



STUDY OF ASHAYAS WITH SPECIAL REFERENCE TO SHARANGADHAROKTHA MALASHAYA

1. Dr Santosh Naik*, 2. Dr Jyothi T**

* HOD & Associate Professor, Department of Shalyatantra,

**Associate Professor, Dept. of Shareera Rachana,

Shri VeeraPulikeshi Rural Ayurvedic Medical college, Hospital and Research Centre, Badami, Karnataka-587201

ABSTRACT

Human body consists of *Ashayas* which are defined as the spaces, where the *dhatu, Dosha, Mala* are located in normal conditions and facilitate their normal physiology. In same way they take main role in manifestation of diseases. We also come across *Udbhava Sthana, Sanchaara Sthana, Vyaktha Sthana* of diseases and to adopt the therapeutical measures, the physician must have clear cut idea about these anatomical limitations of *Ashayas*. In our *Samhitas* like *Sushrutasamhita, Astanga Sangraha* and *Astangahrudaya* we can find the explanation about *Saptha Ashayas*. *Sharangadhara* has mentioned *Malashaya* which is not mentioned in above *Samhitas* as one among the *Saptha Ashayas*. The explanation given by *Sharangadhara* suggests that *Malashaya* is located below *Pavanashaya*. So it can be assumed that *Malashaya* as told by *Sharangadhara* is concerned about *Pureesha Mala*. Feces or stools are the waste product of human digestive system. Feces is formed in large intestine and stored in sigmoid colon or pelvic colon by influence of appropriate stimulus it is expelled out through the anus during defecation. There is scattered information about *Malashaya* in various *Ayurvedic* literature. Hence study is aimed to gather the information about *Malashaya* along with the comparison of anatomical relevance of *Malashaya* with *Pakvashaya*. Hence research is planned to collect relevant knowledge or information about *Ashaya* and *Malashaya* in view of Modern Anatomy which helps in proper diagnosis and treatment of diseases.

Key words- Ashaya, Malashaya, Pureesha, Large intestine

INTRODUCTION:

The word meaning of Ashaya

आशयः- पु. आड+शीड+अच्^L

ASHAYA NIRUKYHI²

Ashaya is a *Avasthana Pradesha* means residing place, where *Dhatus* gets shelter. In *SushrutaSamhita* (*Shaareera Sthana*), *Sushruta* has described structures of the body which were minutely studied by him. These are the basic concepts which remain same even in modern science also. *Sushrutacharya* has very wisely made the suggestion that the knowledge of the anatomical structures of the body is of great value and it helps the surgeons as well as physicians to treat the related diseases.

There are many conflicted concepts or terminologies which should be clarified for better understanding of *Samhitas*. One of these is the concept of *Ashaya* described in *Ayurvedic* literature.

Ashaya are structures which gives *Adhistana* to the *Dosha*, *Dhatu* and *Malas*. These three are the tripods of life. Among these *Tridoshas* are very much important entities for the normal functioning of the body. They are considered as primary and most essential factors in maintaining the normal health. A deranged condition of these three fundamental humors may bring about its dissolution or death. It is needed to study in detail about the concept of *Ashaya* for better understanding of *Shareera* in *Chikitsa* aspect.

In *Ayurveda* the origin of diseases and the special treatment like *Basthi*, *Vamana*, *Virechana* are explained on the basis of *Ashayas* hence there is need to explore the concept *Ashaya*.

In our *Samhitas* like *Sushruta samhita*, *AstangaSangraha* and *AstangaHrudaya* we can find the explanation about *Saptha Ashayas*. *Shargadhara*³ has mentioned *Malashaya* which is not mentioned in above *Samhitas* as one among the *Saptha ashayas*. The explanation given by *Shargadhara* suggests that *Malashaya* is located below *Pavanashaya*. So it can be assumed that *Malashaya* as told by *Shargadhara* is concerned about *Purisha mala*.

Bearing this in mind, regarding the views of *Acharyas*, along with research tools and guide lines mentioned by them and taking the help of current references and parameter, I choose this area for study to re-establish the facts of our classics and bring up certain invention in this era to strengthen and enrich our *Āyurvedic* concepts. So a study entitled with “**A study of Ashayas with special reference Sharangadharoktha Malashaya**” is made to explore the concept of *Ashaya* which told in our *Samhita* and interpret it anatomically and physiologically.

OBJECTIVES-

1. To enrich concept of *Ashaya* by collecting the scattered information about *Ashayas*
2. To compile literary review on *Sharangadharoktha Malashaya*.
3. To make comprehensive study of *Malashaya* in view of Modern Anatomy.
4. To study the Large intestine in detail by means of cadaveric dissection.

MATERIALS AND METHODS

Source of Data

Dissection of organ large intestine on cadaver in the department of Rachana Shareera, Alva's Ayurveda Medical College, Moodbidri. Observations are done and analyzed.

Materials:

For the dissection procedure, instruments like scalpels, toothed forceps, saw bone cutter, sinus forceps, thread and measuring tape were used.

Method of collection of data

1. Books, journals including published on the concept related to subject are reviewed, related information are collected and analyzed scientifically.
2. Cadaver dissected specimens study conducted in department of Shareera Rachana, Alva's Ayurveda Medical College, Vidyagiri.

Collection of specimens and number of specimens-

The Large intestine specimens [which were obtained from 5 cadavers] has been dissected layer by layer as per text, 'Cunningham's manual of practical anatomy' and the different structure are observed and studied. The structures of large intestine and around the site of large intestine and pelvic cavities are viewed and studied with help of Ayurveda and Modern perspective. The dissected specimens are preserved in the Anatomy museum.

Period of study-

The cadaver study was conducted from December 2014 to January 2015

Procedure of dissection-¹⁵³-

- Standard Dissection procedure was followed as per Cunningham's Manual of Practical Anatomy..

Large intestine

- The large intestine was identified and its parts like caecum, vermiform appendix, ascending, transvers, descending and sigmoid colon ending with rectum and were seen and studied with its relations.

Assessment criteria

Observation of surface and regional anatomy on cadaver dissection of the Large intestine is done and is co-related with references.

OBSERVATION AND RESULTS

- **In superficial fascia-**

1. Superficial fatty layer and membranous layer.
2. Superficial inguinal ring
3. iliohypogastric nerve
4. ilioinguinal nerve and spermatic cord.

- **Membranous layer-**

1. Holden's line and its attachment
2. Suspensory ligament

- **Muscles of Anterior abdominal wall and other related structure-**Were noted.

Length of large intestine and sigmoid colon

TABLE NO.1. LENGTH OF LARGE INTESTINE AND SIGMOID COLON.

Sl.no	Length of large intestine	Length of the sigmoid colon
1.	142 cm	25cm
2.	148cm	28 cm
3.	146.5cm	26 cm
4.	148 cm	28 cm
5.	147 cm	27 cm

FIGURE.1. DISSECTION PHOTO - ANTERIOR ABDOMINAL WALL AFTER REFLECTION OF SKIN.



FIGURE.2 .DISSECTION PHOTO - MUSCLES OF THE ANTERIOR ABDOMINAL WALL



FIGURE.3. DISSECTION PHOTO- COILS OF THE INTESTINE



FIGURE.4. DISSECTION PHOTO – LARGE INTESTINE



FIGURE.5. DISSECTION PHOTO – INTERNAL STRUCTURE OF LARGE INTESTINE



FIGURE.6. DISSECTION PHOTO –CLOSER VIEW INTERNAL STRUCTURE OF LARGE INTESTINE



DISCUSSION

Here in this study, the word *Ashaya* and their normal function in our body and *Malashaya* is explained by collecting, all the information from *Ayurvedic* literatures and modern literature.

MALASHAYA

Mala is the substance or product, which does *Malina* of the body, is called as *Mala*.

Mala is defined as the material which comes out from the body to purify it.

- ❖ *Shargadhara* has not mentioned the *Pakwashaya* in his *Saptha Ashaya* whereas he mentioned the *Malashaya* and *Pavanashaya*.
- ❖ *Shargadhara* classified the *Ashayas* based on its content and explained location of *Malashaya* as below the *Pavanashaya*.
- ❖ *Malashaya* can be compared with *Large intestine* according to *Modern science*.⁴
- ❖ *Rectum* is the *Reservoir of fecal matter*, can be considered as *Main Sthana of Malashaya*.⁵

On observation study

- Variation in the length of LI and SC
- In the LI the length is varied up to 8 cm
- In the sigmoid colon the length is up 12 cm

The variation of the length may to the action of formaldehyde.

Drug formaldehyde acts on smooth muscle and causes the anaphylactically induced contraction ⁶.

CONCLUSION

- ✓ *Ashaya* is hollow structure provides a spaces and it can be compare to the cavities and organ.
- ✓ *Malashaya* can be compared to the sigmoid colon as it stores feces for longer duration.
- ✓ Based on observational study feces was found to be collected in distal part of descending colon and as well as the sigmoid colon.

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