

**A Study Of Saptakala With Special Reference To Mamasdhara Kala**

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**Abstract**

“Dhatvashyaantarmaryadakala” Kalas are membrane or layer present between Sapta Dhatus and Asaya which covers many organ of the body. Kala is an unparalleled hypothesis stated by the Acharya Susruta in SharirSthan. Specific kala present in the specific organs. Kalas are differentiated as snayupratichchhanan (covered from ligaments), jarayusantata (continuation of foetal covering), and slesmavestita (coated with kapha).Kalashareera is an important part Ayurvedic anatomy. kala means layer or membrane of our body. there are many layer or membrane in the body which form in envelope over the organ. They provide support & protections to the organs. The fluid between layer provide lubricant to the organ & help them to function easily. Example - pleurae are the membranes or layer covering the lungs. Fluid in between the layer of plural fluid. This help in lubrication of the organ & help the lungs to expand & contract easily during breathing process, similarly the pericardium covers the heart pericardium fluid is present between its layer, the meninges covering the brain the cerebrospinal fluid (CSF) is filled between layer. The peritoneumcover the abdomen viscera. All the layer or membranes can be considered as kala. Thus they act as shock absorbers in the body. Mamasdhara kala is the ( membranes or layer of muscle holding & supporting the blood vessels.) this kala holds embedded in it's the networks and branches of Siras (vein),Sanaayu layer(ligaments & nerves), Dhamnis(arteries), Stotas (channels of transportation).mamsdhara kala should have been explained after rasa &raktadharakala's according to chronology of formation of tissue. (Rasa- Rakta -Mamsa-Meda- Asthi-Majja- Sukra).

**Keywords:** Kala,Mamasdharakala,Dhatu,Ashaya.

**Aim And Objective**

- To study of kala.
- To study of mamsdhara kala.
- Study of clinical importance of kala.

*Yathaa bias mrunaalaani vivardhante samantetaha  
bhoomav panka udaka sthaani tathaa siraa aadayahu*

.....  
( sushrut sharir sthan 4/9)

**Material And Method**

Literature of Ayurveda, bhrutrayee & laghutrayee along with their commentaries by different authars were refer for the study.

**Type Of Kala**

Achryasusruta mentioned seven types of kala theseare

- Mamsdhara kala.
- Raktadhara kala.
- Medodhara kala.
- Shleshmadhara kala.
- Pireeshdhara kala.
- Pittadhara kala.
- Sukradhara kala.

The kala is explained with simily – the stalkas lotus flower sink deep in to the mud and its branches to spread all around in the surrounding area in the same pattern sira,dhamnies,snayus&srotases by taken the support of kala spread & nourish (functional support)the mamsa. On the other side the mamasadharakala provide the atomatiel support & forms a protective sheild covering the delicate structure. Mamasadhara kala should have been explained after Rasa &Raktadharakala's according to chronology of formation of tissue.(Rasa-Rakta-Mansa-Medo-Asthi-Majja-Shukra). But Rasa (plasma) & Rakta (blood cells) are passing through the siras & dhamnis which in turn are embedded in the substance of mamsa. The substance of mamasdhara should be split to find the Raktadhara kala. Therefore mamsadhara kala is explained as the first stratus.functionally the muscle tissue & the protective sheath the fine membranes binding the muscle cells and packing up the muscle fibres into different compartment along with embedded blood

**1.Mamsdhara Kala–**

*Taasaam prathamaa maamsadhara naama yasyaam  
maamsa gataanaam (maamsevaa), Siraa Snaayu  
Dhamanee Srotosaam prataanna bhavanti...*

(sushrut sharir sthan 4/8)

vessels intervening the muscle fibres should be compared mamsadhara kala.

### 2. Raktadhara Kala –

Aresituated inside the muscles, specially sira, yakrit and pleehaas per acharya sushruta. Just as milky sap flows out when a branch of latex yielding plant is cut (on their bark bruised), similarly when muscle are cut, blood flows out quickly in great quantity.

### 3. Medodhara Kala –

Medas is the present in the abdomen & small bone of all lining beings, whole in big bone it is known as majja. In big bone especially it is majja (bone marrow) that is inside them where as anallothers ( small, fat, curved bone) it is called saraktameda (red colour marrow) the pure fat present muscle is known as vasa.

### 4. Shleshmadhara Kala

It is present in all joint & supporting its life. Just like the wheel moves easily when its axle whole is lubricated with fat. Similarity. The joint moves freely lubricated with shlesma.

### 5. Purishadhara Kala

It is located in the pakvasaya inside the antahkatha commencing form yakrit and intestine, the maaldhara kala separate as the side of unduke.

### 6. Pittadhara Kala

It recieves four type of semidigested food that comes from the amasaya & direct towards the pakvasaya .its hold the food till the four type of food (chewable, swallowed, drink, licked) are totally diageded.

### 7. Sukradhara Kala

Which pervades the whole body of all living begins. Just as ghee is present in milk & jaggery in sugarcane juice in the same way the sukra is preventally present throught out the human body. sukra come out through the urinary passage of man from a distance of two angula beneath the opening of the urinary bladder on the right side. Sukrapresent in the entire body come out when man indulges in copulation with the women in a happy mind.

### Clinical Importance Of Kala

kala/ Membranes are the outer covering of all organs which protects the organ. Membranes is formed by the mucous, serous, and fibrous layer which secretes the fluids, it helps to lubricant the

organs and protects the function of organs. mucous and serous membranes are the commonest sites for inflammatory disease.

### Conclusion

Kala is the important structure which performs many function like protection, lubrication of organs of the body and the and gives the precious knowledge about layers of body. In Ayurveda the diseases are caused only when the tissues are contaminated or vitiated by the doshas. Similarly, when kalas are vitiated or get injured then it causes disease and also effect the organ or structure which is enclosed in that kalas. so kalas are very important in clinical point of view.

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