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## STUDY UNDUKA SHARIR IN RELATION TO APPENDICITIS.

Dr. Atul D Birla

M.D (Rachana Sharir) Associate Professor ,Reader , Dr. B.N.M Rural Ayurvedic Medical College & Hospital ,Vijaypur ( Karnataka)

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### ABSTRACT

Unduka is derived from Shonita, Shonitadushti symptoms mentioned by Charakacharya were found and proved on clinical ground. term Unduka is defined with the help of Ayurvedic texts, its location was found with the help of cadaveric dissection of caecum and appendix. In the present article we are discussing regarding the role of Unduka sharira to appendicitis.

**Keywords:** Unduka, Ayurveda,

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## INTRODUCTION

Ayurveda is the most ancient of all medical sciences. It is the only medical science which has withstood the ravages of time and still blooming steadily and gloriously even though the modern medical sciences of the west. According to Ayurveda entire body is made up of Srotas (micro and macro channels) which transports all types of materials in the body. For normal functioning of the body it is essential that these channels, both micro and macro remains intact. The term Srotas is derived from the root 'Sru '(Gatyarthak) Dhatu and 'Asrun' suffix to make the term. According to Charaka the channels of circulation, carrying the Dhatu (tissue elements or their constituents), undergoing transformation, to their destination are called as Srotas. Srotas are pathway of Rasadi Dhatus. To elaborate the concept, Charaka has used the term 'Parinamamapadyamananam' (meaning undergoing alteration), which is suggestive to the fact, that the channels carry such of the tissue elements as are undergoing alteration from their previous state, like Rasa to its following state Rakta, Rakta to Mamsa and Mamsa to Meda etc

Unduka is formed by Rakta and Kitta. Caecum considered as unduka. Unduka is part of ascending colon. Maladhara kala is present at and surrounding of Caecum. Kitta means mala. Pitta is mala of Rakta which mainly performs function of absorption.

This compendium suggested three routes of invasion of diseases in the body. Their names are- outer route (Bahya rogamarga), middle route (madhyam

rogamarga) and inner route (abhyantar rogamarga). This means that thoraco-abdominal cavity should be taken as koshtha. Organs placed in this vacant place are called koshtangani. Charak Acharya states the fifteen koshtangasnabhi (umbilicus), hrudaya (heart), kloma (pancrease), yakruta (liver), pleeha (spleen), vrukka (kidneys) basti (bladder), purishadhana (caecum), aamashaya (stomach), pakvashaya (small intestine, large intestine), uttarguda (rectum), adharguda (anus). Pakwashaya (large intestine including pelvic colon)[4]. Sushrutacharya states that Koshtha is a cavity containing Hrudaya (heart), Rudhira (blood), Phupusa (lungs), Aamashaya (stomach), Pakvashaya (intestine), Unduka (appendix), Phupusa (lungs), Mutrashaya (bladder)[5]. Sushrutacharya also states that entire abdomen (sarvam udaram) should be considered as koshtha[6]. According to Bhavprakasha, Sthana such as Aamashya, Agnyashaya, Pakwashaya, Mutrashaya, Rudhirashaya, Hrudaya, Unduka, Phupusa are called as koshtha.

Among primates it is present in anthropoid apes and man. In man appendix develops through evolution from the old world monkeys. The caecum and appendix in man and anthropoid apes is considered to be less primitive than in monkeys. The caecum lies in the right iliac fossa. It is a large cul-de-sac continuous with the ascending colon at the level of the ileal opening on the medial side. The vermiform appendix is a narrow, vermian tube, arising from the posteromedial wall, 2cm or less below the end of ileum which indicates the position of its base. The lumen of appendix

may be partially or completely obliterated in the later decades of life. In view of its rich vascularity and histological differentiation, the appendix is probably a specialized rather than a degenerate or vestigial structure. Its position in the abdomen corresponds to a point on the surface of the anterior abdominal wall known as McBurney's point. As appendix is a structure attached to main structure i.e. caecum, both are embryologically derived from caecal bud arising from postarterial segment of midgut loop. As per Ayurveda Unduka is derived from Shonitakittabhaga. Therefore Undukapuccha is also derived from it because Unduka is a terminology used both for Unduka and Undukapuccha (i.e. caecum and appendix)

On the basis of this statement in Sushruta, Unduka derives from end metabolite of blood ultimately appendix also derives from it. In inflammation of appendix, there may be Shonitadushti. As earlier quoted that, it is one of the part of Unduka and derived from Shonitakitta bhag.

a) Unduka is a part of Koshtha i.e. it is one of the Koshthanga and Koshthangas are different viscera of the thoraco-abdominal cavity or organs related both anatomically and physiologically to alimentary tract. Koshthangas described in text include Kshudrantra and Sthulantra. 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. Appearance of Unduka is given like Pottali by Dalhana. Caecum is somewhat also similar to Unduka which is large blind pouch and commencement of large intestine. The patients of appendicitis were selected and studied with various signs, symptoms and investigations regarding shonitadushti

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