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Concept of *Sushrutokta Guda Shareera*

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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

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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*.^[9] 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*.

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