

**THE STUDY OF PITTDHARA KALA W.S.R DUODENAL ULCER.**

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**ABSTRACT**

Ayurveda has played a key role in Alternative, Oriental, and Traditional science. In ayurveda many basic principles like tridosha, panchmahabhuta, dravyaguna are explained briefly. which is used by ayurvedist for management of diseases. Acharya sushruta has explained kala sharir in sharirasthan chapter-4 gharbhashariramadhyaya. Total seven kala are present in the body and these are the limiting membranes between dhatu and aashaya. pittdhara kala is sixth in order, situated in between pakwashaya and amashya (i.e. pakwaamashya). pittdharakala can be correlated with mucous membrane of small intestine. upper fixed part of small intestine is known as duodenum. duodenal ulcer is one of the peptic ulcer. duodenum ulcer are formed due to damage of barrier, which is made up by cells of duodenum from mucus membrane. The main cause of mucus membrane is infection with bacteria called Helicobacter Pylori or H. Pylori. The bacteria cause the lining of your duodenum to become inflamed and an ulcer can form.

**KEYWORDS:** kala, Pittadharakala, Pakwamashya, small Intestine, Duodenum Ulcer, Dhatu, Aashya.**INTRODUCTION**

Ayurveda is known for its basic concept which are unique and very useful in modern era. kala is one of the most important basic concept described by Acharya sushruta in sushruta samhita, sharir sthan.

Kala are the covering between the dhatu and Aashya. they can be recognized by their structure and functions in the body. The fluid between the dhatu and ashaya subjected to the heat developed from ushma gives rise to the kala. there are 7 types of kalas.

1. Mansdhara kala
2. Rakta dhara kala
3. Medodharakala
4. Shleshmadharakala
5. Purishdharakala
6. Pittadharakala
7. Sukradharakala

Out of this seven kalas, pittadhara kala is sixth in order. pitta dhara kala holds the four kinds of solid and liquid foods (in the pitta shaman and biliary region) propelled from the stomach (amashaya or grahani) and on its way to the intestine for the proper action of the digestive juices upon it.

**Aim:** To study the relation between pittadharakala and duodenal ulcer.

**Objective**

1. To study the pittadhara kala concept.
2. To study the duodenal ulcer.

**Study design:** literary study.

**Material and Method:** During the study of Kalas various Samhitas along with their commentaries by different authors were referred. References from modern sciences were also used to correlate the concept of Kala. While studying about Kala through Sushrut Sharirasthan, the commentaries of different authors were critically studied to interpret and conclude about Kala.

**Structural Aspect of Pittadhara Kala**

- In between Pakwashaya and Amashaya.
- Holds the food at pakwashaya.

These statements refer to the activity concern and states that of the Ashaya. which holds the undigested food or absorption with the function of assimilation.

As the sigmoid colon and Rectum are terms with "purishdhara srotas and lined by purishdhara kala"-these parts of GIT are ruled out of the discussion of pittadharakala.

From mouth till to end in the amashaya- four food varieties passed in undigested form thus comfortably can be termed as amashya.

The part between jejunum and sigmoid colon is the ileum pakwa amashaya madhya is the part Anatomically consider as grahani or pittadharakala.

### Duodenal ulcer

Peptic Ulcers are the sore or wound on lining of GI tract. Gastric ulcer and duodenal ulcer are the type of peptic ulcer. duodenal ulcer will be felt on closer to belly button region, around the midline of body. duodenal ulcer more likely to be painful at night. two-three hours after meal duodenal ulcer feels most painful. when the stomach digested food and acid into duodenum. duodenam is the first part of the small intestine. pakwaamashaya madhya is the part anatomically consider as Grahani or pittadharakala.

A/c to ayurveda people with a pitta predominance can develop ulcers. duodenal ulcers occur when stress causes bile reflux, hyperacidity, low digestive strength. emotions like stress or tension increase pitta dosha and activate digestive juices from the stomach, liver and pancreas making stomach and intestines excessively acidic.

### CONCLUSION

An ulcer on the mucosa of small intestine i.e pittadharakala caused by the action of gastric juices known as duodenal ulcer. pre existing helicobacter pylori infection increase the risk for subsequent development of duodenal ulcer.

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