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An anatomical study of *Guda Marma* and its clinical importance

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ABSTRACT

Nowadays owing to the sedentary life style with almost negligible or irregular physical activities as well as improper diet, frequency of several diseases and disorders has increased significantly. *Guda* (Anus) thus is implied in context of disease since ages and plays a very important role in the physical wellbeing of human body. The terminal part of large intestine and *Moola* of *Pureeshava Srotas* is known as *Guda*. It is one of the *Karmendriyan*. Charak has mentioned that *Guda* is one of the *Koshtangas*. *Guda* is defined as the passage through which excretion of faeces takes place and is located in the pelvic region and Charaka recognized two parts in it i.e., *Uttara Guda* and *Adhara Guda*. It is one among nine *Bahirmukhasrotas* located in pelvic region. Total length of *Guda* is $4\frac{1}{2}$ *Angula*. There are 3 sphincter situated inside the *Guda* placed one above the other at a distance of $1\frac{1}{2}$ *Angula* from each other and are named as *Pravahini*, *Visarjini* and *Samvarni*. *Pureeshdhara Kala* is related to *Guda* and it is *Moola* of *Pureeshvaha Srotas* and also is *Sadhyopranhara Marma*. *Guda* thus is implied in context of disease since ages and plays a very important role in the physical wellbeing of human body. Objective of the study are comprehensive literary review of *Guda Marma* with correlation of anatomical features described in Ayurveda to contemporary science. Data related to *Guda Sharira* and diseases were collected from various classics.

Key words: *Guda*, *Anus*, *Pureeshvaha Srotas*, *Sadhyopranhara Marma*, *Guda Marma*

INTRODUCTION

Ayurveda is the science which deals with the health of human being. The ancient texts of traditional science described *Rachna Sharir* as important aspect of *Ayurveda* which plays significant role for understanding structural concept of human body.

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Ayurveda classics described "*Maryanti Iti Marmani*", it means *Marma* are the vital points of the body which show several fatal signs and symptoms on traumatic injury.

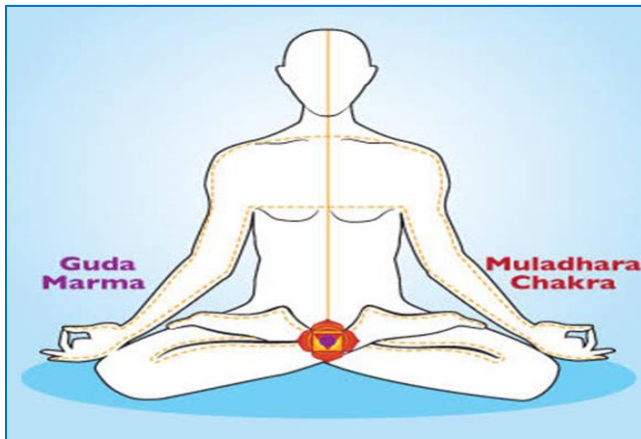
The term *Marma* is generated from Sanskrit phrase "*Mriyete Asmin Iti Marma*" means there is possibility of death or serious damage to health when these vital parts got injured.

Acharya Sushrut mentioned in *Sharir Sthan 6th* Chapter '*Pratyek Marma Nirdesh Sharia*' *Marma* are the point where *Mansa*, *Sira*, *Snayu*, *Asthi* and *Sandhi* conjoin together.^[1]

They are also the sites where not only *Tridosh (Vata, Pitta, Kapha)* are present but their subtle forms like *Prana*, *Soma*, *Maruta* and *Teja*^[2] are also present with *Sattva*, *Raja*, *Tama* and *Bhutatama*.^[3]

Guda Marma

- *Guda* is located in the *Madhya Shareera*, in the trunk region. It is in continuity with *Sthula Antra* (Large Intestine). Like the large intestine, *Guda* is also a site of *Apana Vata*.^[2]
- Injury to *Guda Marma* is said to take away the life immediately.



Categories in which the *Guda Marma* is included

1. *Madhya Shareera Gata Marma, Udara Gata Marma* (*Madhya Shareera* = present in the middle portion of the body, trunk, *Udara* = abdomen).
2. *Mamsa Marma* - It is predominantly made up of *Mamsa* i.e., muscle tissue. The other elements namely *Sira* (blood vessels), *Asthi* (bone), *Sandhi* (joints) and *Snayu* (ligaments, tendons, nerves) are also present but in a lesser proportion.
3. *Dhamni Marma* - According to *Acharya Vagbhata* It is predominantly made up of *Dhamni* i.e., blood vessels.
4. *Sadhyo Praanahara Marma* - (*Sadhyo* - Immediate, *Praanahara* - life taking) *Guda Marma* possesses a threat to life immediately after getting injured.

Measurement & effect of injury in *Guda Marma*

- *Pramana* : 4 *Angula*
- Effect of Injury : *Tatra Sadhyo Marnam* (*Su.Sha.6*)
- Injury leads to immediate death, due to below causes;
 1. *Vata* disturbance

2. *Vata-Varcha Sanga*

3. *Mala Ati Pravritti*

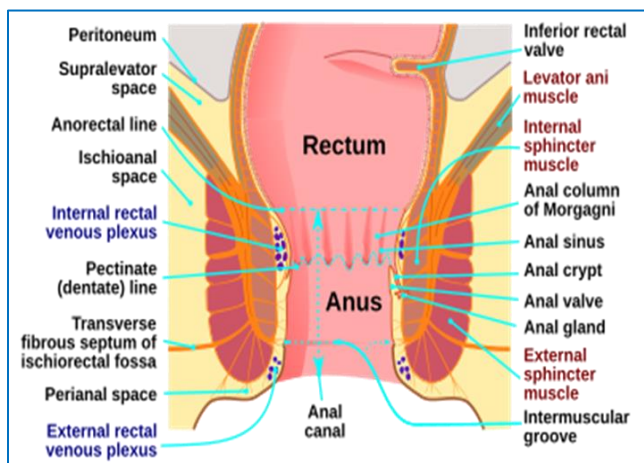
Sthulantrabaddhah Sadhyoghno Vidvatvamno Gudah II (A.H.Sha.4)

Anatomy of *Guda Marma*

- *Acharya Sushruta* declaims that muscles play salient role in the emergence of *Guda Marma* but *Acharya Vagbhata* propound that vessels are the key elements for its eventuality.^[6]
- *Acharya Charaka* divides *Guda* into two parts:
 - *Uttar Guda*
 - *Adhar Guda*
- The part of gastrointestinal tract (rectum) which holds the fecal matter before its ejection is acknowledged as the *Uttar Guda* and the one (anus) which assists in defecation is avowed as the *Adhar Guda*.^[10]
- The father of surgery *Acharya Sushruta* recommended *Adhr Guda* as paramount *Guda*.
- According to him the part of gastrointestinal tract that is approximately $4\frac{1}{2}$ *Angul* in length and append with large intestine is known as the *Guda*.
- It (rectal part) comprises of 3 obliquely transverse folds (Houston's valves) at the distance of $1\frac{1}{2}$ *Angul* each named as *Pravahini*, *Visarjani* and *Samvarni*. During contraction these folds overlap each other and transmogrify into 4 *Angul*.
- These transverse folds are just like convolutions of shell arranged on each other and their colour is quite similar to the elephant's palatine. The terminal end of the anal canal i.e., anus is about at $1\frac{1}{2}$ *Yav* (barley) from lower hairline.

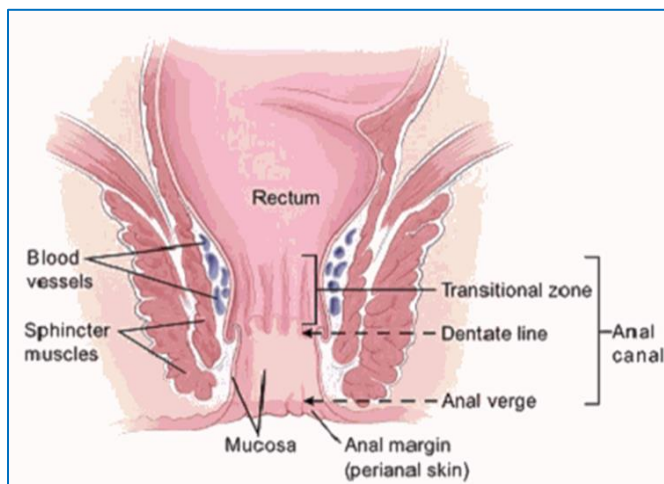
Modern perspective

Structures falling in the area of *Guda Marma* - Anus, Anal canal, Rectum, Sphincter muscles of anus, Levator ani muscles, Inferior hemorrhoidal vessels, Nerve plexus supplying anus and surrounding tissues.^[12]



Anal canal

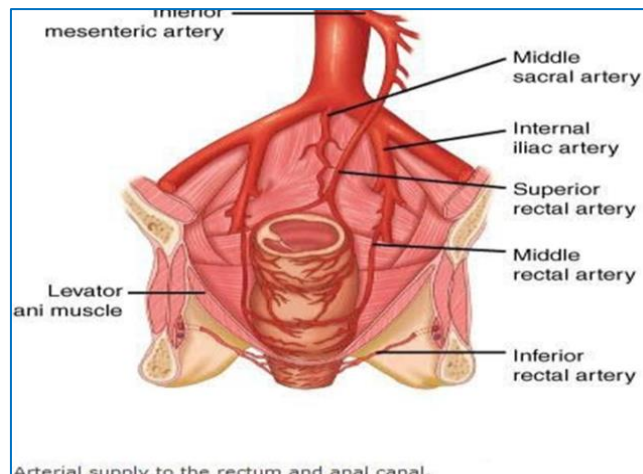
- Location - Extraperitoneal, between the anorectal junction and anus
- Length - around 4cm



- It is divided into three anatomical zones:-
 1. Columnar,
 2. Intermediate and
 3. Cutaneous.
- The dentate (pectinate) line divides the anal into upper (two-thirds) and lower (one-third) parts,
- each one being supplied by completely different neurovascular structures.
- The functions of the anal canal include the maintenance of fecal continence and defecation.
- This is achieved with the help of the anal sphincters and the neighboring puborectalis muscle.

Blood supply

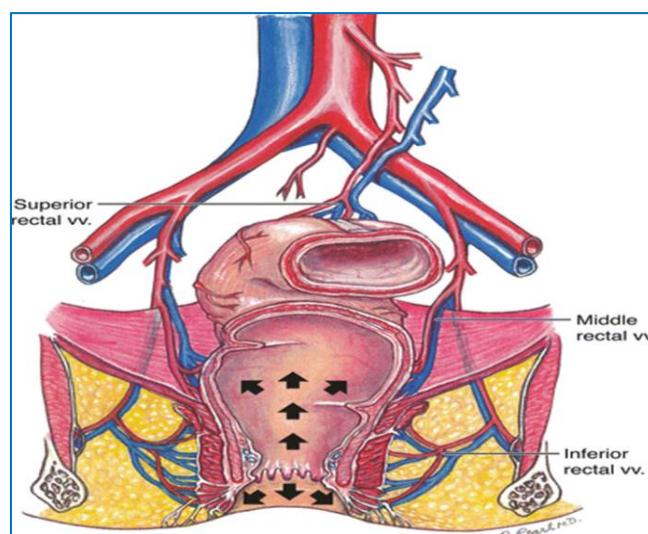
- Above dentate line. (superior 2/3) - superior rectal artery



- Below dentate line (inferior 1/3) - middle and inferior rectal arteries.

Venous drainage

- Above dentate line. (superior 2/3) - superior rectal vein followed by hepatic portal circulation
- Below dentate line (inferior 1/3) - middle and inferior rectal veins followed by the vena cava circulation.



Innervation

- Above dentate line. (superior 2/3) - inferior mesenteric plexus, pelvic splanchnic nerves, inferior hypogastric plexus.
- Below dentate line (inferior 1/3) - pudendal nerve

Clinical importance**Internal Hemorrhoids**

- Internal hemorrhoids lie inside the rectum.
- Patient usually can't see or feel them, and they rarely cause discomfort.
- But straining or irritation when passing stool can cause.

Primary & Secondary Piles**Primary Piles**

Enlargement of 3 main radicles of superior rectal veins in anal columns, usually occur at 3 (left lateral), 7 (right posterior) & 11 'O' clock (right anterior) position

Secondary Piles - Any other location**External hemorrhoids**

- These are under the skin around anus. Signs and symptoms might include:
- Itching or irritation in anal region
- Pain or discomfort
- Swelling around anus
- Bleeding

Anal Fissure

- Elongated ulcer in mucosa due to tearing of anal valves
- In people suffering from chronic constipation
- Extremely painful (lower part of canal)
- Mostly posterior midline, may occur in anterior midline (superficial external sphincter does not encircle anteriorly & posteriorly)

Anal Abscess

An anal abscess is an infected cavity filled with pus near the anus or rectum.

Causes

- Small glands just inside the anus are part of normal anatomy.

- If the glands in the anus become clogged, this may result in an infection.
- When the infection is serious, this often leads to an abscess. Bacteria, feces, or foreign matter can also clog the anal glands and cause an abscess to form.

On the basis of location

- Sub mucosal abscess
- Subcutaneous abscess
- Ischiorectal abscess
- Pelvirectal abscess

Anal Fistula

- An anal fistula is an infected tunnel between the skin and the anus, the muscular opening at the end of the digestive tract.
- Most anal fistulas are the result of an infection in an anal gland that spreads to the skin.^[13]

Ways to stimulate the Guda Marma

- Guda Marma* show its positive effects in all the diseases related to the excretory system thus helps in proper excretion of the excreta.
- Stimulation of *Guda Marma* can be done by application of *Vasti Karma*, *Ganesh Kriya*, *Ashvini Mudra*, *Mooladhara Bandh* along with *Mahamrityunjay Mantra* imparts miraculous results.
- Marma* which inhabits in *Guda* activates the *Mooladhara Chakra* where *Kundalini* force resides. This *Chakra* is present at the base of our body that's why it is designated as *Aadhar Chakra* or *Muladhara Chakra*.
- Whole of the *Kundalini* power in annular form hibernates within the *Mooladhara Chakra* that is situated 2 *Angul* above the termination of anus.
- A special technique is used to commence with stimulation of *Guda Marma*.
- To initiate, sit in the *Vajrasana* with eyes closed along with relaxed mind and body both.
- Keep your backbone straight and then make a fist of the right hand and place it on the region below the navel while the other hand over the fist.

- During inspiration bend forward so that pressure is automatically applied over the fist as a result the fist presses the small intestine that activates the *guda marma*.
- During expiration comeback to the normal position i.e. by releasing the pressure from the intestines. Repeat this activity 15-20 times in a single cycle and accomplish it in three cycles during morning, noon and evening.

Precautions regarding Guda Marma

Some safeguards are mentioned in *Samhitas* to protect the *Marma* from any type of anguish.

- In rectum *Kshar Karma* or (use of alkalies), *Agni Karma* or (cauterizing), *Shstravcharn* or (use of sharp instruments) should be done very attentively.
- Otherwise our ignorance may expedites into impotency, swelling, burning sensation, unconsciousness, flatulence, diarrhoea, dysentery or even the death of a person.

DISCUSSION

In *Guda Marma*, beneath structures are arterial, venous and nerve plexus -its injury leads to sudden death.

Acharya sushruta declaims that muscles play salient role in the emergence of *Guda Marma* so it comes under the category of *Mamsa Marma* and according to modern science underlying structures of *Guda Marma* are Sphincter muscles of anus, Levator ani muscles.

Acharya Charaka divides *Guda* into two parts: *Uttar Guda* and *Adhar Guda*. The part of gastrointestinal tract (rectum) which holds the fecal matter before its ejection is acknowledged as the *Uttar Guda* and the one (anus) which assists in defecation is avowed as the *Adhar Guda*. As in modern, part of rectum above the middle Houston valve act as reservoir of faeces and below middle Houston valve help in defecation.

According to *Acharya Vagbhata* It is predominantly made up of *Dhamani* i.e., blood vessels. Above dentate line. (superior 2/3) - superior rectal artery below

dentate line (inferior 1/3) - middle and inferior rectal arteries.

According to modern Diseases related to *Guda* are Hemorrhoids - Internal and External, Anal Fissure, Anal Fistula , Anal / Perianalabscess.

According to *Ayurveda* the diseases of related to *Guda* are *Arsha*, *Parikartika*, *Bhagandara*, *Nadivrana*, *Gudabhramsha*, *Sanniruddhaguda*, *Guda Vidradhi* etc. *Guda* is one of the *Sthana* of *Vata* i.e., *Apanavata* and best *Chikitsa* of *Vata* is *Basti Karma*. *Basti* is administered in the *Guda*.

CONCLUSION

Anal canal is one of the important and vital organ (part) of our body. It serves in excreting the contaminants, waste substances of metabolism and toxins of our body. Thus, it helps in keeping our body clean, safe and healthy *Guda* is a *Marma* and is also an important *Karmendriya* (functional and motor organ) which participates in *Mala Utsarga* i.e., excretion of unwanted wastes and it is related to many diseases which shows that it is clinically very importance. So, its health is of our prime importance. Otherwise, our ignorance may expedites into impotency, swelling, burning sensation, unconsciousness, flatulence, diarrhoea, dysentery or even the death of a person.

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