A CONCEPTUAL STUDY OF PITTA AND IT’S RELATION WITH PITTADHARA KALA

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ABSTRACT: Ayurveda is one of the world’s oldest healing systems, the concept of doshas plays a central role in understanding one’s physical and mental constitution. Pitta dosha is one of the three primary doshas, alongside Vata and Kapha. Acharya Sushruta did not recognize the existence of a separate entity called “Agni” (fire) apart from Pitta in the body. In other words, he believed that fire, which is responsible for various functions such as digestion, is based in the Pitta dosha within the body. Among the five types of Pitta, the Pachaka Pitta is one of them, and according to the Acharya, its location is considered to be in the region between the Amashaya and Pakwashaya.

Pittadhara kala is sixth in number, present in between Amashaya and Pakwashaya. This Kala holds Pachaka Pitta and Agni which promotes complete digestion, assimilation and absorption of the Chaturvidha Anna. In this article, we will delve into the world of Pitta dosha, exploring its characteristics, types and relation to Pittadhara Kala.

KEYWORDS: Pittadhara Kala, Pitta doshas, Pachaka Pitta, Amashaya, Pakwashaya, Agni.

INTRODUCTION

Ayurveda is a holistic discipline focused on preserving well-being and healing ailments, rooted in fundamental principles like Tridosha, Triguna, Panchmahabhuta, and more. Pitta dosha is one of the three primary doshas, alongside Vata and Kapha. Acharya Sushruta and Vagbhatti have clearly discussed the five categories of Pitta. Acharya Sushruta named the five functions of Pitta based on his observations in the body. Pitta is responsible for digestion, transformation, perception of vision, intellect, and generation of warmth. Pachak Pitta is responsible for digestion of Anaha. Acharya Sushruta did not recognize the existence of a separate entity called “Agni” (fire) apart from Pitta in the body. In other words, he believed that fire, which is responsible for various functions such as digestion, is based in the Pitta dosha within the body. Grahani is situated between Amashaya and Pakwashaya region and is covered by Shushithi Pittadhara Kala. Pittadhara kala is sixth in number, present in between Amashaya and Pakwashaya that is Grahani. This Kala holds Pachaka Pitta and Agni which promotes complete digestion, assimilation and absorption of the Chaturvidha Anna. Pittadhara Kala is correlated with the lining membrane of small intestine which plays vital role in digestion and absorption of all nutritive substances. This article explore the conceptual aspect of Pitta, specially Pachak Pitta draws correlation with Pittadhara Kala.

AIM AND OBJECTIVES:
1. To study the Pitta from Ayurvedic literatures.
2. To study the Pittadhara Kala from Ayurvedic literatures.
3. To establish the relationship between Pitta and Pittadhara Kala.

MATERIAL AND METHODS:
The basic and conceptual materials were collected from Ayurvedic literatures such as Brihatrayi and with their available commentaries, research papers and journals.

AYURVEDIC REVIEW:

Pitta Nirukatya

Sushruta derived the word “Pitta” from the root “Tap Santape” in Sanskrit. The meaning of “Tap” is heat or burning.

Location Of Pitta

According to Sushruta, Pitta is situated in the region between the Amashaya (stomach) and Pakwashaya (large intestine). In addition to this, Pitta is also located in the Yakrit (liver), Pleeha (spleen), Hridaya (heart), Netra (eyes), and Twak (skin).

Function Of Pitta

In other words, Prakrit Pitta governs natural functions such as digestion, body temperature regulation, hunger, thirst, softness of the body, radiance, mental contentment, and intelligence (ability to comprehend).
Types Of Pitta

Sushruta and Vaghbatha have elaborated on the five divisions of Pitta in this manner.

The sage Sushruta named the five divisions of Pitta based on their functions. These are: Raktakrit (associated with coloring), Paktkrit (associated with digestion), Tejakrit (associated with generating heat), Medhakrit (associated with intelligence), and Ushmakrit (associated with providing warmth). In this way, Pitta, which performs these five functions, is divided into five categories and benevolently benefits the body through its digestive actions.

Pachak Pitta

Pachak Pitta plays a crucial role in the processes of digestion and metabolism among the five types of Pitta.

Location And Function Of Pachak Pitta:

According to Vaghbatha, the location of Pachak Pitta is considered to be in the middle part of the stomach and small intestine. It is primarily characterized by an abundance of the Pitta quality. This is accomplished through the process of digestion and imparting warmth and other qualities to the entire body through its digestive actions. It is named as “Pachaka” Pitta, responsible for the digestive processes.

Pittadharaka Kala

Acharya Sushrut described Kala in anatomical sense in Garbhyakaran chapter of Sharir Sthan. He states Kala is a thin membrane which separates Dhatu from its Ayasasha.

Pachak Pitta is a thin membrane present in the middle part of the stomach and small intestine, due to unseen karmic causes from previous births, digests the four types of food (liquid, semi-liquid, edible, and chewable). It separates impurities, essence, urine, and feces individually, and residing in its region (midst of the stomach and small intestine), it imparts strength to the remaining Pittas. This Pitta provides warmth and other qualities to the entire body through its digestive actions. It is named as “Pachaka” Pitta, responsible for the digestive processes.

DISCUSSION

The science of Ayurveda is founded on the Tridosha theory, with Pitta being one of the three doshas that plays a pivotal role in digestion and metabolism. Pitta dosha can be categorized into five types: Pachaka, Ranjaka, Alochaka, Bhrajaka, and Sadhaka Pitta. Pachaka Pitta specifically handles the digestion of food, breaking down nutrients into their essential components, and nourishing the Agneya aspect of Pitta located in various parts of the body. It is also referred to as "jatharagni." This Agneya form of Pitta aids in food digestion and then separates the vital components. While situated in its specific location, it nurtures and fortifies the remaining aspects of Pitta. Pachaka Pitta is responsible for the digestion of food, which is situated in between Amashaya and Pakwashaya (i.e. Grahan). According to Acharya Sushrut, The“Pachakagni” located in the middle of the stomach (between the stomach and small intestine) is responsible for digesting the four types of food (liquid, semi-liquid, solid, and dry) and separating them into their respective components (juices, urine, feces). It also resides in its own territory (the middle of the stomach) and has the ability to provide strength to the remaining Pitta (digestive fire) through its own influence. This is accomplished through the process of digestion and by imparting warmth and other qualities to the entire body. This Pitta responsible for digestion is referred to as “Pachakagni.”

CONCLUSION

This article explores the conceptual aspect of Pitta, especially Pachak Pitta draws correlation with Pittadharaka Kala. The seat of Pachak Pitta is in between Amashaya and Pakwashaya that is Grahan. The Pittadharaka Kala is present in Grahan (Amashaya and Pakwashaya) which holds Pachak Pitta and promotes digestion, assimilation, and absorption of Ahara.

REFERENCES