Concept of Sushrutokta Guda Shareera

Nithin Kumar,1 U Govindaraju.2
1Assistant Professor, 2Professor and HOD, Department of Shareera Rachana, Sri Dharmasthala Manjunatheshwara College of Ayurveda, Udupi, Karnataka, India.

ABSTRACT

Swastha Rakshana and Vikara Prashamana are the prime goals of Ayurveda. Knowledge about structural and functional aspect of Shareera is considered as a key to reach these goals. Guda is one such structural entity explained in Ayurveda, which play a role in elimination of Pureesha and Apana Vata. In Basti Chikitsa, one of the prime treatment modality of Vata medicine usually administered through Guda Marga only. Hence knowledge of Guda is helpful in understanding the physiology of Pureesha Bahirgamana and concept of Basti Chikitsa. In this article an attempt is made to understand the concept of Sushrutokta Guda Shareera.

Key words: Guda, Vali, Basti Chikitsa.

INTRODUCTION

Ayurveda, a science of life aims at Swastha Rakshana and Vikara Prashamana.[1] Structural and functional knowledge about human body is essential to attain this target. Guda is one such structural entity found in human body which acts as a passage for elimination of Pureesha, Apana Vata[2] and for the administration Basti Dravya.[3]

Literary Review

Guda is one of the Vata Sthaana located below Pakwaashaya[4] in relation to Sthoolantra. It acts a passage for the elimination of Pureesha and Apana Vata and for administration of Basti Dravya.[5]

Swaroopa and Pramana

Guda resembles Shanka Naabhi (Conch shell) in shape and Gaja Talu (Palate of Elephant) in color. It measures about 4.5 Angula in height.[6]

Guda consists of 3 Guda Vali’s and one Gudoshta. Pravahani, Visarjani and Samvarani are the three Guda Vali’s located one above the other at a distance of 1.5 Angula from each other. Pravahani Vali is responsible for the propulsion of Pureesha, Visarjani Vali is responsible for the elimination of Pureesha and Samvarani Vali is responsible for holding the Pureesha. Gudoshta is the outer most part of Guda located 1 Angula below the Samvarani near the Romanta (Hair) and it measures about 0.5 Angula.[7]

Guda as Marma

Guda is one among the Sadyo Pranahara Mamsa Marma located in relation to Sthoolantra. It measures about 4 Angula in Pramana.[8]

DISCUSSION

Guda is one of the Vata Sthaana located below Pakwaashaya in relation to Sthoolantra. Here Pakwaashaya can be considered as terminal part of Ileum, Caecum, Ascending colon and proximal part of Transverse colon as major amount of absorption takes place here. Sthoolantra can be considered as terminal part of Transverse colon, Descending colon, Sigmoid colon and proximal part of Rectum. Terminal part Rectum including Anal canal can be considered as Guda as they play a role in elimination of fecal matter.
Swaroopa and Pramana

As Rectum and Anal canal consists of side to side and antero posterior curvature, its shape may be correlated to Shanka Naabhi having many spirals.

Lower part of Rectum can be considered as Pravahani Vali as its stimulation initiates defecation. Upper part of Anal canal covered by Internal anal sphincter can be correlated to Visarjani Vali as it helps in defecation. Lower part of Anal canal covered with external anal sphincter can be considered as Samvarani Vali as external sphincter can voluntarily control the evacuation of fecal matter. Cutaneous part of Anal canal close to the Anus can be considered as Gudoshta.

Acc to Acharya Charaka, Uttara Guda and Adhara Guda are the two parts Guda. Part of Guda which acts as reservoir of Pureesha is Uttara Guda and part helps in evacuation of Pureesha is Adhara Guda. As part of Rectum above 2nd Houston valve acts as reservoir of fecal matter it can be correlated to Uttara Guda and stimulation of part below the 2nd Houston valve helps in defecation, it can be considered as Adhara Guda.

As 2nd Houston valve which support the fecal matter located in the right lateral side of Rectum, administration of Basti in right lateral plane may damage it resulting in fecal incontinence. Hence Basti Dravya is normally administered through Guda while patient is lying in left lateral position.

Guda as Marma

Among 4.5 Angula Pramana Guda, part of it measuring 4 Angula from skin surface can be considered as Guda Marma.

CONCLUSION

Knowledge about human body is very essential to understand Ayurveda. Guda is one such structural entity explained in Ayurveda which play an important role in Bahirgamana of Pureesha and Apana Vata and it acts as a passage for the administration of Basti. Hence knowledge of Guda is helpful in understanding the physiology of Pureesha Bahirgamana and concept of Basti Chikitsa.

REFERENCES


How to cite this article: Nithin Kumar, U Govindaraju. Concept of Sushrutokta Guda Shareera. J Ayurveda Integr Med Sci 2017;2:133-134. http://dx.doi.org/10.21760/jaims.v2i2.7715

Source of Support: Nil, Conflict of Interest: None declared.