

APPLIED ANATOMY OF FEMALE REPRODUCTIVE COMPONENTS IN AYURVEDA

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ABSTRACT

Introduction: The female reproductive system is described in detail in the Ayurvedic classics through concepts such as Yoni, Garbhashaya, Artavavaha Srotas, Beeja, Artava, and associated anatomical structures. These components are essential for menstruation, conception, fetal development, and childbirth. Correlating Ayurvedic descriptions with modern anatomical knowledge enhances understanding of female reproductive physiology and provides a scientific basis for Ayurvedic diagnosis and management of gynaecological disorders.

Materials and Methods: This review was conducted through an extensive study of classical Ayurvedic texts, including Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and other authoritative commentaries, along with modern anatomy and gynaecology textbooks. The anatomical descriptions of female reproductive components were systematically compiled, analyzed, and correlated with contemporary anatomical

concepts. **Results:** The review identified and analyzed 45 major female reproductive terminologies described in Ayurveda. Their applied anatomy, in the form of structural features, functional significance, embryological aspects, and clinical relevance, was found to

be approximately 318. They were correlated with modern anatomical structures. The study demonstrates remarkable similarities between Ayurvedic concepts and contemporary reproductive anatomy, while highlighting unique Ayurvedic perspectives regarding reproductive health, fertility, and disease pathogenesis. **Conclusion:** Applied anatomical interpretation of female reproductive components bridges the gap between classical Ayurvedic knowledge and modern medical science. This integrated understanding strengthens the scientific foundation of Ayurvedic gynecology, facilitates accurate anatomical localization, improves clinical decision-making, and supports future interdisciplinary research in women's reproductive health.

KEYWORDS: Female Reproductive components, Yoni, Garbhashaya, Artavavaha Srotas, Applied Anatomy, Prognosis, Congenital anomalies, Simile, Embryology.

INTRODUCTION

Applied Anatomy is an important branch of anatomy where the anatomical knowledge is used practically and is applied to help, diagnose and treat medical conditions.

Acharya Charaka has highlighted the clinical relevance of applied anatomy in sharira vichaya sharira that comprehensive and detailed knowledge of the human body is conducive to the wellbeing of the individual. Understanding the factors and elements that constitute the body provides knowledge regarding the element which are responsible for its wellbeing. Hence scholars have always glorified the knowledge of anatomy of the body. In Ayurveda, Morphological aspects of female reproductive system are described using terms such as:- anga- pratyanga, koshtanga, ashaya srotas etc. Srotas includes macroscopic and microscopic inter-cellular passage. Among these, Aratavavaha srotas is unique in female body and is primarily responsible for the important function of reproduction. According to Acharya Sushruta, artava vaha srotas are 2 in number and their moolasthan is considered as Garbhashaya and Artavavahini dhamani.^[1]

AIM AND OBJECTIVES

1. Evaluation of applied anatomy of female reproductive components in ayurveda.
2. Assessment of applied anatomy of evaluated components.

Review Literature

The physician who has thorough knowledge of Sharira is capable of benefiting the ailing in society. According to Sushruta, one can become a good physician only after practical observation, practical exposure, and thorough theoretical knowledge². Knowledge of applied anatomy helps to understand the Sharira and to know its practical aspect. The science of Ayurveda dwells in therapeutic aspects along with different preparations. The concept of sharira is highlighted as Chikitsapurush by Acharya Charaka 12 while its morphological exploration is later explained in terms of anga -pratyanga, kosthanga, ashaya and srotas. Artava vaha srotas, garbhasaya, yoni, artava. In the present work, Ayurvedic review of literature is divided into the following platforms.

- A. Terminologies related to female reproductive components.
- B. Ayurvedic and modern Correlation of terminologies related to female reproductive components.
- C. Applied anatomy related to female reproductive components.
- D. Applied anatomy related to prognosis.
- E. Applied anatomy related to vihora.
- F. Congenital disorders related to female reproductive system.
- G. Simile related to female reproductive components.

A. Terminologies related to female reproductive components

Female reproductive components described in Ayurveda can be systematically classified according to their relation with specific organs. Before analysing this relationship of these components related to system, a review available in classics is given. Below all the terminologies which may relate to concept of reproduction are mentioned along with its modern correlation followed by its applied part.

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|-----------------------|-----------------------|-----------------|
| 1. Apatyapatha | 10. Upastha | 19. Guhya |
| 2. Apatyamarga | 11. Kandarpageha | 20. Dimba |
| 3. Antargata phala | 12. Garbbhashaya | 21. Naadi |
| 4. Asrika | 13. Garbhashayya | 22. Peshi |
| 5. Artava | 14. Garbha chhidra | 23. Pushpa |
| 6. Artavavaha srotas | 15. Garbhasrota | 24. Phala |
| 7. Artavavah srotamsi | 16. Garbhakoshtha | 25. Phala srota |
| 8. Artavavaha dhamani | 17. Garbhakosha | 26. Phala yoni |
| 9. Artavavaha marga | 18. Garbhashaya mukha | 27. Beeja |

28. Bimba	34. Rajakaal	41. Shroni
29. Bhaga	35. Rakta	42. Yoni
30. Manobhavagara mukha	36. Raktapatha	43. Yonimukha
31. Madanapatra	37. Rudhira	44. Yonikarnika
32. Lohita	38. Rutu	45. Yoni linga
33. Raja	39. Rutukaal	
	40. Shonita	

B. Ayurvedic and modern Correlation of terminologies related to female reproductive components- it includes,

1. Terminologies related to female reproductive organs
2. Terminologies related to menstruation

Table- Correlation of Terminologies related to female reproductive organs.

Sr.no	Ayurvedic terminology	Modern correlation
1	Antargata phala	Ovary along with its coverings and ligaments
2	Phala	Ovaries
3	Artavavaha srotamsi Artavavaha srotas Artavavah marga Phalasrota	Fallopian tubes/ Uterine tubes
4	Apatyapatha Apatyamarga Artavavaha srotas Manobhavagara mukha Garbhasrota Kandarpgeha	Vaginal canal Mid vaginal canal
5	Garbhashaya Yoni Phalayoni Dimba	Uterus
6	Garbha koshta	Uterine cavity
7	Garbha kosha	Endometrium or decidua
8	Garbhashayya	Endometrium or the place of implantation
9	Garbha chhidra Raktapatha Aparamukha Garbhashaya mukha Yoni mukha	Cervical opening (External os)
10	Bhaga Apatyapatha Guhya	External genitalia with different parts, vulva

	Upastha	
11	Shroni	Pelvis, hip region, pelvic girdle
12	Bimba	Labia majora, mons pubis
13	Yoni	A broad term used to denote whole reproductive system with external genitalia and uterus, birth canal
14	Yoni karnika	Vestibule
15	Yoni linga Madanapatra Smaratpatra	Clitoris

Table- Correlation of terminologies related to menstruation.

Sr.no	Ayurvedic terminology	Modern correlation
1	Asrika	All these terms are used in context of menstruation with mixed references for menstrual blood and ovum both whereas, phala and pushpa describes only ovum or the gametes which are responsible for reproduction.
2	Raja	
3	Rakta	
4	Rudhira	
5	Pushpa	
6	Shonita	
7	Phala	
8	Rutu chakra	Whole Menstruation cycle
9	Rutu kaa	Specific period which is suitable for fertilization
10	Raja kaal	Menstruation period

C. Applied anatomy of Female Reproductive Components

In this particular work we have assessed Applied anatomy of female reproductive components in following aspects:-

- Clinical aspect
- Functional aspect
- Morphological aspect
- Therapeutic aspect

1. Terminologies related to female reproductive organs- Terminologies available in modern anatomy are correlated with ayurvedic terminologies and their applied aspect is given below.

(1) Ovaries along with its coverings and ligaments- antargata phalam-

Antargata phalam-^[3] Morphological Aspect-Phalam antargatam- It is used to describe coverings of ovary in case of women which is homologous to muscles found in penis and scrotum of male. They are 3 in number. Dalhana opines that it refers to Garbhashaya.

(2) Ovaries- includes phala

(3) Fallopian tube/ uterine tubes- includes Artavavaha srotamsi, Artavavaha srotas, Artavavaha marga, phalasrota.

Artava vaha srotamsi- Functional aspect- Acharya Sushruta in Garbhavyakaran sharira describes artava vaha srotamsi in context of obstruction of route of artavavaha srotas during pregnancy. He says that artavavaha srotamsi is obstructed by fetus during pregnancy therefore menstruation is not seen in pregnancy.

Artavavaha Srotas

Clinical Aspect	Morphological Aspect
Arava vaha srotas viddha lakshana:- Artava nasha, vandhayatva, maithuna asahishnuta	Moolasthan- Garbhashaya and artavavahi dhamani

Artavavaha marga

Clinical aspect- Acharya Sushruta describes artava vaha marga in context of etiology and treatment of nashtartava. In nashtartava, marga of artava vahini sira gets obstructed by vata and kapha dosha which leads to nashtartava.

Acharya vagbhatta describes artava vaha marga in context of etiology of rakta gulma. In rakta gulma artava gets accumulated in artavavaha marga due to obstruction of passage by vata and kapha. In this condition, women exhibit features like pregnancy. similar concept is given by acharya charaka and Sushruta.

Phala srota:- Therapeutic Aspect-In Ashmari chikitsa, during surgical procedure Acharya Sushruta advises to avoid injury to Phalasrota.

(4) vaginal canal- apatyapatha, apatyamarga, Artavavaha srotas, manobhavagaramukha, garbhasrota.

Apatyapatha

Clinical Aspect	Functional Aspect	Morphological Aspect	Therapeutic Aspect
Arsha- apathyapatha as a site of arsha. Pradara- Excessive flow of blood from apatyapatha. Asrugdara- excessive flow of menstrual blood from apathyapatha.	Prasava- When time of delivery is near or delivery is imminent then, with action of prasutimaruta (apanavayu) during expulsion of fetus, it takes a round turn, brings head downwards and is expelled out from Apatyapatha.	Peshi- 4 in number Bahya mukhashrita peshi- 2 peshis are located externally Antar mukhashrita- 2 peshis are located internally	Moodha Garbha chikitsa- If Garbha is in inverted posture, it gets obstructed in apatyapatha, or if apana vayu is impaired the fetus can't be expelled. Such obstructed fetus is called moodhagarbha. Its position should be manipulated by inserting hand in yoni and then bringing it to the apatyapatha for delivery.

Apatyamarga

Morphological Aspect	Therapeutic Aspect
Apatyamarga- length of apatyamarga is 4 angula.	Uttra basti- It is described that measurement of pushpanetra used for uttarabasti should be same. (4 angula)

Manobhavagara mukha- Functional aspect-Term is used to denote vaginal canal of females. Here 3 nadis are located. Samirani, chadramasi and gauri.

Garbhasrota

Functional Aspect	Morphological Aspect
Due to the action of agni and vayu Garbha srita gets filled and expand on all sides. Due to this expansion of Garbha srota, the fetus grows and becomes enlarged.	Can be considered apatyapatha Peshi- 3 in number

(5) Mid vaginal canal- kandarpageha

Functional aspect-The term is used to denote mid vaginal canal where chandramasi nadi is located and women having this nadi gives birth to female children.

(6) Uterus- garbhashaya, yoni, phalayoni, dimba.**Garbhashaya**

Clinical Aspect	Functional Aspect	Morphological Aspect	Therapeutic Aspect
MoodhaGarbha- Due to vimuka bandhana, moodha Garbha leaves garbhashaya and enters yakrita, pleeha and antra or any other hollow spaces situated in koshta. Arajaska- due to vitiation of yoni and garbhashaya by rakta nad pitta Vamini- After 6 to 7 nights shukra along with srava comes out from garbhashaya which can be painful or painless. Mahayoni- due to vishama dukkha shayya during maithuna, vata enters garbhashaya and averts the mukha of garbhashaya. Asruja- due to rakta and pitta vitiation, atipravrutti of asrik occurs from garbhashaya Garbha srava- during pregnancy if there is garbha	Yonivyapada hetu- Garbhadhana- The union of <i>Shukra</i> (sperm) and <i>Shonita</i> (ovum) occurs within the Garbhashaya. Garbha poshana- In the early stages, the fetus receives nourishment via Upasneha (diffusion), and later via the Nabhi Nadi (umbilical cord) connected to the Apra (placenta), indicating an early understanding of fetal circulation. Shukra shonita sanyoga- formation of Garbha occurs in	Synonyms- Garbhadhara, Garbhashayya 8th ashaya- Location- behind basti in females Shape- Rohita Matsya mukhakara Kukshi ekadesha gata- is used to describe garbhashaya. Jarayuja bhutagrama is the one which develops in garbhashaya Moola- it is moola sthana of artava vaha srotas. Garbhamarga- the passage or canal through which Garbha is delivered. It can also be coorelated with apatyapatha Garbhashaya dwara- is termed as yonimukha	Acharya Charaka advised that in order to have Shreyasi praja , Shukra, shonita and garbhashaya should be of optimum quality (Avyapanna shukra shonita garbhashaya) Garbhashaya vishudhi- if niruha and Uttara basti are taken for garbhashaya vishuddhi Artha, Sneha matra is twice the normal amount. Taila varga- used for yoni and garbhashaya

srava, then garbhashaya, kati, vankshana and basti shoola occurs along with bleeding. Shoola- Due to Nyubja position during prasava or maithuna shoola occurs in garbhashaya and yoni. Phalayoni- Displacement (bhramsha) of yoni	garbhashaya by the union of shukra and shonita	Garbhadhana samagri- Kshetra here is garbhashya (dalhana) Garbhashayagata Sira:- mentioned in Asrugdara.	shodhana. Here taila is tila taila by default. Phalayoni condition is contradicted to do kshara karma.
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(7) Uterine cavity- garbhakoshtha

Garbhakoshtha

Clinical aspect	Functional aspect
Aamagarbha is situated here. It is discussed while describing garbhapata (miscarriage). Garbhkoshapara sanga- along with yoni samvruti and makkala causes death of mother having moodha Garbha.	while mentioning the position of fetus in uterus Garbha koshta is mentioned. Fetus lies facing the mother's back, keeping both hands on forehead, body contracted and situated on the right side of uterus if it is male, left if it is female and centre if it is hermaphrodite. In relation to menstruation Garbha koshta is described where acharya says that blood is collected here and flows out for 3 days every month at a particular time.

(8) Endometrium or decidua- garbhakosha

Functional aspect	Morphological aspect
Rajovaha siras- these siras fill the garbhakosha for one month and after that, this Artava is expelled out by these Shiras at the interval of one month	Garbhakosha- Blood in adult females during their reproductive period enters into Garbha Kosha every month. In the garbhakosha, there are Rajovaha Shiras present which are the carrier of Artava formed by the action of Artavagni upon rakta.

(9) Endometrium or place of implantation- Garbhashayya

Clinical Aspect	Functional Aspect	Morphological Aspect	Therapeutic Aspect
Moodha Garbha is obstructed here.	Sthana of Garbha- Garbha is situated in matsyakara garbhashayya of garbhashaya.	Location- in garbhashaya Shape- Matsyakara Dimension:- alpa mukha, Maha sushira tika by dalhana	Uttara basti- is given for garbhasana sukha.

(10) Cervical opening/ external os- garbhachhidra, raktapatha, aparamukha, garbhashaya mukha, yonimukha.

Garbhachhidra

Clinical Aspect	Morphological Aspect
Suchimukhi- Due to vitiation of vata in mother during pregnancy, vata reaches the garbhashaya of fetus and causes narrowing of garbhashaya chhidra.	Peshi- 3 in number

(11) External Genitalia with Different parts:- Bhaga, apatyapatha, guhya, Upastha
Bhaga.

Clinical Aspect	Morphological Aspect
Bhagandara- in guda region 2 angula posteriorly a pidika is formed which is very painful and when it bursts, a canal is formed called bhagandara. Apakva form= pidika Pakva= bhagandara Bhaga arsha- arsha utpati in bhaga region (arunadatta) shape- chhatrasannibha- umbrella shaped.	Pramana- 12 angula Dalhana opines that this is the measurement of circumference of entire bhaga (vulva) instead of randhra. Hastinijati stree- female having measurement of bhaga as 12 angula is called hastinijati stree in kamashshtra Shape- triangular Simile- resembling to pippala leaf

Guhya

Clinical Aspect	Morphological Aspect	Therapeutic Aspect
Shotha- Guhya Pradesh shotha by Madhava nidan Vrana- Guhya Pradesh vrana by Sushruta.	Guhya Pradesh- area where genitals are located. (Prajana) Also known as jaghana.	Guhya Pradesh shoth is fatal in both male and female. Vrana- Guhya Pradesh vrana by Sushruta is said to be sukhropaniya

Upastha

Functional Aspect	Morphological Aspect
Karmendriya- Brahmacharya- is described as upastha sanyama Sthana- apana vayu sthana Function- Dalhana quoted Ananda as its function where divine entity (Adidaiva) is Prajapati.	In Rigveda and Yajurveda, it is used to denote vagina and uterus.

(12) Pelvis/pelvic cavity/ hip region/ pelvic girdle- shroni.

Shroni:- (pelvis)

Clinical Aspect	Functional Aspect	Morphological Aspect	Therapeutic Aspect
Trikagraha- due to kapha and pitta dosha in Tritiyaka jwara Trikashoola- indication of uttarbasti ⁶⁸ Shronishoola- occurs when Vamana is given without snehana svedana due to aggravation of vata dosha Shronibheda- vataja nanatmaja vyadhi Shroni bhagna- kapatashayana vidhi should be done to ensure stability	Sthana of vata- vagbhatta mentioned Shroni as sthana of vata. Sfurana in shroni- Ritumati lakshana	Pramana- Sushruta- 18 angula Dalhana- 12 angula Chakrapani- 24 angula Bones involved- Charaka- 3 - 2shroniphalaka, 1bhagasthi Sushruta- 5 - 1gudasthi, 1bhagasthi, 2nitambasthi, 1trikasthi Vagbhatta- 4 – 1bhagasthi, 2nitambasthi, 1trikasthi Type of joints- Guda bhaga nitamba- Samudga 3 Katikapala- tunnasevani Sira- total 32 in number Avedhya Sira- 8-	Ghritamanda anuvasana- can be given in Shronivedana and shoona Basti – Shronigraha Siravedha in Ghrudrasi- श्रोणिं प्रति समन्ताद्

of joint during healing phase. Moodhagarbha-		2 in Vitapa pradesha , 2 in Katikataruna Marma- 2 Vitapa- injury to this marma leads to Katikataruna- injury to this marma leads to Shonitakshya, panu, vivarna, hinarupa and death.	द्व्यङ्गुले
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(13) Labia majora/ mons pubis- bimba

Morphological Aspect- श्रोणिपृष्ठनिबन्धिनीनामधोभागगतानां बिम्बं

1 Whole reproductive system- yoni

The word yoni is derived from yuj dhatu that means to link or to join or union.

Yoni- A broad term used to denote whole reproductive system with external genitalia and uterus, birth canal yoni is moola for apatyā (child).

a) Yonivyapada

Yonishoola-Charaka	Sushruta	Vagbhatta	Sharangdhara	Bhavaprakash
Vataja (11) Vatiki Acharana Aticharana Prakcharana Udavartini Putraghni Antarmukhi Suchimukhi Shushka Shandhayoni Mahayoni Pittaja (3) Paitiki Raktayoni Arajaska Kaphaja (1) Shleshmiki Tridoshaja (1) Sannipatiki Vatapittaja (2) Paripluta Vamini Vatakaphaja(2) Upapluta Karnini	Vataja (5) Vatala Udavarta Vandhya Vipluta Paripluta Pittaja (5) Pittala RudhiraKshara Vamini Sramsini Putraghni Kaphaja (5) Shleshmala Atyananda Karnini Acharana Aticharana Tridoshaja (5) Sarvaja Shanda Falini Mahati Suchivaktra	Vataja (11) Vataki Prakcharna Aticharana Udavruta Jataghni Antarmukhi Suchimukhi Sushka Vamini Shandi Mahayoni Pittaja (2) Paitiki Raktayoni Kaphaja (1) Shleshmiki Tridoshaj(1) Sannipatiki Vatapittaj(2) Lohitakshaya Paripluta Vatakaphaj2 Upapluta Karnini Krumija (1) Vipluta	Vataja Pittaja Kaphaja Sannipataja Raktaja Lohitakshya Sushka Vamini Khandita Antarmukhi Suchimukhi Vipluta Jataghni Paripluta Upapluta Prakcharana Mahayoni Karnini Nanda Aticharana	Vataja (5) Vatala Udavarta Vandhya Vipluta Paripluta Pittaja (5) Pittala LohitaKshara Vamini prasramsini Putraghni Kaphaja (5) Shleshmala Atyananda Karnini Acharana Charananandpurvika Tridoshaja (5) Tridoshini Shandi Andini Mahati Suchivaktra

Clinical Aspect	Morphological Aspect	Therapeutic Aspect
Suchimukhi-due to aggravation of vata yonidwara becomes small, anudara similar to hole of needle Antarmukhi- when a women indulges in sexual activity after overeating, vayu situated in yonisrotas gets pressed by food produces different types of pain and dyspareunia and corks the mouth of yoni Acharana- due to uncleanliness and not washing the area properly, kandu occurs due to jantu formation and naari becomes atinar kankshini. Yonikanda- vata, pitta, kapha and sannipataja yonikanda of various colours and lakucha/nikucha fruit akriti. Yoniarsa- yonimadhye, shape -mamsakilaka Yonishosha- acharya kashyapa has said yonishosha due to nasya in women immediately after menstruation. Yonishoola- due to vitiation of vata. Ekangaroga- Parisruta jataharini- when women having predominance of pitta withholds kshavathu and udgara vega, vitiated pitta with vayu causes Neela, pitta, asruka srava with pain in shroni, vankshana, prushtha, jwara and arti. Heena yoni- Kashyapa in giving the description of abnormalities of genital organs has mentioned the word 'Heena yoni' which denotes entire reproductive system. Yoni samvruti- it is a updarava of moodha Garbha, which leads to death of mother Phala yoni- Dalhana opines it condition where phala (anda) and yoni displaces from its normal position. उद्धतफलः स्थानादूर्ध्वगताण्डः, be ovary or raja उद्धतयोनिः स्थानादूर्ध्वगतयोनिः, अवृतयोनिः स्थानात् सस्तयोनिः Displacement can be upwards or downwards फलयोनिशब्देन समुदितेन गर्भाशयमाचक्षते here phalayoni whole can be taken as garbhashaya too. Heena yoni- underdeveloped yoni in females in which menstruation does not occur	In Yajurveda, yoni is word to denote kshetra (Garbhashaya) and word bhasat is used to denote female genital organs. In Atharva veda, it is used to denote entire reproductive system. Acharya charaka describes the word yoni for garbhashaya, yonidwara, bhagaoshtha, yonimarga etc. it is the moola for apatya. Shape- Shankhnabhi akriti Avarta- 3 Garbhashaya is attached in third avarta Nadi- 3 Samirani, chandramasi, gauri Shukra reaching samirani nadi becomes futile, shukra reaching chandramasi nadi leads to birth of female child while shukra reaching gauri nadi leads to birth of male child.	Nadi and fertility- At madanatapatra (clitoris) is mainly Samirani, shukra (semen) falling over it become futile. The woman having mainly Chandamasi in kandarpagheha (mid vaginal canal) is satisfied early with coitus and delivers female children. Sexual satisfaction to the woman possessing Gauri nadi in upasthagarbha (deep vaginal canal) is attained with difficulty and she usually delivers male children. In this way all 3 nadis play important role in sexual life and bearing child. Yoni picu- Phalayoni- kshara karma should not be done here Anuvassana and asthapana basti is indicated in yonishoola. Kaladushta yoni- Use of udumbara taila for yoni picu

In kashyapa Samhita Acarya kashyapa in lakshanadhyaya mentions shapes and different types of yoni and its effect related to progeny or certain physical and emotional attributes of women having that respective yoni.

Type of yoni	Effect/ Outcome
Shakatt- cart shaped yoni	good for progeny.
Peena-	Soubhagya-Carries good fortune
Lambat -Elongated,	patyavadhay -death of progeny
Mandala- rounded	vyabhicharnay- for whoredom
Utshipta -pushed upward cervix	anapatyatvay- for infertility
Suchimukhi - pinhole cervix	durbhagyay- for misfortune
Bhrisha vivrita sangvrita suska lamba vishama bilinga -excessively dilated vaginal canal, constricted, dry,elongated, uneven and vulva having absence of clitoris	kleshalavay-for anguish
Madhyanibida- vulva compact and dense in centre	kanya prajanannay-for birth of female child.
Unnata romaniya mamsala- protuberant beautiful and fleshy	putrajanmena- for birth of son.
Vyanjanvati- covered with spots and mole	dhanya- is virtuous
Atilomsha- very hairy	vaidhvyakari- for widowhood
Vyanjanhina-absence of spots and moles	Twayshase- for infamy.
Piplumadvasati- with corns and fat	vyabhicharprabrajyaye- is for whoredome and wandering

Uterine/ovarian arteries- Artavavaha dhamani

Functional Aspect	Morphological Aspect
Artava srava- between 12 to 50/60 years in females at proper time artavavahi dhamni by the action of vayu secretes artava which is slightly krishna in colour which is menstruated out of the body by yonimukha.	Adhogami dhamani- they are responsible to carry artava downwards. They are 2 in number

Musculature- Peshi:- Morphological Aspect-There are 20 extra peshi in female. They are 5 in each breast, 4 in Apatyapatha, 3 in garbhachhidra, 3 in shukra artava praveshini.

2. Terminologies related to menstruation

• As menstrual blood

(i) Asrika

Clinical Aspect	Functional Aspect
Asrugdara- excessive flow of asrika from apatyapatha	Cause of Amenorrhea-in pregnancy- Asrika srava does not occur
Rakta gulma- Due to dushti of asrika rakta gulma occurs	Menarche and Menopause- Asrika does not manifest itself before menarche (before 12 years of age) and after menopause (after 50 years of age)
Rakta yoni- Excessive flow of asrika	

(ii) Artava

Clinical aspect	Functional aspect	Morphological aspect
Artavadushti- 8 types of artava dushti Kashtartava- flow of menstrual blood along with pain Artava vruddhi- atiartava pravrutti, angamarda and daugandhya are the symptoms Artava kshya- yonivedana and non-appearance of menstruation at proper time are the symptoms Nashtartava- menstruation does not occur Vandhya- Artava nasha is the characteristic feature (su.u.38/10) Shandi- Due to nasta artava or artava dosha Shandi type of yonivyapada occurs Klebya- Due to artava dosha impotency occurs	Artavasrava- at a particular time (rutobhavam) in month artava is menstruated in form of bleeding which is slightly blackish, unusual smell and digested blood mixed with vayu. Sushruta also mentions this process by highlighting the action of vayu to take artava to apatyapatha for menstruation. Formation- in context of formation of artava and shukra it is said that it forms from rasa dhatu usually in a month. Formation from Rasa- artava is formed from rasa in female Formation from Rakta- Formation from Ahara rasa- As Upadhatu-	Shuddha artava Varna- Shashasruka, Laksharasa and its stain doesn't remain on cloth after washing. Gunjaphala, padma, alaktaka sannibha, indragopa. Gandha-Matra- 4 Anjali

(iii) Lohita

Clinical Aspect- In case of false pregnancy seen in raktaja gulma, if it is diagnosed by unintelligent then he assumes retention of menstrual blood is due to pregnancy.

(iv) Raja

Clinical Aspect	Functional Aspect	Therapeutic Aspect
Raja kshaya- Asrugdara- Excessive flow of Raja Pradara- raja is expelled out in more quantity Unmada- rajaswala abhigamana i.e. having intercourse with rajaswala stree causes Unmada, Alakshmi Udavarta yonivyapada- frothy raja is menstruated out with pain and difficulty are the symptoms Karnini yonivyapada- Path of Raja (rajamarga) gets obstructed Lohitakshya yonivyapada- Due to vitiation of vata- pitta raja gets diminished. Garbha vikruti- if conception occurs just after menstruation then garbh vikruti occurs.	Raja formation- Rakta forms raja after 12 years of age in females. Menstrual cycle- After menstrual cycle (purana raja) is over new cycle starts. Rasa Forms Raja- Every 28 days raja is formed from rasa	Raja pravartini vati- used in painful menstruation due to obstruction of raja by vayu and other factors.

(v) Rakta

Clinical Aspect	Functional Aspect	Morphological Aspect	Therapeutic Aspect
Rakta gulma- Rakta gets	Rakta srava- at the end of month rakta remaining	Menstrual blood- Colour-	Conception- when menstruation (rakta

obstructed due to vitiation of vata and causes pregnancy like symptoms	in adhogami dhamani is expelled out by the action of vayu having slight blackish colour and foul smell.	blackish red Smell- Foul and bloody	srava) is over, one should avoid coitus for atleast 3 nights for the birth of healthy progeny.
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(vi) Shonita

Clinical Aspect	Functional Aspect
Rakta gulma- Shonita gets obstructed by vayu in rakta gulma.	Shukra shonitayor bandha- symptom of pregnancy.

- **As ovum**

(i) Asrika

Clinical Aspect	Functional Aspect
Abnormality of fetus- due to abnormality of asrika Multiple pregnancy- Due to division of sukhra and asrika.	Normalcy of fetus- depends upon normalcy of asrika

(ii) Artava

Functional aspect	Morphological aspect
Presence of artava- Artava will present in a girl from the birth but its maturation will occur at a specific time just like flower attains its fragrance and fruit becomes sweet upon maturing. For formation of Garbha- Shukra enters the garbhashaya and unites with artava to form garbha. For formation of Garbha- characteristics of artava is mentioned having same characteristics as blood. For formation of Yamala Garbha (Multiple pregnancy)- Vayu is responsible for multiple division of Shukra and Artava For sex determination- Artava bahulya leads to female child. Retaining of Artava- Healthy and Kapha prakruti women will retain artava for long time compared to opposite Artava as an ovum when stating the movement of Artava during conception it is compared to ghee liquefaction when it comes in contact with heat/fire. In reference to ovulation, acharya vagbhata says that healthy and kapha constitution women will retain artava for long time while those of opposite Qualities will not. In context of ovulation, acharya Sushruta says that rutukala (ovulation) is 12th night from menstruation.	Nature- Agneya In context of conception, it is mentioned that shukra is predominant of apa mahabhuta while artava is predominant of agni mahabhuta while others in minute form.

(iii) Pushpa

Clinical Aspect	Functional aspect	Morphological Aspect	Therapeutic Aspect
Shushka revati- A girl aged 16 or older who has never menstruated, often accompanied by significant	Sex differentiation- in pushpakaal (ovulation period), it is advised	Acharya kashyapa mentioned the	Pushpa dosha chikitsa-

emaciation (lean shoulders/hips) and low libido or underdeveloped sex characteristics. Katambhara- characterized by a woman never having her menses (menstruation). Pushpaghni- characterized by regular menstruation without ovulation Vikuta- Durdhara- refers to abortions occurring in the first trimester, particularly when the fetus or its parts are not distinctly formed.	for coitus in even days for male child while in odd days for female child. ¹⁴⁸ Healthy progeny- after pushpa pravrutti one should follow rules of rutumaticharya like cleaning, bathing etc and then proceed for conception.	word pushpa as menstruation and he also describes various jataharini related to pushpa.	Nashta pushpantaka Rasa- used in case of ammenorrhea
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(iv) Beeja

Clinical Aspect	Functional Aspect	Morphological Aspect
Yonivyapada- Due to beeja dosha and garbhashaya dosha yonivyapada occurs. Garbha vikruti- Any defect in beeja, beeja bhaga and beeja bhaga avayava leads to gabha vikruti. Teratological defect- when portion of beeja which produce genital cells of fetus gets vitiated then offspring will be dwiretas. Normal or abnormal progeny- formation of proper organ system depends on bija, atma, ashaya, kaala, ahara, vihara. Hereditary defect- if portion of beeja responsible for formation of particular organ is vitiated then it will result in vitiation of that respective organ. Congenital defect- any defect in bija, bijabhaga, bijabhaga avayava, bija amsha leads to vandhya, putipraja, varta in female while vandhya, putipraja and trinaputrika in male. Shandi yonivyapada- vitiated vata in pregnancy (vata upatapa) causes beeja dosha leads to shandi	For garbhadhana- Garbha utpadaka samgri are rutu, kshetra ambu and beeja. Sex differentiation and twin pregnancy- if rakta is more then female child is born, if shukra is more then male child is born and if both beeja is divided by vayu then twin pregnancy occurs and their sex is also determined by this process. Twin pregnancy- beeja is divided by vayu to form multiple fetus.	Beeja word is used to describe ovum as it is used only in terms of reproduction.

(v) Lohita- **Morphological Aspect-** Karmapurush:- it is formed by the union of atma, lohita, shukra and panchamahabhuta along with consciousness.

(vi) Raja

Clinical Aspect	Functional aspect
Vamini yonivyapada- Raja mixed with shukra comes out in form of bleeding with difficulty.	Due to gradual increase of raja in females at menarche, Stana, garbhashaya and yoni develops. Panchbhautika formation in Zygote- panchmahabhuta are derived from raja and shukra and then garbh gets its nourishment from ahara rasa.

(vii) Rakta

Functional Aspect	Therapeutic Aspect
Garbh utpadana- rakta is mentioned in context of progeny in Garbha utpadana process Formation of body parts- Shukra unites with rakta to form body parts of fetus and further division is guided by prana.	Conception:- Position of men and women during intercourse can affect the development of child so particular position is advised to avoid this.

(viii) Shonita

Clinical Aspect	Functional aspect
Nagodara- abnormality of fetus due to shonita Shonita dushti leads to Garbha vikruti Vandhya- if a part of shonita responsible for formation of garbhashaya is vitiated, female child will be sterile.	Shukra and shonita are present since childhood in male and female respectively. Garbhadhana- women should have healthy garbhashaya and shonita along with optimum shukra for garbhadhana. Union of shukra and shonita forms embryo. Prakruti- after fertilization shukra and shonita plays a major role in formation of prakruti.

Rutu

Functional Aspect	Morphological Aspect
Ritu chakra- The period extending from the beginning of Artava darshana (menses) to the beginning of the next one is called Ritu Chakra. It has been given of one month of interval by all Acharyas. Dharma Shastra has mentioned as Ritu Chakra Kala of 21 days. This difference may be due to changes in Desha, Kala and Prakriti of the individual.	Garbha utpadaka samagri- Rutu is mentioned first along with ksetra, ambu and beeja, which are responsible for the formation of Garbha.

Stages of Ritu Chakra

The entire period of one month of ritu chakra is divided into three phases.

Ritu Chakra	Duration	Dosha Pradhanya
1. Rajasrava Kala	3 days 3 nights 5 nights 7 days 3 days (excess), 5 days (medium), 16 days (scanty) (B.P)	Vata Pradhana kala
2. Ritu Kala	12 nights 12 nights or 16 nights or whole month 16 nights 12 nights for brahmin, 11 nights for kshatriya, 10 nights for vaishya and 9 nights for others According to Vagbhatta if Yoni, Garbhashaya and artava are healthy, it may be entire month.	Kapha Pradhana kala
3. Ritu vyatita Kala	As lotus flower closes after sunset, similarly after Ritu Kala, Yoni of women gets constricted and does not accept Shukra (it does not permit entry of Beeja into uterus). It means that internal os remains open	Pitta Pradhana kala

	during Ritu Kala and closes after end of Ritu Kala. After rituvyatita kala, the artava becomes agneya as this stage is dominated by pitta.	
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D. Applied Anatomy of female reproductive components related to Prognosis

Morbidity	Sukha Sadhya	Kruchha Sadhya	Yapya	Asadhya
Yonivyapada	Vataja, Pittaja, Kaphaja, Udavartini, Prakcharana, Vamini, Arajaska	Antarmukhi, Suchimukhi, Shushka, Raktayoni, Karnini,	Vandhya, Vipluta,	5 yonivyapada- (s.u.38/20) Sarvaja, Shanda, Falini, Mahati, Suchivaktra, Putraghni
Asrugdara	Vataja, pittaja, kaphaja	Sannipataja	-	-
Artava dushti	Vataja, pittaja, kaphaja, raktaja	Granthibhuta, putipuya, kshina	-	Muta-purisha Gandhi
Yonikanda	Vataja, pittaja, kaphaja	Sannipataja	Sannipataja	-

Applied anatomy related to Age:- Vayo-Vivechana in Stree

Acharya	Age of Menarche (Rajodarshan)	Age of Menopause (Artava naasha)
Sushruta	12 years	50 years
Dalhana	Above 12 years	Above 50 years
Vagbhatta	Above 12 years	50 Years
Parashara	Above 10 years	-
Kashyapa	16 years	-
Arunadatta	11-12 years	-

E. Applied anatomy related to vihara^[183]

Restricted activities during Rajakala for Rajasvala	Its effect on Progeny
Divaswapna (day-sleeping)	Swapna-sheelata (excessive sleepy nature)
Anjana (application of eye preparations)	Andhatva (blindness)
Rodana (weeping)	Vikrita drishti (abnormality of vision)
Snananulepana (bathing and anointments)	Dukhasheelata (depression)
Taila-abhyanga (oil massage)	Kushtha (Skin Disorders)
Nakha-apakartana (removal of nails)	Kunakhi (Deformity of nails)
Pradhavana (running)	Chanchala (fickle mindedness)
Hasana (laughing)	Shyama danta, oshtha, talu, jihva (black colour of teeth, lips and tongue)
Atikathana (excessive talking)	Pralapa (over talkativeness)
Ati shabda-shravana (excessive hearing)	Badhira (deafness)
Avalekhana (combing)	Khalitya (baldness)
Marutayasa sevana (exposure of air and exertion)	Unmattata (insanity)
Bhumi-khanana (digging of earth)	Skhalana (falling while walking)

Effect of Intercourse observed in Rajakala on Progeny

Day of Menstruation	Effect on Progeny (Sushruta)	Effect on Progeny (Kashyapa)
First	Death immediately after delivery	Vata garbha, Viphalavatapushpa
Second	Death in Sutikagruha	Sramsana, Chyavana
Third	Asampurna anga and Alpa ayu (short lived with defective body parts)	Death in Sutikagruha or short lifespan, defective body parts
Fourth	Sampurna anga and Dirgha ayu (fully developed healthy child)	-

Acharya Sushruta explains that ascend and transmission of shukra is disturbed in menstruation. Upon reaching site of fertilization, it is obliterated just like a light object thrown against the water current in flowing river cannot reach upwards. Hence intercourse during first three days of menstruation is contraindicated.

Effect of intercourse observed during Rajakala on Husband

Acharya Bhavaprakasha opines that if intercourse was observed on any day or specifically on first day of menstruation the ayu (life span) of husband deteriorates associated with vision (drishti) and vigour (tejas).

F. Congenital disorders related to female reproductive components

Vandhya- due to shonita and garbhashaya beeja bhaga dosha.

Putipraja and Varta- due to garbhashaya beeja bhaga avayava dosha.

Vakri- due to fault in reaching of shukra to garbhashaya.

Napunsaka- due to equal parts of shukra and artava napunsaka occurs. Its shape is similar to arbuda during 2nd month of development.

Shandi- due to shonita and garbhashaya beeja bhaga dosha

Suchimukhi- due to vitiation of vata in mother, vata enters her garbhashaya, reaches garbhashaya of female fetus and causes narrowing of its orifice. Sushruta defines this condition as suchivaktra

Heena yoni- Kashyapa in giving the description of abnormalities of genital organs has mentioned the word 'Heena yoni' which denotes entire reproductive system.

Garbha vikruti- if conception occurs just after menstruation, then garbh vikruti occurs.

G. Simile related to female reproductive components

Structure	Simile used in the context
Animal	- Rohita Matsya mukhakara- Shape of Garbhashaya - Shashasruka- Shuddha Artava varna - Indragopa- Shuddha Artava varna - Matsyakara- Shape of Garbhashayya
Flower	- Padma- Shuddha Artava varna - Artava will present in a girl from the birth but its maturation will occur at a specific time just like flower attains its fragrance upon maturing.
Fruit	Artava will present in a girl from the birth but its maturation will occur at a specific time just like fruit becomes sweet upon maturing.
Plant	- Laksharasa- Shuddha Artava varna - Vata patra/ Smarat patra-Pippala leaf- Shape of Bhaga
Others	- Tapta Suvarna- Shuddha Artava varna - Shankh nabhi akruti- Shape of Yoni - Suchimukh- Suchimukhi yoni - Ghee- Artava as an ovum is compared to ghee liquefaction when it comes in contact with heat/fire.

Simile



Discussion on Applied Anatomy of Female reproductive components

Components of female reproductive system can be divided into.

(i) Internal organs

(ii) External organs

Internal organs include- ovaries, fallopian tube, uterus, cervix, vagina

External organs include- pelvis, vestibule, mons pubis, labia majora, labia minora, clitoris.

Context of all the Terminologies used in ayurveda and their modern correlation

Female reproductive components	Terminologies mentioned in classics	Context of the terminology
Ovary	Antargata phala	Covering of ovary, homogeneous to penis and scrotum in male
	phala	Phalayoni, treatment of prolapse of uterus, kshara karma contraindication, genesis of specific structures
Fallopian tube	Artavavaha srotas, artava vahi dhamani	Srotas Viddha lakshana,
Uterus	garbhashaya	Location, shape, anatomical relation, position, moola sthana, jaratyuja bhutagrama, Garbha marga, Garbha chhidra, garbhadhana samagri, garbhashaya gata sira, Yonivyapda like- arajaska, vamini, mahayoni, asruja. Phalayoni, moodha Garbha, shoola, spontaneous abortion- Garbha srava, yonivyapada hetu, uterine prolapse, conception- garbhadhana, nutrition of fetus- Garbha poshana, fertilization, 8 th ashaya in females, excellence of progeny, garbhashaya vishuddhi, Uttara basti
Uterine cavity	Garbha koshta	Position of fetus in pregnancy,
Endometrium	Garbha kosha	Menstruation process, location of Garbha
Cervix	aparamukha	Normal labor
Vaginal canal	apatyapatha	Normal labor, obstructed labor, arsha, pradara, asrugdara, prasava, peshi, moodha Garbha chikitsa
Mid vaginal canal	kandarpageha	Fertility, birth of female children, satisfaction during intercourse
External genitalia	Bhaga	Measurement in male and female, Bhagandara, sandhi sharira- samudga sandhi, bhagasthi- number of bones is 1
	Guhya	Site and Prognosis of Vrana and shotha, upadrava of shotha
	Upastha	Asrugdara, karmendriya, brahmacharya
	Apatyapatha	Menstruation, arsha, prasava, pradara
Pelvis/ pelvic cavity	Shroni	Shroni shohla, shroni bheda, shroni bhagna, moodha Garbha, sthana of vata, pramana, sandhi, types of sandhi, avedhya sira, marma, ghrita manda anuvassana in shroni vedana and shoona, basti in shroni graha, sira vedha in ghrudrasi
	Trika	Trika graha, trika shoola,
Whole reproductive system	Yoni	Size, shape, dimension, injury to yoni, 20 yonivyapda, ekangaroga due to vata dosha, jataharini, yoni samvritti, phalayoni heena yoni, moola for apatya, fertility, types of yoni and its effect on progeny, yonilinga is mentioned in pandu upadrava, swelling in guda, sepha and Mushka, yonipichu, kaladushta yoni
Clitoris	Yonikarnika	Fertility, presence of 2 peshi
Menstrual blood	Artava	Characteristics of menstrual blood, definition of menstrual blood, quantity of menstrual blood, total time of production, sign and symptoms of primary amenorrhea, sign and symptoms of shandi yonivyapada, cause of kleibya
	Raja	Udavarta yonivyapada, karnini yonivyapada, lohitakshya yonivyapda, ovulation (rutumati), formation of menstrual blood from rasa and rakta, rajovaha sira, defect caused in baby due to conception just after menstruation, pradara,

	Asrika	Age of Menarche and Menopause, cause of amenorrhea apart from pregnancy, complication of rakta gulma, rakta yoni
	Rakta	Formation of rakta gulma, conception, menstruation period, menstrual cycle, avoidance of conception just after menstruation
	Lohita	In case of false pregnancy diagnosis
	Shonita	Pathogenesis of rakta gulma, immediate symptoms of pregnancy (sukra shonitayor bandha)
	Rudhira	Menstruation
Ovum	Artava	Multiple pregnancy, fertilization, formation of embryo, conception, sex differentiation, ovulatory cycles, ovulation period, movement of ovum during conception
	Raja	Panchabhautika formation of Garbha, vamini yonivyapada,
	Asrika	Normalcy of fetus, Abnormality of fetus, multiple pregnancy
	Rakta	Conception- women's position during coitus may affect the child, progeny- garbhautpadana, formation and development of body part of fetus
	Lohita	Formation of karma purush
	Shonita	Fertilization- healthy garbhashaya, shonita and shukra, definition of Garbha, process of fertilization, abnormality in female fetus after birth, hereditary defect, formation of prakruti after fertilization, nagodara, formation of vandhya- female child, presence of ovum since childhood
	Pushpa	Sex differentiation, ovulation period, context of progeny, ritucharya regimen, pushpadosh chikitsa, jataharini
	Beeja	Sex differentiation, twin pregnancy, teratological defect, normal and abnormal progeny, formation of proper organ system, hereditary defect, main causes of yonivyapada, shandi yonivyapada, congenital defect in baby due to beeja, beejabhaga, beeja bhaga avayava dosha, beeja amsha dosha in vandhya, putipraja, varta in female while vandhya, putipraja and trinaputrika in male.

Modern correlation of applied anatomy of each components

Female reproductive component	Ayurvedic terminology	Modern correlation
Ovary	Its 3 coverings	3 layers of ovary-germinal epithelium, tunica albuginea, stroma (cortex and medulla)
Fallopian tubes	Artava vaha srotas viddha lakshana	- Dyspareunia - Secondary Amenorrhea - Secondary infertility
Uterus	- Prasava - Moodha Garbha - Arajaska - Mahayoni - Asruja - Garbha srava - Shukra shonita sanyoga - Garbha poshana-	- Normal labor - Obstructed labor - Secondary amenorrhea - Uterine prolapse - Menorrhagia - Spontaneous abortion - Process of Fertilization - Nourishment of fetus through

	upasneha, upasweda and nabhinaadi	diffusion in first few months and via umbilical cord later
Endometrium	• Rajovahasira	• Capillaries of endometrium
Vaginal canal	• Pradara, asrugdara • Prasava • Moodha garbha • 4 angula ayama	• Menorrhagia • Normal labor • Obstructed labor • 7 to 10 cm length
External genitalia	• Bhagandara • Guhya shotha • Guhya vrana	• Fistula • Inflammation • Perineal abcess/injury
Pelvis	• Trikagraha • Trikashoola • Shroni bhagna	• Lumbo-sacral stiffness • Lumbo-sacral backache • Pelvic fracture
Whole reproductive system	Yonivyapda- • Vatiki • Paitiki • Shleshmiki • Sannipatiki • Lohitakshara • Udavartini • Paripluta • Upapluta • Acharana • Aticharana • Prakcharana • Vandhya • Karnini • Putraghni • Antarmukhi • Suchimukhi • Shandi • Shushka • Mahayoni • Yonikanda	• Oligomenorrhea, Atrophic vaginitis • Acute vaginitis, Pelvic inflammatory disease • Leukorrhea, Candida vaginitis, Chronic cervicitis • Pelvic inflammatory disease • AUB/DUB, Menorrhagia • Primary dysmenorrhea • Cervicitis, Pelvic inflammatory disease • Pregnancy associated leukorrhea, vaginitis • Vaginitis • Vaginitis, dyspareunia • Dyspareunia • Primary infertility • Cervical polyp • Recurrent/ spontaneous abortion • Retroverted uterus • Cervical stenosis • Congenital hypoplasia of genital tract/ genital dysgenesis • Vaginal dryness, dyspareunia, atrophic vaginitis • 3* Uterine prolapse/ procidentia • Uterine polyp

SUMMARY AND CONCLUSION

After completing the research work entitled “Applied anatomy of female reproductive components in ayurveda” the study may be summarized as below.

The whole Ayurvedic texts has been developed for the benefit of mankind. Ayurveda Ancestors mentioned various structures, entities and concept according to their importance

and when its necessary. Hence, applied aspect that is designated to be carried out in this work has become maximum up to 318 where extreme related are emphasized.

Applied anatomy of all these components was discussed under 4 platforms- Clinical aspect, Functional aspect, Morphological aspect and Therapeutic aspect. Approximately 318 applied anatomy were found with 110 for Clinical aspect, 64 for Functional aspect, 69 for Morphological aspect and 75 for Therapeutic aspect respectively.

Female reproductive components	Morphological aspect	Functional aspect	Clinical aspect	Therapeutic aspect
Ovary	2			
Fallopian tube	1	1	5	1
Uterus	15	8	11	6
Cervix	1		1	
Vaginal canal	4	4	3	2
External genitalia	8	4	6	2
Pelvis	8	2	6	3
Whole reproductive system	22	1	39	20
Menstrual blood	6	13	22	2
Ovum	4	22	17	3
Menstrual cycle	1	1		
Prognosis				36
Other	5	2		
Total = 318	69	64	110	75

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