

## A LITERARY REVIEW OF *SUSHRUTHOKTHA KOSTANGA'S W.S.R* TO *UNDUKA SHAREERA* AND ITS MODERN CONCEPT

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### ABSTRACT

In *Ayurveda*, the concept of *Koshta* and *Ashaya* plays a significant role in understanding the internal structure and functional units of the *Madhya Sharira*. *Ashaya* is the resting place where the *Dhatus* are located, and the term *Koshta* refers to the space which is enclosed by the wall. The organs located within this space are collectively referred to as *Koshtanga*. *Acharya Sushruta* had Explained 8 types of *Koshtanga*, *Unduka* is one among them. *Acharya charaka* had mentioned 15 types of *Koshtanga*, but he had not explained *Unduka*. instead he had mentioned *Purishadhara*. *Unduka* means a pouch like structure may be interpreted in contemporary science as cecum, As it is mentioned in a clinical context it indicates that ancient *Ayurvedic* scholars were aware of its pathological relevance, possibly in conditions resembling modern appendicitis. There is a lack of Adequate Knowledge and information about *Unduka Shareera* which has got great clinical importance. So The collection and critical review

of information regarding *Unduka Shareera* becomes significant.

**KEYWORDS:** Koshta, *Ashaya*, *Koshtanga* *Unduka*, Ceacum, *Unduka puchha*, Appendix.

## INTRODUCTION

The concept of organ system are highlighted in *Ayurveda* with three terminologies such as *Koshtha*, *Koshtanga* & *Ashaya*. The term *Koshtha* is derived from root word *Kus+Stham*.<sup>[1]</sup> *Kus* means empty space or lumen, *Stham* means stable or firm wall. Hence anything within a wall enclosing a lumen can be considered as *Koshtha*. The Organs which are located within the *Koshtha* are called as *Koshtanga*. *Ashaya* refferes to resting place where the *Dhatus* are located. Sometimes, *Koshtha* and *Ashaya* are considered the same, but there is a difference between them. *Koshtha* consists *Koshtanga*, whereas *Ashaya* contains *Dhatus*. *Acharya Sushrutha*, *Acharya Charaka*, *Acharya Vagbhata* and *Vruddha Vagbhata* have mentioned 8,15,11 & 7 types of *Koshtanga* Respectively.

“*Unduka* is one of the *Koshthanga* explained by *Acharya Sushrutha* and *Acharya Vagbhata*”. *Dhalhana* comments *Unduka* is a pouch like structure may be interpreted in contemporary science as cecum, which is developed from *Shonita Kitta*. Caecum is large blind sac Forming the Commencement of Large Intestine. It is situated in the Right iliac fossa.

There is a lack of adequate knowledge and information about *Unduka Shareera* which has got great clinical importance. So the collection and critical review of information regarding *Unduka Shareera* becomes significant.

## AIMS AND OBJECTIVES

1. Literary study of *Unduka Shareera* according to *Ayurveda* and contemporary science
2. To Analyze the different opinion mentioned by *Acharya's* about *Unduka* and its importance.

## MATERIALS AND METHODS

### Source of the data

Literary and conceptual study is undertaken by all the *Ayurveda* text, Modern Literature and Journals, presented papers previous thesis work.

### Method of collection of the data

Literary concepts are collected from *Brihatrayi*, *Lagutraxis*, *vedas*, *upanishath*, Modern textbooks, Thesis, Journals.

## Review of Literature

The term *Koshta* is derived from the root words *Kus* and *Stham*. here, *Kus* signifies an empty space or lumen, while *Stham* denotes something stable or with a firm wall. Therefore, *Koshta* refers to any structure that has a stable wall enclosing an empty space or lumen. This derivation indicates that any part of the body with a defined boundary surrounding a cavity or passage can be considered as *Koshta*.

Various terms are used synonymous with *Koshtha*, such as *Shariramadhya*, *Mahanimna*, *Amashaya*, and *Pakwashaya*.<sup>[2]</sup> It is also referred to as *Mahasrotasa*, the great channel that extends from the mouth to the anus, encompassing the entire digestive system. additionally, *Koshta* is recognized as *Abhyantara Roga Marga*, the internal pathway through which diseases may manifest.

According to *Acharya Sushruta*, there are eight types of *Koshtanga*,<sup>[3]</sup> with *Unduka* being one of them. In contrast, *Acharya Charaka* identifies fifteen types of *Koshtanga*<sup>[4]</sup> but does not mention *Unduka*. Instead, he includes *Pureeshadhara* as one of the *Koshtangas*. *Acharya Vagbhata*<sup>[5]</sup> and *Vrudda Vagbhata*<sup>[6]</sup> describe eleven and seven types of *Koshtanga* respectively, both including *Unduka* among them.

## *Koshtanga* mentioned by different *Acharyas*

**Table number: 1**

<i>Koshtanga</i>	C.S	S.S	A.H	A.S	K.S	Bhe.S
<i>Nabhi</i>	+		+		+	+
<i>Hrudaya</i>	+	+	+	+	+	+
<i>Kloma</i>	+		+		+	+
<i>Yakruth</i>	+		+	+	+	+
<i>Pleeha</i>	+		+	+	+	+
<i>Vrukka</i>	+		+	+	+	+
<i>Basti</i>	+					+
<i>Pureeshadhaara</i>	+					+
<i>Amashaya</i>	+	+			+	+
<i>Pakwashaya</i>	+	+			+	
<i>Uttaragudha</i>	+					+
<i>Adhagudha</i>	+					+
<i>Kshudrantra</i>	+				+	+
<i>Sthulantra</i>	+				+	+
<i>Vapavahana</i>	+				+	+
<i>Agnyashaya</i>		+				
<i>Mutrashaya</i>		+				
<i>Rudhirashaya</i>		+				

<b>Unduka</b>		+	+	+		
<b>Puppusa</b>		+	+	+		
<b>Antra</b>			+	+		
<b>Guda</b>					+	
<b>Dimbha</b>			+			

### Concept of Unduka

*Unduka* is described as one of the *Koshthanga* (viscera or internal organs) by the renowned *Ayurvedic* scholars *Acharya Sushruta*, *Acharya Vagbhata*, and *Vruddha Vagbhata*. It is recognized as an anatomical and functional entity within the abdominal cavity, playing a role in the gastrointestinal system. According to *Dalhana*, the esteemed commentator on *Sushruta Samhita*, *Unduka* is a pouch-like structure,<sup>[7]</sup> indicating a sac-like or bulging form, possibly resembling an organ such as the cecum in modern anatomy. the formation of *Unduka* is said to arise from *Shonita Kitta*,<sup>[8]</sup> (*Rakthakitta*)<sup>[9]</sup> which refers to the waste product or residue formed during the processing of blood, suggesting that it is a byproduct or derivative of the metabolic transformations within the body. the location of *Unduka* is explained by *Acharya Sushruta* as "The gallbladder (*Pittāsāya*), located in one part of the half of the large intestine (*Ardhapakwāsāya*), is divided at one part and separates near the rectum (*Mālādhāra*), forming a pouch-like structure (*unduka*)."<sup>[10]</sup> and is considered to be part of the digestive tract. understanding of concept of *Unduka* is essential in the context of *Ayurvedic* anatomy and physiology, as it forms a foundation for interpreting gastrointestinal health and related disorders. *Haranachandra* quotes that, *Unduka* is situated in between the end portion of *Kshudrantra* and initial portion of *Sthulantra*. Its function is *Anuloman* and *Vahan* of *Mala* having two walls and opening in the posterior wall. Its *Pramana* is *Shada-anguli*, It is an *Avayava* of *Purisha vibhajana*.<sup>[11]</sup>

There is a lack of adequate knowledge and information about *Unduka Shareera* which has got great clinical importance. So The collection and critical review of information regarding *Unduka Shareera* becomes significant.

### Discussion Related to *Sushrothokta Koshtanga* w.s.r to *Unduka Shareera* and its modern correlation

*Acharya Sushruta* described eight types of *Koshtang* (organs/compartments), which are broadly bifurcated into, *Hridaya* and *Puppusa* These are the primary *Koshtang* occupying the thoracic cavity. *Amashaya*, *Pakwashaya*, *Agnyashaya*, *Rudhirashaya*, and *Unduka*: These represent the abdominal cavity. *Mutrashaya*: Corresponds to the pelvic cavity. According to

classical references, *Unduka* is said to develop from *Shonita Kitta* and is described as having a pouch-like structure resembling a *Pottalakara*. Based on this description, *Unduka* can be correlated with the cecum. If we consider *Pakwashaya* as the large intestine, the cecum (i.e., *Unduka*) would naturally be part of it. However, *Acharya Sushruta* has classified *Unduka* as a separate *Koshtanga*, which highlights its distinct importance. Below are some possible reasons why *Acharya Sushruta* regarded *Unduka* as an independent *Koshtanga*:

- The cecum is the first and largest part of the large intestine, which might have led to its separate recognition as a *Koshtanga*
- *Unduka* has anatomical and functional relations with the *Peshi* (muscles), as understood from descriptions that relate the number of *Peshi* in *Yakruth* (liver), *Pleeha* (spleen), and *Unduka*—each having six *Peshi*.
- The term *Unduka* is specifically mentioned as a site of *Purishadhara Kala* (the place of fecal formation or division), indicating its role in the division and processing of *Mala* (waste).<sup>[13]</sup>

These references suggest that *Unduka* can be considered a distinct part of the *Antra* (intestine), separate from the rest of the *Pakwashaya*.

### ***Unduka puchha*(Appendix)**

According to *Ayurvedic kriya Sharir*, *Sthulantra* has few parts that are: *unduka* or *purishounduka* (caecum), *Unduka-pucha* (appendix), *Aarohi Sthulantra* (ascending colon), *Anuprastha Sthulantra* (transverse colon), *Avarohi Sthulantra* (descending colon), *kundalika sthulantra* (sigmoid colon). The above description is described, under heading of parts of *Pakvashaya*.<sup>[14]</sup> Bhaskar Govinda Ghanekar, in his *Ayurvedarahasyadīpikā* commentary on *Sushruta Samhitā* (particularly *Sharīra-sthāna*), discusses "*uṇḍuka*" and "*uṇḍuka pūccha*" in the context of embryology and anatomy. According to Ghanekar: *Uṇḍuka* is a sac-like embryonic cavity, integral to the evolving fetal structure. *Pūccha* means "tail" or "appendage," so *uṇḍuka pūccha* refers to a tailed extension arising from the *Uṇḍuka*. describes, It as a slender connecting stalk between the embryonic sac and maternal tissues. Clinical importance – He discusses that remnants of *uṇḍuka pūccha* (like Meckel's diverticulum) can persist postpartum, potentially causing pathologies.

Thus, the classical texts acknowledge *Unduka* as an individual *Koshtanga*, emphasizing its unique anatomical and physiological significance within the abdominal cavity.

## Caecum

The caecum is a large, blind-ended sac that forms the beginning of the large intestine. It is located in the right iliac fossa.

Dimensions: approximately 6 cm long and 7.5 cm wide—notice it's wider than long  
Continuity: receives the ileum medially through the ileo-caecal junction; ascends superiorly as the ascending colon; appendix attaches posteromedially.<sup>[15]</sup>

## Development

Embryological development of appendix and caecum is same i.e. from caecal bud arising from post arterial segment of midgut loop. The proximal part of bud dilates to form caecum. Its distal part remains narrow and forms the appendix.<sup>[16]</sup>

## Functions

- a) The caecum, as the first part of the large intestine, primarily functions to
- b) Absorb electrolytes and fluids from the contents received from the small intestine.

## CONCLUSION

The review of *Shruthoktha Koshtanga*, with particular emphasis on *Unduka*, highlights the depth of anatomical and physiological understanding present in classical *Ayurvedic* texts. *Unduka*, often associated with structures such as the caecum and *Unduka puccha* with appendix in modern anatomy, shows that ancient scholars had a keen observational understanding of bodily functions. While direct anatomical correlation is complex due to differing conceptual frameworks, parallels in structure and function offer valuable insights.

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