



Review Article

## ROLE OF *GUDA MARMA* IN ANO-RECTAL SURGERIES

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### ABSTRACT

*Marma* are vital anatomical points described in Ayurveda, where injury may lead to serious complications or death. *Guda Marma* is described in Ayurveda as one of the most vital anatomical sites, classified under *Sadyapranahara Marma*. Surgical interventions in the anorectal region inevitably involve structures constituting *Guda Marma*. Classical Ayurvedic texts repeatedly emphasize that injury to this *Marma* results in severe complications such as excessive hemorrhage, loss of sphincter control, sepsis, and even death. Anorectal surgical procedures like *Arsha* (hemorrhoids), *Bhagandara* (fistula-in-ano), *Parikartika* (fissure-in-ano), and *Gudabhamsha* (rectal prolapse) demand precise anatomical knowledge and *Marma* preservation. This review critically analyzes the role of *Guda Marma* in anorectal surgeries by correlating Ayurvedic *Marma* concepts with modern surgical anatomy. Classical Ayurvedic texts strongly emphasize protection of *Guda Marma* during surgical interventions.

### INTRODUCTION

Ayurveda recognizes *Marma* as vital points where *Prana* is specially located. Acharya Sushruta, the pioneer of Ayurvedic surgery. Ayurveda presents a highly evolved surgical science through *Sushruta Samhita*, wherein *Marma Sharira* occupies a central place. Acharya Sushruta enumerates 107 *Marmas* and clearly states that these are the seats of *Prana*. Among them. Among them, *Guda Marma* occupies a unique position due to its location and severe consequences following injury. *Guda Marma* is extremely significant due to its anatomical complexity and physiological importance.

“मर्माणि नाम प्राणायतनानि”- Sushruta Samhita, Sharira Sthana 6/15

Anorectal surgeries involve direct manipulation of the *Guda* region, hence a clear understanding of *Guda Marma* is mandatory for

avoiding catastrophic outcomes. Ano-rectal disorders are highly prevalent and often demand surgical or para-surgical management. Classical texts repeatedly warn surgeons to protect *Guda Marma* during procedures. Hence, understanding its role is of paramount importance in surgical practice.

### AIM AND OBJECTIVES

**Aim:** To study the role of *Guda Marma* in ano-rectal surgeries.

#### Objectives

1. To describe *Guda Marma* as per classical Ayurvedic texts.
2. To correlate *Guda Marma* with modern anatomical structures.
3. To evaluate its importance in Ayurvedic ano-rectal surgical procedures.

### MATERIALS AND METHODS

- Classical Ayurvedic texts: Sushruta Samhita, Ashtanga Hridaya.
- Commentaries: Dalhana Teeka (Nibandha Sangraha).
- Modern anatomy and surgery textbooks.
- Review and analytical study method.

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**Concept of Marma in Ayurveda**

Acharya Sushruta defines *Marma* as vital points where *Prana* is specially located- "*Pranayatana Visheshah Marmani*". These are conglomerations of *Mamsa*, *Sira*, *Snayu*, *Asthi*, and *Sandhi*, and injury to them leads to severe consequences.

Dalhana, in his *Nibandha Sangraha* commentary, elaborates that Marma are not merely

anatomical points but functional entities sustaining life (*Prana-dharana*). He states that even minimal injury to *Sadyapranhara Marma* results in immediate loss of life due to disruption of *Pranavaha* mechanisms.

Chakrapani, while commenting on Charaka Samhita (*Sharira Sthana*), explains that *Marma* are seats of *Chetana* and *Ojas*, and hence injury results in rapid deterioration of bodily equilibrium.

**Table 1: Classification of Marma**

Basis	Types
Structural	<i>Mamsa, Sira, Snayu, Asthi, Sandhi</i>
Prognostic	<i>Sadyapranhara, Kalantarapranhara, Vaikalyakara, Rujakara</i>
Regional	<i>Shakha, Madhya, Urah, Jatru</i>

**Guda Marma - Ayurvedic Description****Original Sanskrit References****Sushruta Samhita (Sharira Sthana 6/27)**

"सप्तोत्तरं मर्मशतानि भवन्ति, तेषां गुदमर्म

सद्यःप्राणहरम्"

*Saptottaram marmasatani bhavanti, tesam guda-marma sadyah-pranaharam.*

**Explanation**

Acharya Sushruta states that among the 107 *Marmas*, *Guda Marma* is *Sadyapranhara*, meaning injury leads to immediate loss of life. This highlights its extreme surgical sensitivity.

**Dalhana Teeka (Nibandha Sangraha)**

"गुदमर्माभिघातात् रक्तक्षय-वातकोपाभ्यां सद्यः

प्राणवियोगः"

**IAST Transliteration**

*Guḍa-marmābhigātāt rakta-kṣaya-vāta-kopābhyāṃ sadyah prāṇa-viyogaḥ.*

**Explanation**

Dalhana clarifies that injury to *Guda Marma* causes massive blood loss and severe aggravation of *Vata*, resulting in instant death. This commentary provides a physiological explanation for *Sadyapranhara* nature.

**Charaka Samhita (Sharira Sthana 7/15)-****Chakrapani Teeka**

"गुदः पुरीषवहस्रोतसां मूलम्"

**IAST Transliteration**

*Guḍaḥ purīṣavaha-srotasāṃ mūlam.*

**Explanation**

Chakrapani explains that *Guda* is the root of the *Purishavaha Srotas*. Hence, injury disturbs *Apana Vata* leading to systemic derangement.

**Sthana (Location)**

"गुदो नाम पक्वाशयस्याधोभागे स्थितः"- Sushruta

Samhita

*Guḍo nāma pakvāśasyādhobhāge sthitaḥ.*

**Explanation**

*Guda* is situated at the terminal portion of *Pakvashaya*. Dalhana further clarifies that it includes both the visible anal orifice and deeper muscular structures.

**Rachana (Structural Dominance)**

"मांससिरास्नायुसंयोगात् गुदमर्म"- Dalhana

*Māmsa-sirā-snāyu-samyogāt guḍa-marma.*

**Explanation**

*Guda Marma* is dominated by muscular tissue with rich vascular and ligamentous support. Injury therefore causes hemorrhage, sphincter damage, and loss of continence.

**Pramana (Dimension)**

"स्वपाणितलप्रमाणं"- Sushruta

*Svapāṇitala-pramāṇam.*

**Explanation**

The area of *Guda Marma* is extensive, emphasizing that even minor surgical misjudgment may involve *Marma* injury.

**Abhigata Lakshana (Effects of Injury - Classical & Clinical)**

Classical Term	Dalhana / Chakrapani Explanation	Modern Correlation
<i>Rakta Srava</i>	Major vessel injury	Hemorrhagic shock
<i>Vata Prakopa</i>	<i>Apana Vata dushti</i>	Severe pain, spasm
<i>Malasanga / Atisrava</i>	<i>Srotodushti</i>	Incontinence
<i>Pranahara</i>	<i>Prana kshaya</i>	Mortality

**Guda Marma - Classical Description**

According to Acharya Sushruta:

“गुदो नाम सद्यःप्राणहरः”

Sushruta Samhita, Sharira Sthana 6/28

Table 2: Classical Description of *Guda Marma*

Parameter	Classical Description
Number	1
Location	<i>Guda Pradesh</i> (anorectal region)
Size	4 <i>Angula</i>
Structural dominance	<i>Mamsa &amp; Sira</i>
<i>Marma</i> category	<i>Sadyapranahara</i>
Injury effect	Immediate death or fatal complications

**Guda Marma and Purishavaha Srotas**

“Puriṣavahānām mūlām guḍaḥ.”

**Explanation**

Chakrapani emphasizes that *Guda* governs *Apana Vata*. Surgical trauma disturbs defecation, micturition, and pelvic floor stability.

**Role of Guda Marma in Specific Ano-Rectal Diseases****Arsha (Hemorrhoids)**

“गुदाश्रिताः अर्शासि” - Sushruta

Dalhana warns excessive excision or deep *Kshara* application may injure *Guda Marma* causing fatal bleeding. Hence *Kshara Karma* and *Agni Karma* are advised judiciously.

**Bhagandara (Fistula-in-Ano)**

“भगन्दरः कृच्छ्रसाध्यः”

Chakrapani states that deep tracts near *Guda* should be treated gradually. *Ksharasutra* exemplifies *Marma*-preserving therapy.

**Parikartika (Fissure-in-Ano)**

Pain dominance is due to *Snayu* involvement of *Guda Marma*. Minimal incision and *Vata-shamana* are emphasized.

**Gudabhramsha (Rectal Prolapse)**

“गुदभ्रंशो बलहानिः” - *Marma* injury leads to loss of sphincter tone and chronic disability.

**Surgical Guidelines Based on Marma Siddhanta****Pre-operative**

- *Marma* mapping
- *Vata-Rakta* assessment

**Intra-operative**

- *Shastra* sparing depth control
- Avoidance of circumferential injury

**Post-operative**

- *Apana Vata anulomana*
- *Rakta-stambhana*

**Comparative View: Dalhana & Chakrapani**

Aspect	Dalhana	Chakrapani
Nature	<i>Sadyapranhara</i>	<i>Prana &amp; Srotas moola</i>
Injury mechanism	<i>Rakta + Vata</i>	<i>Apana dushti</i>
Surgical warning	Avoid deep cuts	Preserve continence

## DISCUSSION

Dalhana's emphasis on *Rakta Kshaya* correlates with modern shock physiology. Chakrapani's *Apana Vata* theory explains pelvic floor dysfunction. Ayurvedic surgeons thus prioritized function over radical excision centuries before modern sphincter-saving techniques.

## CONCLUSION

*Guda Marma* represents a convergence of *Prana*, *Rakta*, and *Apana Vata*. Its protection is central to successful ano-rectal surgery. Classical teachings by Sushruta, Dalhana, and Chakrapani remain surgically relevant and scientifically valid.

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