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## Study on concept of *Guda Pradesha* w.s.r. to *Guda Valis*

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### ABSTRACT

The anatomical knowledge of *Guda* (anal canal) and its relations are Very important to discuss about anal diseases. *Guda* is defined as the opening where the Gastro intestinal tract ends, and exits the body which excretes faeces and flatus through it. It is *Moola* of *Pureeshavahasrotas*. *Charaka* described it is one among the fifteen *Kostangas*, and Recognised two parts in it i.e. *Uttara Guda* and *Adhara Guda* It is one among nine *Bahirmukha Srotas* located in pelvic region. *Guda* gets forming along with other body Parts as early as in the fourth month and fully formed by seventh month of gestation. Embryologically it is derived from *Matrujabhava*. According to *Sushruta Pureeshadhara Kala* is related to *Guda* and it is *Moola* of *Pureeshavaha Srotas*, and also is *Sadyopranahara Marma*. According to *Amarakosha* *Guda* has synonyms like *Apanam* and *Payu*.

**Key words:** *Guda*, Anal Canal, *Bahirmukha Srotas*

### INTRODUCTION

Ayurveda is the science of a healthy life, it speaks to every aspect and function of the Human life. Etymologically the word *Ayurveda* is made up of two basic terms “*Ayu*” meaning “life” and “*Veda*” means “science” or “knowledge.”

The concept of *Ayu* in This word not only means an alive body system but it is an active assembly of a Corporeal body (*Sharira*), Sensomotor organs (*Indriyas*), Mind (*Mana*) and Soul (*Atma*).

*Acharya Susruta* has mentioned basic and unique

concepts of *Rachana Sharira* in his text *Susruta Samhita Sharira Stana*<sup>[1]</sup> which are so much useful in this Modern era in all aspect of treatment as well as surgical knowledge.

*Acharya Charaka* has mentioned that study of *Sharira* provides an reflection in the human body. *Guda Pradesha* is the terminal part of *Annava Srotas* possessing high Physiological and anatomical importance. *Guda* is in close proximity of *Vasti* attached to the terminal portion of the large intestine meant to excrete faces and flatus.<sup>[2]</sup>

*Guda* starts from *Sthulanthara* , It is *Mula* of *Purishavaha Srotas*<sup>[3]</sup> and one amongst *Sadyopranahara Tri Marmas* (three vital injury points resulting immediate death). Total length of *Guda* is 4 ½ *Angula*.<sup>[4]</sup>

In the present days the people are very busy with work and running with time at the cost of their health, totally the people are neglecting their health. Due to lack of Exercise, sedentary life, consuming unhealthy and spicy food. This unhealthy food Spoil the *Annava*, *Prisha Vaha Srotas* and *Guda Stana*.

The people who are sitting posture for long time and who do not keep clean the *Guda Stana*. The *Gudastana*

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Valis are affected and might be lead to *Gudarogas* like *Malabaddam*, *Parikarthika*, *Arsas*, *Bhagandara*, Here the *Samavarini Vali* plays major role to expel the *Apana Vayu* and *Purisha (Mala)*.

The *Samavarini Vali* is correlated as external sphincter, if this Sphincter injured the cut off processes was failed and the faecal incontinence will occur, that was an embracing to the patient and surrounding people also.

Lot off Surgical and medical importance is there regarding *Samavarini Vali* and *Gudapradesha*. There is big need to understand the *Rachana Sharira* of *Guda Pradesha*.

### AIMS AND OBJECTIVES

1. To study in detail about anatomical aspects described in classical *Ayurvedic* Texts about *Guda Pradesha* (Anal Region) and three *Valis*
2. To study the structural anatomy of anal region.
3. To comparative study of *Ayurvedic* and Modern aspects of *Guda Pradesha* (Anal Region) and clear the ambiguities.

### MATERIALS AND METHODS

1. The study is planned to review all classical *Ayurvedic* literature including *Brihatrayee*, *Laghutrayee* etc all texts where ever descriptions of anatomical and physiological aspects of *Guda* are described.
2. All modern anatomy texts including Gray's anatomy and relevant publications regarding excretory system anatomy will be referred.
3. Scientific journals of *Ayurveda* will be searched for recent developments in The *Ayurvedic* understanding regarding the all aspects of the subject.

### REVIEW OF LITERATURE

#### *Guda Shareera*

#### *Utpatti of Guda*

According to *Sushruta*, *Guda* is formed in embryonic stage by the most important *Sara* part of *Rakta* and *Kapha* is digested by *Pita* with the help of *Vayu*.<sup>[5]</sup>

*Bhadrashaunaka* mentions *Guda* develops first in the body.<sup>[6]</sup>

*Sushruta* has mentioned that a soft organ like *Guda* is formed by the maternal Source of the body.<sup>[7]</sup>

As per the embryology, the depression consisting of ectoderm, the proctoderm, Forms in the hindgut and goes on to develop into the anus.<sup>[8]</sup>

#### *Nirukti (Definition)*

"*Guda Kridayam Ta Gu Malotsarge*" The word *Guda* derived from root "*Gu*" Which means *Guda* is the excretion of *Mala*.<sup>[9]</sup> The opening of the anal canal to the exterior called the anus.

***Sthana:*** *Guda* is attached to *Annavaha Nalika* after *Sthoolantra*. It is the last part in the *Annavaha Nalika*. The terminal 2-3 cm of the rectum is called the anal canal.

#### *Pramana*

It is about 4½ *Angula Pramana*. It ends to exterior by *Guda Marga*. The last half *Anguli* portion of *Guda* is called as *Gudaushta*.

#### *Avayavas*

*Guda* is divided into 3 *Valis*, as *Abhyantara*, *Madhya* and *Bahya* situated at a distance of 1½ *Anguli Pramana*. *Sushruta* and *Vagbhata* described the presence of three *Vali* (fold or Curvatures) named *Pravahini*, *Visarjani* and *Samvarini*. All these *Vali* are situated One over another resembling the shape like curve of conch shell and colour like palate of an elephant.<sup>[10]</sup>

#### Descriptions of *Valis*

##### 1. *Pravahini*

First *Vali* situated in the upper part of the *Guda*. Since it pushes the *Mala* downwards, it is called as *Pravahini*, which helps for the passing of *Mala* forward.

##### 2. *Visarjani*

It is the second *Vali*, situated 1 ½ *Anguli* below the *Pravahini Vali* and 1 ½ *Anguli* above the *Samvarini Vali* which expands *Guda* and helps in expulsion of *Mala*.

### 3. Samvarini

This is being the 3<sup>rd</sup> and last *Vali* situated 11/2 *Anguli* above the *Gudaoushta* which helps for closure of the *Guda*.

#### Sandhi

Total three *Sandhis* in this region. The *Guda*, *Bhaga*, *Nitamba* are connected to each other by *Samudga Sandhi*.<sup>[11]</sup>

#### Marma

Structurally *Guda* is a *Mamsa Marma*. It is *Sadhya Pranahara Marma*.<sup>[12]</sup>

#### Sevani

One *Sevani* is present in relation to *Guda*.<sup>[13]</sup>

#### Srotas

*Guda* is *Moola* of *Pureeshavaha Srotas*,<sup>[14]</sup> it is a *Bahirmukha*<sup>[15]</sup> and *Mala Vvahak Srotas*.<sup>[16]</sup>

#### Guda Kriya

*Guda* is one amongst fifteen *Kosthanga*.<sup>[17]</sup> It is one of the *Pancha Karmendriya* and excretes *Mala* from the body.<sup>[18]</sup>

*Pureesha* and *Adhovayu Nishkramana* is the prime function of the *Guda*. *Pureesha* is stored in *Uttara Guda* and is excreted from *Adhoguda*. *Guda* is *Sthana* of *Apanavata* which is responsible for *Pureesha* and *Adhovayu Nishkramana*. *Guda* is one of the *Dasha Pranayatana*. As *Prana* is situated in *Guda* it is one of the most vital organs in the body

#### Anatomy of Anal Canal

The anal canal is a short passage only 4cms long. It begins where rectal ampulla suddenly narrows passing down and backwards to the anus. Its anterior wall is slightly shorter than the posterior.

This short passage is of the greatest surgical importance both because its role in the mechanism of rectal continence and because of it is prone to harbour certain disease. For those reasons its anatomy and that of the closely related levator ani muscle require to be considered in disproportionately greater details.

#### Derivatives of Hind Gut

Left one third of transverse colon, Descending and pelvic colon Rectum &. Upper part of the anal canal Parts of the Urogenital system derived from the primitive urogenital sinus

#### Derivation of Individual Rectum

##### Rectum

The rectum is derived from the primitive rectum i.e., the dorsal subdivision of the Cloaca. According to some authorities the upper part of the rectum is derived from the Hind gut proximal to the cloacae. The rectum extends from the third sacral vertebra to the ano-rectal ring. It describes three lateral curves, two concave to the left [hence the Left lateral position for sigmoidoscopy] and one concave to the right. The relative Shortness of the longitudinal muscle coat forms the valve of Houston that is so much in evidence in sigmoidoscopy. Fasciae around rectum are

- Fascia Propria - visceral layer of pelvi fascia
- Fascia of Waldeyer - parietal layer of pelvic fascia
- Lateral ligaments - condensed layer of pelvic fascia

#### Surgical spaces related to the anal canal

The submucous space of the Canal lies above the white line between the Mucous membrane and the internal sphincter. It contains the internal rectal Venous plexus and lymphatics. The perianal space surrounds the anal canal below the white line. It contains Subcutaneous external sphincter, the external rectal venous plexus, and the Terminal branches of the inferior rectal vessels and nerves. Pus in this space tends to spread to the anal canal at the whitey line or to the surface of the perineal skin rather than to the ischio-rectal spacey. The ischio-rectal space or Fossa is wedge shaped fossa situated on each side of the anal canal below the Pelvic diaphragm. Its base is directed downwards, towards the surface, the Apex is directed upwards. The main purpose of the fossa in to allow Distention of the rectum and anal canal during passage of the faeces. Both the Perianal and ischio-rectal spaces are common sites of abscesses.

## DISCUSSION

*Rachana Sharira* - Ancient Anatomical Science keeps an aim to read about entire Human body parts, bones, artery, veins, anatomical structures and surgical anatomy.

*Acharya Sushruta* who was outstandingly known to the world as "Father of Surgery" belongs to the period of "The Golden Age of Surgery", gave a complete Knowledge about the *Rachana Sharira* in his treatises.

### Discussion on embryology of Guda

In *Sushruta Samhita*, it has been mentioned that parts like *Peshi* (muscles), *Rakta* (blood), *Meda* (adipose tissue), *Majja* (bone marrow), *Stana* (breast), *Nabhi* (navel), *Yakrut* (liver), *Pliha* (spleen), *Antra* (intestine), *Guda* (anus) are 'Matruja' in Origin. *Acharya Vagbhatta* also says that *Guda*, *Rakta* and *Mamsa* are Maternal in Origin. According to *Acharya Sushruta*, it is *Sara* of *Rakta* and *Kapha* digested by *Pitta* along with the active participation of *Vayu*.

### Discussion on Internal Guda

*Sushruta* and *Vagbhatta* have described the presence of three *Valis* (fold, wrinkles) from proximal to distal named as *Pravahini*, *Visarjani* and *Samvarani*. These are situated one over the other inside *Guda* at a distance of one and a half *Angula* from Each other. All of them are obliquely projectile in one *Angula*, *Shankhavartanibha* (spiral like conch), and resembling colour of *Gajatalu* (palate of elephant) as reddish Black. *Gudaustha* is situated at a distance of one and a half *Yava* from *Romanta* (Hairy Margin). The 1<sup>st</sup> vali is at a distance of one *Angula* from anal verge.

### Discussion on Guda

*Guda* means the organ, which excretes the *Apana Vayu* and *Mala*. *Guda* is one among *Pranayatan*. It has also been included in *Sadyopranahara Marma*. *Guda* has been Enumerated one among with fifteen *Koshthagas* mentioned by *Acharya Charaka*. It has two parts - *Uttara Guda* (proximal part) and *Adhara Guda* (distal or terminal part).

### Discussion on Karma of Guda

*Karma* of *Guda* is chiefly done by *Apana Vayu*, and *Samana Vayu* contributes functions of gastrointestinal tract like digestion, absorption, separation of nutritional assimilated material from wastage and finally to move the waste products for Excretion.

### Discussion on Karma of Guda Valis

Function of these three *Valis* are

*Pravahini* - It pushes the *Malas* (faecal matter) downwards.

*Visarjini* - It helps in relaxation of that part of *Guda* and thus assists downwards propagation of *Malas*.

*Samvarani* - Discharges the function of contraction of anal orifice. So finally, *Valis* are both functional as well as structural entities of *Guda* which can be considered as Anal Sphincters.

## CONCLUSION

On the basis of review literature, the following deductions can be drawn,

1. *Guda* means the organ, which excretes the *Apana Vayu* and *Mala*.
2. *Guda* is a *Sadyopranahara Marma*
3. *Guda* has two parts - *Uttara Guda* (proximal part) and *Adhara Guda* (distal or Terminal part).
4. *Guda* (anus) are 'Matruja' in origin.
5. So finally, *Valis* are both functional as well as structural entities of *Guda*.

Modern medicine emphasize two sphincters but *Ayurveda* says *Guda* possess three *Valis* (fold like structures) which are said to be similar to the sphincter functions. Difference in the number, variation in measurements and Anatomical complexities of *Guda Pradesha* compels to have a deep study of the both *Ayurvedic* and modern Aspects and their comparison to clear the doubts of *Ayurvedic* descriptions and present day understanding of the subject. Anatomical relations with other structures and organs explained in *Ayurveda* with modern descriptions need to be studied.



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