



Review Article

## A CONCEPTUAL STUDY OF KANDARA SHARIR FROM AYURVEDIC SAMHITA

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### ABSTRACT

*Rachana sharir* is an important subject in Ayurveda. To cure any disease basic knowledge of anatomical concept must be required. In Ayurveda many concepts like *Kurcha*, *Jala*, *Snayu*, *Kandra* were described under *Paribhasha* (Terminologies) *Sharir*. *Kandara* is one of the unique concept of Ayurveda which was very well explained by Acharya Sushruta in *Sharirsthana*. These are 16 in number. Rounded type of *Snayu* is also known as *Kandara*. *Prasaranam* and *Aakunchanm* is function of *Kandara*. *Kandara* is also known as *Updhatu* of *Rakta*. In modern Science they can be correlated with tendon. According to Sushruta *Nidansthana Vishwachi*, *Grudhrasi* diseases were related with *Kandara*. Many other reference books like Bhavprakash, Sharangdhar, Ashtanag Sangraha also explained *Kandara sharir*.

### INTRODUCTION

Ayurveda is science of life. *Tridosha*, *Saptadhatu*, *Trimala* these are basic concept of Ayurveda. Rather than *Kuracha*, *Jala*, *Snayu*, *Kandara*, *Seemanat*, *Kala*, *Srotas* etc. these are another concepts of Ayurveda which were detail explained in *Rachana Sharir*. *Kandara Sharir* is an important concept in sector of *Rachana sharir*. It has also clinical importance. As mentioned in *Charaka Chikitsasthana Raktadhatu* is formed from *Rasadhatu*<sup>[1]</sup>. *Kandara* is an *Updhatu* of *Raktadhatu*<sup>[2]</sup>. *Snayu* is formed from *Medadhatu*<sup>[3]</sup>. (from *Kharpaka*). *Vrutta* (Rounded), type of *Snayu* is also known as *Kandara*<sup>[4]</sup>.

### *Kandara Shareer*<sup>[5]</sup>

Acharya Sushruta stated that *Kandara* is *Vrutta Snayu* which is one of *Snayu prakara* out of 4 (*Pratanvatya*, *Vrutta*, *Pruthul*, *Sushira*). These are 16 in numbers. 4 in feet and same in the hand neck and back region. Out of them those which are situated in hands and feet are in the form nails as their extended growth. *Medhra* (Penis) is the extended growth of those *Kandara* which are in neck and *Hrudaya* region. The *Kandara* those binding Pelvis and back region spreading downwards forms Buttock region as offshoots. *Kandaras* in chest, breast, shoulder region goes upward to form vertex.

### *Uttapti*

Out of seven (*Rasa*, *Rakta*, *Mansa*, *Meda*, *Asthi*, *Majja* & *Shukra*) *Dhatu kandara* is formed from *Rakta* as *Updhatu*. According to Sharangdhar samhita *Aakunchan* (Contraction) & *Prasaran* (relaxation) are the function of *Kandara* <sup>[6]</sup>.

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## Relation between *Snayu* & *Kandara*

*Kandara* is known as one of the type of *Snayu*. *Snayu* in modern science some time correlated with ligaments. *Snayu* has 4 types *Pratanvat* (Ligament), *Vrutlavat* (Tendons), *Pruthal* (Aponeurosis), *Sushir* (Sphincter muscles). *Vrutlavat snayu* (Rounded type) is known as *Kandara*. When there is injury to *Snayu*, it is more painful than any other body parts injury<sup>[7]</sup>. *Snayu* is formed from *Meda dhatu* as *Kharpaka* during *Garbha* formation. In *Asthang Sharirasthana Kandara* is denoted as *Mahasnayu* with rounded shape (*Vrutta*)<sup>[8]</sup>.

### Modern correlation<sup>[9]</sup>

In modern science *Kandara* can be correlated with Tendon. Tendons are strong, flexible tissue band connecting muscles to bone. They are located at each end of a muscles and made up of collagen. Some tendon in the body are covered by sheaths that contains synovial fluids which is like slippery tunnel that protects tendons. Most of movable joint like shoulder, elbow, wrist, hip, knee, ankle have tendons. Tendons have so many important function like attach muscle to bone, responsible for different movement of the joint like flexion, extension, abduction, adduction, Internal rotation, external rotation, Dorsiflexion, Plantar flexion, Pronation, Supination. to provide additional stability, to store energy. In hands- extensor digitorum, extensor digiti minimi, extensor pollicis longus, extensor indices are tendons. While in the feet extensor hallicis longus, extensor digitorum longus are example of tendon. Tendon injuries are common - particularly in people who perform repetitive movements with their joints. There are different types of tendon injuries like tendinitis (inflammation of tendon) tendinopathy (collagen breakdown) and tendon tear (also due to long term use of corticosteroids) are the examples. Commonly injured tendons includes the Achilles tendon, tibialis posterior, patellar tendons, forearm extensors, rotator cuff. Rest, anti-inflammatory medications, physical therapy and sometimes surgery are suggested.

### *Kandara* & *Vyadhi*

According to *Sushrut* in *Grudhrasi* (*Sciatica*) *Vyadhi*<sup>[10]</sup> *Parshni* (heel) and

*Pratyanguli* region *Kandara* get affected by vitiated *Vata dosha* and freezes movement of lower extremity so many *Acharya* described this disease under the *Vata dosha* dominating *Vikara*. *Charakacharaya* stated in *Chikitsa sthana*, *Siravedha* at *Kandara* near *Gulfa pradesh* (ankle joint), *Anuvasan*, *Niruha basti* and *Angnikarama* is treatment of *Grudhrasi*.<sup>[11]</sup> Another disease named *Vishwachi*<sup>[12]</sup> (*Brachial neuralgia*) related to *Kandara*, palm and dorsal aspect of the upper extremity got affected in this vitiated *Vata dosha* lower down the movement of upper extremity. *Aakshepak*<sup>[13]</sup> is condition in which hand, foot region *Sira*, *Snayu*, *Kandara* get affected. There is loss of function, dryness, decrease in muscle mass.

### DISCUSSION

*Kandara* is known as rounded type (*Vrutta*) of *Snayu* and *Updhatu* of *Rakta*. *Sushruta* stated there is specific number of *Kandara* as 16. These are specifically placed 4 in hand, 4 in foot, 4 in neck and last 4 in back region. Contraction & relaxation is function of *Kandara*. In modern science it can be correlated with anatomical structure tendon. Injury to *Kandara* is more painful than any other anatomical structure. *Vishwachi*, *Grudhrasi*, *Aakshepak* are some example of *Vyadhi* related to *Kandara*. As described in *Charak Saamhita Siravedha* is one of the treatment of *Grudhrasi*, indicate relation between *Raktadhatu* and *Kandara*. *Siravedha* is mostly done for *Rakta dhatu* related *Vyadhi*, *Kandara* is *Updhatu* of *Rakta*. In modern science tendon tear, inflammation of tendons are disease of tendon. As anti-inflammatory drug, Pain killer are part of treatment but there are lot of side effect of this type of drugs. *Panchakarma* therapy helps in this type of disease. *Snehan Swedan* is also beneficial. *Nasya* is common *Panchkarma* therapy (medicated oil, Ghee are administrated by route of nasal cavity) which is helpful in giving strength & nourishment to *Snayu*, *Sira*, *Asthi sandhi* & *Kandara* in *Shirpradesha* (head region). *Charaka* explained this under benefits of *Nasya* in *Sutrasthana* (*Matrashitiya aadhya*)<sup>[14]</sup>. In *Kashayup Samhita* number of *Kandara* is 14 in *Sharirasthana*.<sup>[15]</sup>

## CONCLUSION

As literature found in different Samhita *Kandara* can be correlated with modern structure tendon. It is type of *Snayu* and formed from *Raktadhatu* as *Updhatu*. As compare to literature found in Ayurveda and modern sciences only *Hasta* (hands) and *Pada* (foot) as per *Nakha agra praroha* concept may be extensor digitorium, Extensor digiti minimi, extensor pollicis longus, extensor indices, extensor hallicis longus, extensor digitorium longus respectively. The *Kandara* in the *Greeva* and *Prushta* Pradesh cannot be correlated to any anatomical structure or tendon as per concept given in Samhita. There are some *Vyadhi* which is related to *Kandara* are mentioned in different Samhita. Many Ayurvedic treatment like Panchkarma therapy, *Siravedha*, *Snehan Swedan* are useful in this type of diseases.

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