

**REVIEW OF KALA SHARIR WITH SPECIAL REFERENCE TO  
RACHANA SHARIR: A LITERARY REVIEW**

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Article Received: 27 December 2025, Article Revised: 16 January 2026, Published on: 05 February 2026

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DOI: <https://doi-doi.org/101555/ijarp.3639>

**ABSTRACT**

Ayurveda provides a comprehensive understanding of human anatomy through the principles of *Rachana Śarīra*. Among the structural entities described in classical texts, *Kala Śarīra* represents the membranous layers that demarcate *Dhātu* and *Āśaya*. Acharya Suśruta has elaborately described seven Kalas, emphasizing their anatomical, physiological, and surgical relevance. The present literary review aims to analyze the concept of *Kala Śarīra* based on classical Ayurvedic texts, supported by original Sanskrit references, and to explore its significance in *Rachana Śarīra* along with possible correlations to modern anatomical structures.

**KEYWORDS:** *Kala Śarīra*, *Rachana Śarīra*, *Dhātu*, *Āśaya*, Suśruta Saṃhitā, Ayurvedic anatomy.

## INTRODUCTION

Rachana Śārīra forms the foundation of anatomical knowledge in Ayurveda. Classical texts describe various structural components such as *Dhātu*, *Āśaya*, *Srotas*, *Sirā*, *Dhamanī*, and *Kala*. Among these, *Kala* represents subtle internal layers that maintain the structural and functional integrity of tissues.

Acharya Suśruta defines *Kala* as the boundary between *Dhātu* and *Āśaya*, highlighting its importance in anatomy and surgery. The concept of *Kala* reflects the profound observational skills of ancient scholars and their understanding of tissue organization.

### Classical Reference:

धातूनामाशयानां च मध्ये या मर्यादा स्थिताः ।

ताः कलाः परिकीर्तिताः सुश्रुतेन महात्मना ॥ ( *Su. Sha* )

## MATERIALS AND METHODS

### Study Design

A qualitative **literary review** was conducted.

### Sources of Data

- **Primary Sources:**
  - *Suśruta Saṃhitā* (Śārīra Sthāna)
  - *Charaka Saṃhitā*
  - *Aṣṭāṅga Hṛdaya* and *Aṣṭāṅga Saṅgraha*
- **Secondary Sources:**
  - Commentaries by Dalhaṇa, Chakrapāṇi, and Aruṇadatta
  - Standard textbooks on Rachana Śārīra

## METHODOLOGY

Relevant verses related to *Kala Śārīra* were collected, translated, interpreted, and analyzed in the context of Rachana Śārīra. Functional correlations with modern anatomy were reviewed from published Ayurvedic literature.

## RESULTS

### Concept and Definition of *Kala*

*Kala* is described as a thin membranous structure situated between *Dhātu* and *Āśaya*, facilitating nourishment and protection.

Śloka:

धात्वाशययोर्मध्ये या कला सा परिकीर्तिता। ( Su. Sha)

### Number of Kalas

Acharya Suśruta enumerated **seven Kalas**, corresponding to seven Dhātus.

सप्त त्वचो भवन्त्येताः सप्त धातून् प्रचक्षते। ( Su. Sha)

### Description of Individual Kalas

#### 1. Māmsadhārā Kala

Supports Māmsa Dhātu and provides form and strength.

मांसधरा नाम या कला सा सर्वाङ्गेषु संस्थिता।

स्नायुशिराधमनीनाम् अधिष्ठानं प्रचक्षते ॥ ( Su. Sha)

#### 2. Raktadhārā Kala

Associated with Rakta Dhātu, especially liver and spleen.

यत्र रक्तं स्थितं नित्यं सा रक्ता धारयत्यतः।

यकृत्प्लीहोर्विशेषेण सा ज्ञेया रक्तधारिणी ॥ ( Su. Sha)

#### 3. Medodhārā Kala

Related to Meda Dhātu, providing lubrication and insulation.

मेदोधरा तु या कला सा उदरस्थेषु संस्थिता।

अस्थिषु च विशेषेण मेदः संधारयत्यसौ ॥ ( Su. Sha)

#### 4. Śleṣmadhārā Kala

Located in joints, responsible for smooth articulation.

श्लेष्मधरा तु या कला संधिषु परिकीर्तिता।

स्नेहं संधिषु कुर्वाणां सन्धानं चोपपादयेत् ॥ ( Su. Sha)

#### 5. Purīṣadhārā Kala

Located in the large intestine, involved in fecal formation.

पुरिषं धारयेद् या तु सा पुरिषधरा स्मृता।

पक्काशये स्थिता नित्यं जलांशं शोषयत्यपि ॥ ( Su. Sha)

## 6. Pittadhārā Kala

Plays a vital role in digestion and metabolism.

पित्तधरा तु या कला ग्रहण्यां परिकीर्तिता ।

सा पाचयति चात्रं तु पित्तं चाप्यधिधारयेत् ॥ ( *Su. Sha*)

## 7. Śukradhārā Kala

Pervades the entire body and supports reproductive tissue.

शुक्रधरा तु या कला सर्वदेहे व्यवस्थिताः ।

तां विद्यात् सर्वभूतानां देहसारपरायणाम् ॥ ( *Su. Sha*)

## DISCUSSION

Kala Śārīra represents an advanced anatomical concept wherein structure and function are inseparably linked. Unlike modern anatomy, which emphasizes gross and microscopic structures, Ayurveda presents Kalas as dynamic entities involved in metabolism and protection.

The surgical relevance of Kalas is evident from Suśruta's descriptions, especially in procedures involving incision and dissection. Scholars have correlated Kalas with fascial layers, mucosal linings, serous membranes, and synovial membranes. However, these correlations remain conceptual rather than exact anatomical equivalents.

## CONCLUSION

Kala Śārīra is a fundamental component of Rachana Śārīra that explains the layered organization of the human body. The seven Kalas described by Acharya Suśruta provide insights into tissue boundaries, nourishment, and protection. Understanding Kala Śārīra enhances anatomical clarity, supports clinical diagnosis, and strengthens the surgical foundation of Ayurveda. Further interdisciplinary research may help in establishing clearer anatomical correlations with modern science.

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