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. 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. 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 Majjadharakala 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. 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. 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 Majjadharakala. So this relation of Pittadhara Kala and Majjadharaka 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 Majjadharakala and Majjakshaya symptoms from Ayurvedic texts.
3. To assess Pittadhara Kala is Majjadharaka Kala.

MATERIALS AND METHODS

All information are collected regarding Kala, Pittadhara Kala, Majjadharaka Kala, Majjakshaya 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 Guna but by the
anatomical point of view Sushruta has explained Kala is the organ of the body like other organs such as spleen, liver, heart etc. Total number of Kalas are seven. Kala is the organ which is situated at border of Dhatu and Ashaya. These Kalas are made up of Snayu, Jarayu and Shleshma. 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. Pittadhara Kala is the part which lies in between Pakwashaya and Amashaya called as Grahani and its proper function depends upon the Prakrut Agni. If we see this according to modern medical science it is the part from pyloric part of stomach up to 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 Majjadharakala. 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.

**Majjakshaya Lakshana**

Majja is the sixth Dhatu. According to Ashtanga Hrudaya, Majjakshaya Lakshane are Asthisaushirya that means osteoporosis, Bhram and Timirdarshan.

**DISCUSSION**

Kala is a structure that is made of Snayu, Jarayu and Shleshma. 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-Amoshaya 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. Majja is the sixth Dhatu. Majjakshaya symptoms are Asthisaushirya, Bhram, Timirdarshan. 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. 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 fuction 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 Pittadhara Kala Sa Ev Majjadharakala. This study will be more beneficial for treating the patients of osteoporosis. We should consider it to treat Pittadhara Kala first.

**REFERENCES**


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