A CONCEPTUAL STUDY OF TRAYA-AVARTH YONI

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ABSTRACT

In Ayurveda, ShatadhatmakPurusha is used for treatment purpose. Sushruta stated that this Purusha is formed by union of Sukra and Shonita. (SushrutaSharir 1/16). The part of female body where this union takes place is collectively called as “Yoni”. Considering anatomy it looks like that Sushruta has described Yoni in the form of Avarth. Out of which in the third Avarth there is Garbhashaya. The shape of which is like RohitMatsyaMukha. This article emphasizes on Conceptual Aspects of Traya-avarth Yoni as described in contemporary medical science.

Keywords: Yoni, Avarth, Garbhashaya, Uterus, Anatomy.

INTRODUCTION

Anatomy of Female Reproductive system and in that description of Yoni with its TrayAvarth concept is unique to Ayurveda. Yoni is that part of Female body which plays important role in-

1. Discharge of ‘Raja’ (Menstrual Blood) which is formed cyclically every month.¹
2. At the time of contact of male and female for want of progeny, this acts as pathway for ejaculated Sukra.²
3. This is the site of union of Sukra and Shonita.³
4. This is the place for implantation of Garbha.⁴
5. After well development of Garbha, this provides pathway of expulsion of that Garbha. (Fetus).⁵

Sushruta has explained the anatomy of Yoni saying that it is in the form of Avarth, and has compared it with Shankha Nabhi.⁶

In its third AvarthGarbhaShaaya is present. The shape of which is like ‘Rohit-Matsya Mukha’.⁷

In the modern anatomy, Female reproductive system is divided into following parts—
1) Uterus
2) Cervix
3) Vagina

**Uterus:**
- It is a hollow, thick-walled muscular organ.
- Divides into two parts:
  a) Body of Uterus: Pear-shaped, upper part is dome-shaped called as Fundus.
  b) Lower end is tapering towards cervix.
- In the adult nulliparous state, uterus normally tilts forward along its long axis at an angle of 125°, called as Angle of Flexion.

**Cervix:**
- In the adult non-pregnant cervix, it is narrower and more cylindrical.
- The upper end communicates with the uterine body via internal os, and the lower end opens into the vagina at external os.

**Vagina:**
- It is a fibro-muscular tube extending from vestibule to cervix.
- Vagina extends posterior and superior at an angle of over 90° to the uterus and is called as angle of ante-version.
- Width of vagina increases as it ascends.

**DISCUSSION**

Yoni is that part of the female body which is mainly for conception, maintenance, and expulsion of the fetus. While describing various body organs, Sushruta has clearly defined the morphology of Yoni in the form of Avartha. Avartha literally means Concentric Circle. This Avartha Yoni has divided into three parts, each called as Traya-Avartha Yoni, and the structure of this is compared with Shankha Nabhi.

In its third avartha, there is the site of Garbhashaya, and the structure to which it is compared with RohitMatsya Mukha.

From the modern anatomical point of view, the internal genital organs in a female are 1) Ovary, 2) Fallopian Tube, 3) Uterus, 4) Vagina. Out of these in this paper, we have to discuss the organs that deal with maintenance and expulsion of the fetus, i.e., uterus and vagina. Structure of Uterus is like a pear-shaped i.e. means upper broad and lower narrow. Structure of cervix is lower and cylindrical part of uterus. Structure of Vagina is like a tube, width increases as it ascends.

In the normal anatomical position, all these three structures make an appearance i.e. called as Ante-Flexed and Ante-Verted position. This is shown in the following figure.
From review of all above explained concepts, it has cleared that Sushruta, has compared the structure of Yoni with ShankhaNabhi. That’s means it should be Narrow below and Broad above and Yoni is placed in such a manner i.e. it is seen like Concentric Circle that Sushruta stated as Avartha.\(^{20}\)

As also Shape of Uterus and Vagina are narrow below and broad above and in Anatomical position Uterus-Cervix-Vagina are placed in an appearance i.e. called as Ante-Flexed and Ante-Verted position.

That’s Sushruta Stated that in the third Avartha there is Garbha-Shaaya i.e foetal bed and its structure is compared with Fish that’s means above dilated like Head of Fish and towards tail narrow.

Dalhana added further more details that the structure should be Alpa-mukha in starting and Maha-sushira in Anta.\(^{21}\)

The Shape of this Uterus is Narrow below and Broad above and this is the site of implantation of foetus and cavity of uterus is broad above and narrows below.\(^{22}\)

**CONCLUSION**

From above discussion it can be concluded that-

Yoni is that organ whose structure is compared with Shankha Nabhi i.e. Narrow below and broad above and also this structure is placed in such a manner i.e. it is seen like Concentric Circle that is called as Avartha.

From practical anatomy Yoni is female internal reproductive organs i.e. Vagina-Cervix-Uterus.

In Anatomical Position these three structures are placed in Anteverted-Anteflexed Position that Sushruta called as Avartha.

These three Avartha of Yoni should be

1. First Avartha should be Vagina: - It Starts from Vestibule to External Os.
2. Second Avartha should be Cervix: - It starts from External Os to Internal Os.
3. Third Avartha should be Uterus:- It starts from Internal Os to Fundus of Uterus (AlpaMuka and Anta Sushria).

The Third Avartha in which GarbhaShaaya should be Uterus/ Uterine Cavity which is like RohitMatsyamukha/AlpaMuka and Anta Sushria i.e. Peer Shaped means Upper Broad and narrow below.
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