

## 1b. Tryavarta Yoni and anatomical insights of Garbhashaya with marma, peshi

### b) Tryāvarta Yoni and Anatomical Insights of Garbhāśaya with Marma & Peśī

#### Learning Objective

By the end of this chapter you should be able to (i) explain the classical concept of **Tryāvarta Yoni** (three intravaginal spirals/folds), (ii) describe the **situation, shape and relations of the Garbhāśaya** (uterus) as per Ayurvedic classics, and (iii) correlate the **relevant marma** (vital spots) and **peśī** (muscle) descriptions around the female pelvis with modern anatomy.

## 1) Classical overview: Yoni and Garbhāśaya

**Yoni** in Āyurveda denotes the female genital passage in the broader sense of the term (the “parturient path/apatyapatha”), serving as the **route for coitus, menstruation, conception and parturition**. Ācārya Suśruta provides a precise morphologic description of this passage and the uterine bed:

- **Shankha-nābhi-ākṛti yoni** — the vaginal canal resembles the **navel of a conch**, signifying a **spiralled lumen**.
- **Tryāvarta yoni** — there are **three avarta (spirals/involutions)** in the canal; the **Garbhāśaya is situated in the third, posterior spiral**.
- **Rohiṭa-matsya-mukha ākṛti** — the **uterus** is likened to the **mouth of the Rohiṭa fish: narrow at the mouth (cervical os) and expanding superiorly (uterine cavity/fundus)**.

**Context note for exams:** These three statements together form the classical **Tryāvarta Yoni-Garbhāśaya** core and are frequently asked in viva/short notes. Remember the trio: **Śaṅkha-nābhi (shape) → Tryāvarta (folds) → Garbhāśaya in 3rd avarta (location)**.

## 2) Tryāvarta Yoni — structure & clinical mapping

### 2.1 The three avarta (spirals/folds)

While the classical text employs the imagery of **spiralled turns**, teachers and examiners commonly correlate them to recognizable subdivisions:

Classical term	Practical/clinical correlate	Key points
1st Avarta	<b>Apatyapatha (vagina)</b>	Fibromuscular tube leading from vestibule to cervix; distensible during coitus and labour.
2nd Avarta	<b>Garbhashaya-grīvā (cervix)</b>	Narrowed region; “mukha” of Garbhāśaya; provides mucus barrier and dilates in labour.
3rd Avarta	<b>Garbhāśaya (uterus)</b>	Site of implantation and fetal development; classical seat in the <b>third posterior avarta</b> .

**Exam tip:** Write: “**Yoni — Śaṅkhanābhyākṛti, tryāvartā; tasyāstu tṛtiyāvarte Garbhāśaya**,” with reference to **Suśruta Śārīrasthāna 5, ‘rememberable verses’** describing these features. In structured answers, add a neat labelled sketch of the **three avarta** and uterine bed.

## 2.2 Orientation & relations of Garbhāśaya

Suśruta places the uterine bed **behind the basti (urinary bladder)** and **between Pittaśaya and Pakvāśaya** (interpreted broadly as viscera flanking the uterine bed). This nicely matches the pelvic **anteverted-anteflexed** orientation described in modern anatomy.

**Shape:** Rohiṭa-matsya-mukha ākṛti communicates a **funnel-like organ—narrow cervix** opening into a **broader cavity**, consistent with the uterine isthmus and fundus configuration.

## 3) Garbhāśaya: structure-function notes for answers

- **Definition (functional):** Garbhāśaya — the cavity that **receives, retains and nourishes the embryo**, and from which the fetus is ultimately delivered.
- **Mukhadvaya (two cervical lips):** The concept of **narrow mouth** implies a controlled entrance/exit (coitus, menses, labour).
- **Paridhi (bounds):** **Anterior** — Basti; **superior/lateral** — adnexal regions (where Ayurvedic authors allude to structures like *plāla-m-antargata* comparable to **ovaries/beeja-granthis** in interpretive literature); **posterior** — rectal segment.

**Short-note cue:** “Garbhashaya—sthāna, ākṛti, sambandha (relations) and karma (functions),” quoting Tryāvarta Yoni and Rohiṭa-mukha ākṛti earns full credit.

## 4) Peśī (muscles) around the female parturient passage (Suśruta)

Suśruta gives a **systematic count of peśī (muscles)** and explicitly states **additional muscles in the female** related to **stana (breasts)** and the **parturient passage**:

- **General peśī distribution:** 500 muscles in the body, with region-wise counts.
- **Female-specific addition:**
  - **10 peśī around the two stana (five each)**, which **attain full growth at puberty**.
  - **4 peśī around the yoni-mārga (two at the external and two at the internal orifices)**.
  - **3 peśī around the “os”** (cervical mouth).
  - **3 peśī along the passages of ovum and sperm (beeja-mārga)**.  
These descriptions parallel the **levator ani, perineal musculature, cervical support, and adnexal/parametrial structures** in modern terms.

### 4.1 Clinically useful mapping

Suśruta's mention	Probable modern correlate	Clinical relevance
“External yoni peśī (2)”	<b>Bulbospongiosus, superficial perineal muscles</b>	Coital function; support of vestibule; perineal tears in labour.
“Internal yoni peśī (2)”	<b>Pelvic floor (levator ani) components at vaginal wall</b>	<b>Pelvic support</b> , continence, descent/cystocele/rectocele implications.
“Around os (3)”	<b>Cervical stromal musculature/fibromuscular ring</b>	Cervical competence, <b>incompetence</b> → <b>habitual abortion</b> , labour dilation.
“Passages of ovum/sperm (3)”	<b>Tubal/parametrial smooth muscle tracts</b>	Tubal peristalsis, <b>ectopic risk</b> , infertility.
“Stana peśī (10)”	<b>Pectoral fascia, suspensory structures</b>	<b>Lactation mechanics</b> , puerperal changes.

**Exam tactic:** After listing Suśruta's figures, **write a crisp correlation** to pelvic floor supports (**uterosacral, cardinal/ Mackenrodt's, round ligament**) under *snāyu/bandha* headings to display integration.

## 5) Marma around the female pelvis: what to know for OSCE/short notes

Although specific "**Yoni-marma**" is not enumerated, **several marmas lie immediately adjacent to or influencing** the *apatyapatha-garbhāśaya* region. From **Suśruta Śārīrasthāna (Marma-vibhāga)**, remember these names and implications in obstetric/gynecologic contexts:

- **Basti-marma** (suprapubic/vesical region): injury can be rapidly fatal or lead to **severe vātaprakopa, urinary fistulae** and sepsis; practical caution for **lower midline incisions, suprapubic catheterization**.
- **Guda-marma** (anal region): injury risks **hemorrhage, continence loss**, pelvic sepsis; relevant to **obstetric perineal tears** and **posterior vaginal surgeries**.
- **Nabhi-marma** (umbilical): central vital spot; in obstetrics, relevant to **operative entry** and **postpartum care**.
- **Vankṣaṇa-marma** (inguinal): proximity to **round-ligament/inguinal canal**, femoral vessels; consider during **hernia/inguinal surgeries** and **lymphadenopathy**.
- **Kukundara-marma** (buttock) & **Katikāṭarūṇa-marma** (sacro-iliac ridge area): deep gluteal/sacro-iliac region; relevant to **pudendal block, sciatic safety**, and **pelvic pain syndromes**.

**Answer framing:** State that **pelvic obstetric procedures** must respect marma-kṣetra to avoid **prāṇa-vāta derangement, hemorrhage, infertility and sphincter injuries**. Cite **Marma-vibhāga** (Suśruta Śārīrasthāna 6) in references.

## 6) Integrating classical and modern anatomy (for long answers)

### 6.1 Location & relations (diagram strongly advised)

- **Anterior: Basti** (urinary bladder) — hence a **retrovesical** uterine bed in classical phrasing.
- **Posterior: Rectal segment** — correlates with **recto-uterine pouch (Douglas)** clinically.
- **Superior/lateral: Beeja-granthi region** (adnexa) — inferred from classical passages discussing **beeja mārga/ovum passage**.

### 6.2 Functional correlates

- **Ritukāla:** yoni passage "**open and receptive**" — conducive to **bija-praveśa** (sperm entry).
- **Garbha-dharana:** **third avarta uterine bed** — site for **implantation and garbha-poshana** (nourishment).
- **Prasava:** cervical os and yoni peśi **dilate/relax**, pelvic floor **yields**, conforming to "**Rohiṭa-mukha**" funnel guiding the fetal head.

## 7) How to write Tryāvarta Yoni-Garbhāśaya in 8-10 marks

1. **Intro (2-3 lines):** Define **Yoni** as apatyapatha and its śaṅkhanābhyākṛti.
2. **Tryāvarta (2-3 lines):** State **three avarta; Garbhāśaya in the 3rd posterior avarta**.
3. **Garbhāśaya ākṛti (1-2 lines):** **Rohiṭa-matsya-mukha** description.
4. **Relations (3-4 lines):** **Basti (front), rectum (behind), adnexal/tubal** corridors; clinical orientation A-V-A-F.
5. **Peśi points (3-4 lines):** Female-specific extra 20 peśi; list **4 around yoni, 3 at os, 3 along beeja-mārga, 10 in stana**.
6. **Marma caution (2-3 lines):** Name **Basti, Guda, Nabhi, Vankṣaṇa**; mention **surgical/obstetric caution**.

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7. **Diagram:** Labelled sketch showing **three avarta** and **uterus**.

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## 8) Shloka supporting anatomical study

Suśruta emphasizes **direct observation (śarīra-avicchinna adhyayana)** for correct anatomical understanding:

शरीरे चैव शास्त्रे च दृष्टार्थः स्याद् विशारदः ।  
दृष्टश्रुताभ्यां सन्वेदमवापो ह्याचरेत् क्रियाः ॥  
(Suśruta Saṃhitā, Sārīrasthāna 5/51)

**Meaning:** One becomes adept when the truths of the body and the śāstra are both directly seen; removing doubts by what is seen and what is heard, one should then act (perform procedures). This underlines how Suśruta derived Tryāvarta-yoni and uterine details from **systematic cadaveric study** before applying to practice.

**Why quoted here?** Examiners appreciate when you anchor pelvic anatomy answers in **Suśruta's anatomical method** along with the Tryāvarta description.

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## 9) Viva-oriented pearls

- **Mnemonic for the triad: "Conch-Three-Fish-Mouth" →** Śaṅkha-nābhi (shape), Try-āvarta (folds), Rohiṭa-mukha (uterus).
- **One-liner: "Garbhāśaya lies in the 3rd posterior avarta of yoni** (Suśruta)."
- **Female extra peśī:** "10 (stana) + 4 (yonimārga) + 3 (os) + 3 (beeja-mārga)."
- **Marma caution keywords:** **Basti, Guda, Nabhi, Vankṣaṇa**—avoid traumatic insult; control doṣa-udreka and rakta-srāva.

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## 10) Self-check (Assessment)

### A. Short-answer (write 50-80 words each)

1. Define **Tryāvarta Yoni** and list its three functional segments.
2. Explain the **Rohiṭa-matsya-mukha ākṛti** of Garbhāśaya.
3. Enumerate the **female-specific peśī** noted by Suśruta around yoni and explain their functional relevance.
4. Describe the **anterior and posterior relations** of Garbhāśaya and their clinical significance.
5. Name **four pelvic marmas** relevant to obstetrics and the dangers of their injury.

### B. Long-answer (write any one)

1. **Tryāvarta Yoni**—detail the **shape, avarta, and situation of Garbhāśaya**, adding marma & peśī correlations and a labelled diagram.
2. **Garbhāśaya**—discuss **sthāna, ākṛti, sambandha and karma** per Suśruta; add **female peśī** distribution and clinical notes.

### C. MCQs (choose one correct option)

1. Suśruta compares **Yoni** to:  
a) Dhanuḥ b) Śaṅkha-nābhi c) Ghata d) Padma
2. **Garbhāśaya** is situated in which avarta?

a) 1st b) 2nd c) **3rd (posterior)** d) None

3. **Rohiṭa-matsya-mukha** analogy refers to:  
a) Vagina b) Cervix c) **Uterus** d) Fallopian tube

4. **Female-specific peśi** include:  
a) Only in breasts b) Only perineal muscles  
c) **Breast + around yoni + around os + along beeja-mārga** d) None

5. **Basti-marma** injury may lead to:  
a) Mild pain only b) **Severe complications including life-threatening sequelae** c) No effect d) Headache

**Answer key:** 1-b, 2-c, 3-c, 4-c, 5-b.

## References

### Classical

1. **Suśruta Saṃhitā, Śārīrasthāna 5** — Anatomy of the human body; memorable verses describing yoni as śāṅkha-nābhyaṅkṛti, tryāvarta, and Garbhāśaya in the 3rd avarta; description of female-specific peśi. (Consult standard editions: Yādavaji Trikamji, Chowkhamba). English rendering corroborated in: *Sushruta Samhita, Sharira-sthana, Chapter V*.
2. **Suśruta Saṃhitā, Śārīrasthāna 6** — Marma-vibhāga (Pelvic/abdomino-pelvic marmas: Basti, Guda, Nabhi, Vankṣaṇa, Kukundara, Katikāṭarūṇa).
3. **Suśruta Saṃhitā, Śārīrasthāna 5/51** — Shloka on anatomical study by direct observation (quoted above).

### Corroborative classical-modern bridges

4. Chapter V — The anatomy of the human body, translation summary: \*“The vagina... three involuted turns; Garbhāśaya at the third posterior turn; uterus resembles the mouth of Rohita fish.” (Wisdomlib).
5. Contemporary academic reviews summarising **third-avarta location** and clinical mapping.

**Note on shlokas:** In this chapter we have quoted **only one Devanāgarī śloka (Su. Śā. 5/51)** whose text and reference are certain from an authentic source. Where the **Tryāvarta Yoni-Garbhāśaya** description is discussed, we have **provided exact chapter context and reliable classical references** without reproducing that verse in Devanāgarī here, to avoid any textual inaccuracy. For exam writing, cite **Suśruta Śārīrasthāna 5 (“Memorable verses”)** when stating **śāṅkha-nābhyaṅkṛti, tryāvarta and Garbhāśaya in 3rd avarta**.

### Rapid Recap (30 seconds)

- **Yoni:** Śāṅkha-nābhi-ākṛti, Tryāvarta (3 spirals).
- **Garbhāśaya:** 3rd posterior avarta, Rohiṭa-matsya-mukha ākṛti; anterior—Basti; posterior—rectum.
- **Female peśi:** 10 stana + 4 yoni + 3 os + 3 beeja-mārga.
- **Pelvic marma** to respect: **Basti, Guda, Nabhi, Vankṣaṇa.**