

MALA SIDDHANTA: AYURVEDIC PERSPECTIVE ON WASTE PRODUCTS W.S.R. TO PURISHA

Prof. Lokesh Chandra Sharma^{1*}, Prof. Vishnu Prasad Sharma²

¹Professor & HOD, Samhita Siddhant, Govt. Akhandanand Ayurveda College, Ahmedabad, Gujarat, India.

²Professor & HOD, Dept. Kriya Sharir, Govt. Akhandanand Ayurveda College, Ahmedabad, Gujarat, India.

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*Corresponding Author: Prof. Lokesh Chandra Sharma

Professor & HOD, Samhita Siddhant, Govt. Akhandanand Ayurveda College, Ahmedabad, Gujarat, India.

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ABSTRACT

In Ayurveda, the three key waste products of the body can be grouped as *Trimala*, which includes *Purisha*, *Mutra* and *Sweda*. These are important to maintaining balance internally, supporting detoxification and contributing overall health of bodily system. Properly expelled forms of these waste products considered as healthy state and preventing disease, while improper discharges can contribute to the accumulation of toxins in the body, disruption in the balance of *Dosha* leading to various diseases. *Purisha* refers to the solid waste of digestion, *Mutra* refers to the liquid waste filtered from kidneys, and *Sweda* refers to the perspiration expelled from the skin that supports regulating temperature and eliminating impurities from the body. The proper formation and expulsion of *Mala* are dependent on the proper function of *Agni* and the *Srotas*. This article explains *Mala Siddhanta* W.S.R. to physiological, clinical and pathological perspective of *Purisha*.

KEYWORDS: *Ayurveda, Mala, Purisha, Waste, Excretion.*

INTRODUCTION

In the practice of Ayurveda, *Trimala* refers to the three major excretory products of the body; stool, urine and sweat which are considered essential to create balance and support health. Their normal formation and elimination indicate well-being; disturbances can lead to the formation of *Ama* and an imbalance of the *Doshas* which can lead to disease. *Purisha* is produced in the large intestine, as a byproduct of digestion, and removes undigested food, toxins, and other wastes from the body; the form of the *Purisha* depends upon balanced *Agni* and adequate fiber intake. Abnormal *Purisha* may appear as constipation, diarrhea, or malabsorption. *Acharya Charaka* emphasized the importance of *Purisha* for gastrointestinal cleansing and modern science has begun to highlight the importance of gut microbiota in digestion, immune and mental health.^[1-3]

Mutra, produced by the kidneys, removes nitrogenous waste, salts, and metabolic waste while maintaining the body's electrolytes and water balance. In Ayurveda, *Mutra* can be associated with *Pitta Dosha* and water metabolism. An irregularity in *Mutra* may be indicative of diabetes or renal failure while modern nephrology emphasizes the importance of *Mutra* for filtration and

hydration, along with electrolyte and fluid balance and blood pressure.

Sweat, produced from specialized sweat glands, serves an essential role in thermoregulation, detoxification and skin health *via* the elimination of metabolic byproducts and other toxins. In Ayurveda, it is connected to both *Pitta* and *Kapha Doshas*, with anything that throws sweat into excess or deficiency consistent with an imbalance of metabolism or regulatory processes.^[3-5]

Purisha

Purisha, the solid by-product of digestion created in the large intestine, plays an essential role in excreting undigested food residues, toxins, and wastes produced during metabolism. The formation of healthy *Purisha* requires a balanced *Agni* and adequate dietary fiber. A disturbance in this process can lead to *Vibandha*, *Atisara* or malabsorption disorders, deteriorating gastrointestinal health. Ayurveda defines *Purisha* as the primary excretory product responsible for cleansing the gastrointestinal tract and maintaining gut balance.

In anatomical terms, *Purisha* is connected with the *Purishadhara Kala* fifth *Dhatu* or tissue layer located in

the *Pakwashaya* and *Unduka* area where *Purisha* and *Mutra* separate. *Purishavaha Srotas*, which have anatomical roots in the large intestine and rectum, are ostensible channels for the transportation and elimination portion of this process.

Classical texts describe the *Utpatti* of *Purisha* as a division of what is consumed into *Sara* and *Kitta*. The solid part from *Kitta* becomes *Purisha*, while the liquid part becomes *Mutra*. When the digested substance reaches the *Pakwashaya*, *Agni* can dry and solidify this substance. This is where the term *Paripindita Pakwasya* comes from. *Acharya Charaka* discusses this process and explains that the process simultaneously increases *Vata Dosha* because of *Katu Rasa* predominance. The elemental profile of *Purisha* reflects that both *Agni* and *Vayu* predominates and is structurally supported by *Prithivi Mahabhuta*. Because of this, normal feces usually float on top of water.^[4-6]

Types

In Ayurveda, *Purisha* is classified into various types based on abnormalities and pathological conditions arising in the *Purishavaha Srotas* the channels responsible for the formation, transportation, and elimination of feces. These variations (**Figure 1**) are assessed through *Purisha Pariksha*.

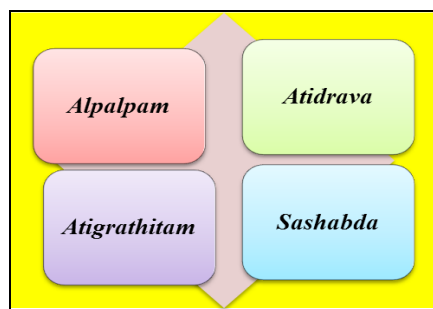


Figure 1: Variations of *Purisha* Categories.

The main types of same are depicted in **Figure 1**, which includes *Alpalpam*, characterized by frequent but scanty discharge of feces, generally linked to *Vata Dosha* predominance; *Atidrava*, denoting liquid or semisolid stools, often associated with vitiation of *Pitta* or *Kapha Dosha*; *Atigrathitam*, marked by hard, lumpy stools; *Sashabda*, stools passed with accompanying flatulence; and

Sashula, stools passed with severe pain, indicating painful defecation.^[5-7]

Diagnostic Significance

- ✓ The *Purisha Pariksha* is built around features such as color, quality, odour, and the presence of mucus and froth.
- ✓ For example, dark black tarry stools can be a sign of bleeding in the bowel.
- ✓ Foul odor or looseness in stools indicates infection or *Agni* vitiation.

Further, the *Saama–Niraama* classification distinguishes stools with *Ama* which are defined by heaviness, odour, constipation, and abdominal pain from stools that do not have *Ama*, which are lighter and healthier.

Pathological Consideration

The symptoms of *Purisha Vruddhi* have a bloated feeling, fullness, and heaviness in the abdomen, and *Purisha Kshaya* can exhibit intestinal gurgling, bloating, and discomfort in the heart region due to the aggravation of *Vata*. Even as a waste product, *Purisha* still has interesting and important functions of *Shariradharana* and eats *Vata* and *Agni*. *Acharya Sushruta* also mentions it as functionally important in maintaining equilibrium, while some authorities also introduce a nourishing function. Also, in some illness, it is seen, as in case of *Rajayakshma*, that preservation of the *Purisha* may very well be seen as important for preservation of patient body functions.

Special patient indicators through *Purisha* affairs offer more insight regarding gastrointestinal disorders. *Raktayukta Purisha*, or blood in the stool, may indicate ulcer, piles, fissures, or ulcerative colitis, while *Krimiyukta Purisha* includes worms or threadworms and roundworms to consider intestinal infestations. *Ama-yukta Purisha* has foul odor and is sticky with undigested food particles and heaviness after defecation indicating that *Ama* is present and/or digestion is impaired. *Atyartham Gandhiyukta Purisha*, or extremely foul-smelling stool, often indicates severe putrefaction, infections or diseases such as *Grahani*. Pathological changes in *Purisha* according to *Dosha* imbalance is presented in **Table 1**.^[8-10]

Table 1: Pathological changes in *Purisha* according to *Dosha* Imbalance.

<i>Dosha</i> Involvement	Stool Characteristics	Associated Complaints
<i>Vata</i> Dominance	<i>Alpalpam</i> <i>Shushkam</i> <i>Picchilam</i>	Abdominal distension, colic pain and flatulence
<i>Pitta</i> Dominance	<i>Atidrava</i> <i>Pittasamsrishtam</i>	Burning sensation, urgency in defecation
<i>Kapha</i> Dominance	<i>Atipicchila</i> <i>Guru</i> <i>Snigdha</i>	Sluggish digestion, feeling of heaviness, lethargy
<i>Sannipataja</i>	<i>Vibandha</i> <i>Atisara</i>	Irregular bowel habits, unpredictable digestion

CONCLUSION

The Ayurvedic framework highlights *Purisha*, *Mutra* and *Sweda* not simply as waste products of metabolism, but as important reflections of systemic balance. Their formation, quantity, and elimination indicate the balance or imbalance of *Agni*, *Srotas* and *Doshas*. In periods of imbalance, *Purisha*, *Mutra* and *Sweda* reflect not only regional dysfunction, such as impaired digestion or renal function, but also deeper imbalances that will affect the cumulative functioning of the body and mind. Modern physiology reinforces this perspective in ways: stool quality is a function of the gut microbiome balance, the urine excretion reflects renal and metabolic function, and the sweat assists thermoregulation and detoxification. *Purisha* is categorized as waste in Ayurveda, but it is an important diagnostic and functional component of gastrointestinal balance. If produced correctly, it is an indicator of proper *Agni*, the right dietary composition, and good *Purishavaha Srotas* functioning. If *Purisha* changes character, it is often indicative of *Dosha* disturbances, metabolic imbalances, or disordered states that may range from uncomplicated to significant digestive issues such as *Grahani*, *Atisara* and *Rajayakshma*. Classical source texts of Ayurveda highlight the notion of *Purisha* as integral to *Shariradharana* through *Vata* and *Agni* stabilization, and also as an important aspect of *Purisha Pariksha* or assessment, indicative of systemic wellness. Hence, evaluating *Purisha* can be an important consideration for clinically evaluating digestive strength, the presence of *Ama*, and the involvement of a disease, making it an important factor for diagnosis and prognostication in Ayurveda.

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