra* also.

AIM

Pittodharakala Sa Eva Majjadharakala

OBJECTIVES

1. To review *Kala* and *Pittadhara Kala* from *Ayurvedic* texts.
2. To review *Majjadhara Kala* and *Majjakshaya* symptoms from *Ayurvedic* texts.
3. To assess *Pittadhara Kala* is *Majjadhara Kala*.

MATERIALS AND METHODS

All information are collected regarding *Kala*, *Pittadhara Kala*, *Majjadhara Kala*, *Majjakshya Lakshane* has been reviewed from *Ayurvedic* texts and related journals.

REVIEW OF LITERATURE

Kala

There are many meanings of *Kala*, somewhere it means *Vikara* or somewhere it means *Gunas* but by the

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anatomical point of view *Sushruta* has explained *Kala* is the organ of the body like other organs such as spleen, liver, heart etc.^[4] Total number of *Kalas* are seven. *Kala* is the organ which is situated at border of *Dhatu* and *Ashaya*.^[5] These *Kalas* are made up of *Snayu*, *Jarayu* and *Shleshma*.^[6] That means structure of all *Sapta Kalas* are made by *Snayu*, *Jarayu* and *Shleshma* which are the basic structure of *Kala*.

Pittadhara Kala

It is the sixth *Kala*. It holds four types of food *Ashita*, *Khadita*, *Pita* and *Leedha*. Digestion of these four kinds of food takes place in *Pittadhara Kala* with the help of *Agni* and digested food is absorbed in it.^[7] *Pittadhara Kala* is the part which lies in between *Pakwashaya* and *Amashaya* called as *Grahani* and its proper function depends upon the *Prakrut Agni*.^[8] If we see this according to modern medical science it is the part from pyloric part of stomach up to the ileocecal junction. In this part many enzymes secreted by the glands which are present in mucosa which are essential for digestion. *Dalhana* has stated that *Pittadhara Kala* is also called as *Majjadhara Kala*.^[3] Stomach and small intestine absorb many nutritional substances Vitamin B12, Iron and Folic acid etc. *Pittadhara Kala* is made up of *Snayu* can be co-related with muscular fibres, *Shleshma* can be co-related with mucous membrane and *Jarayu* can be co-related with serous membrane.

Enterochromaffin cells are present in the gut. These cells produce serotonin. Lrp5 controls the production of serotonin. If more serotonin is produced then bone formation decreases. If production of serotonin is inhibited or decreased then bone formation increases.^[9]

Majjakshaya Lakshana

Majja is the sixth *Dhatu*. According to *Ashtang Hrudaya*, *Majjakshya Lakshane* are *Asthisaushirya* that means osteoporosis, *Bhram* and *Timirdarshan*.^[10]

DISCUSSION

Kala is a structure that is made of *Snayu*, *Jarayu* and *Shleshma*.^[6] *Snayu* can be co-related with muscle fibres or muscular coat, *Shleshma* can be co-related with mucous membrane and *Jarayu* can be co-related with

serous membrane. *Pittadhara Kala* is *Pakva-Amashaya Madhyastha* that is *Grahani*. It can be co-related with structure that starts from pyloric part of stomach to ileocecal junction. If we see the structure of this part, it is made up of three coats mucous coat, serous coat and muscular coat. This mucous membrane contains glands. Secretions of these glands are essential for digestion. This digested food is absorbed by *Pittadhara Kala* also. According to *Dalhana*, *Pittadhara Kala* is called as a *Majjadharakala*.^[3] *Majja* is the sixth *Dhatu*. *Majjakshaya* symptoms are *Asthisaushirya*, *Bhram*, *Timirdarshana*.^[10] *Asthisaushirya* can be co-related with osteoporosis. Enterochromaffin cells are present in gut that produce serotonin in gut and then release it in blood. It reaches to the bones and binds with Htr1b receptor at the surface of osteoblasts and decreases bone formation.^[9] Excess production of serotonin leads to decrease in bone formation that results in osteoporotic changes i.e. *Asthisaushirya*. If the serotonin secretion is inhibited then it leads to increase bone formation. If normal function of *Pittadhara Kala* is vitiated that may result in more production of serotonin that leads to osteoporotic changes which is the symptom of *Majjakshaya*. That's why we can say that *Pittadharakala Sa Ev Majjadhara Kala*. This study will be more beneficial for treating the patients of osteoporosis. We should consider it to treat *Pittadhara Kala* first.

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