



APPLIED ANATOMICAL CONSIDERATION OF TARUNASTHI AS PER AYURVEDA

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**ABSTRACT**

The *Shareera Rachana* is necessary for related health sciences. It is an essential branch of study in any aspect of health science. Acharyas gave the knowledge of Rachana Shareera importance like *Charak*, *Sushruta* and *Vagbhata*. The human body is mainly supported by "Asthi," which is *Dharan* of the body. In *ayurvedic* science, *Tarunasthi* can be understood as a bone equivalent to the cartilage mentioned in modern health science. It is related to the five Asthi varieties: *Kapalasthi*, *Ruchkasthi*, *Tarunasthi*, *Valayasthi*, and *Nalakasthi*. *Tarunasthi* locations mentioned in the *Ayurvedic* text are *Ghrana*, *Karna*, *Greeva*, and *Akshikosha*. The concept of *Tarunasthi* is an essential concept of *Ayurveda*. This is because *Tarunasthi* is not included under *Asthi* in modern science. Because of that, a deep study of *Tarunasthi* became necessary. The applied part of *Tarunasthi* and its significance in *Shareera* have been discussed in this article.

Keywords: Asthi, Tarunasthi, Clinical importance.

INTRODUCTION

Detailed knowledge of body parts is essential for healthy living and improvement. *Shareera* provides complete information about these constituents of the body. So, the study of *shareera* is necessary for any medical science.

The *Asthi*, or essence of the body, supports the human body in the same way that the core of a tree supports ^[1]. The bones do not become molded even as the muscles, skin, and other soft tissues break down. *Asthi*, with the assistance of *Sira* and *Snayu*, is bounded by "*Mamsa-inda*," which is incapable of collapsing or developing prolepses due to its patronage. Thus, these are important. As they function as levers for muscle movements, every human movement is a property of the *Asthi*.

Five varieties of "*Asthis*" have been defined: *Kapalasthi*, *Ruchakasthi*, *Tarunasthi*, *Valayasthi*, and *Nalakasthi* ^[2]. The concept of "*Tarunasthi*" is a genuine *Ayurvedic* concept. This is because *Tarunasthi* is not included under *Asthi* (bones) in modern anatomy. Hence, a deep study of *Tarunasthi* becomes necessary. *Tarunasthi* is present in *Ghrana*, *Karna*, *Greeva*, and *Akshi-kosha* ^[3]. Though specific locations of *Tarunasthi* have been mentioned in *Ayurvedic* texts, these are found all over the body.

AYURVEDIC REVIEW

TARUNASTHI

Tarun (meaning) - *Komal*, *Mulayam*, *Navin*, *Taja*, *Saras* ^[4].

- Type of *Asthi*
- *Tarunam-Asthi*
- *Komal – Asthi* ^[5].

Locations of *Tarunasthi*

The locations of *Tarunasthi* are mentioned in the *Sushruta Samhita* 5th chapter 22 sloka of *shareera sthana* and *Ashtanga sangraha sharir* 5/72. The locations are *Ghrana*, *Karna*, *Greeva*, and *Akshikosh*.

Ghana

One of the "*Buddhindriya*" (Sense organ) is *Ghrana*. It contains some of "*Parthivatva*". Because it maintains and considers smell, it is known as "*Ghrana*". Its material is *Pruthivi*; its location is *Nasika*; its matter is *Gandha* (scent); its sense of smell is "*Indriyab-*

uddhi." There are two nasal apertures that are known as "*Bahirmukh srotasa*" in this area, which is that external openings are located ^[6]. It is also one of *Kaphadosha's* locations.

Air conduction to the lungs also becomes easy and straight by *Nasa* or *Nasika*, located in *Ghranendriya*. So, it is a part of the respiratory system. It is also called *Nasika*, an example of an upper organ or "*Sheersha pratyangam*." There are two *Nasarandhras*, part of the nine "*Bahirmukh srotasa*." *Nasika* is one of the locations of the sense organ, i.e., *Ghrana*. It measures about four *Anguli* in length ^[7].

Karna

It is a sensory organ at the location of *Jatrurdhva*. *Shrotrendriya* has a site in *Karna*. Its length is around four *Angula*. It is sometimes pierced in women and children for jewelry purposes. Some well-known synonyms for the ear are *Karna*, *Shravana*, and *Shrotra*. It is where *Shrotrendriya* lies. It has been referred to as the hearing organ. *Acharya Charak* mentioned *Karnashashkuli* or *Karnashashkulika* (*Pinna*) in 56 *Pratyangas* (organs) ^[8]. *Karnashashkuli* consists of *Tarunasthi*, which is covered by a thin coat of *Twacha* and *Mamsa*. It is attached to the lateral side of *Shankhasthi*, i.e., the temporal bone. It is pinna-shaped, called the pinna of the ear or an auricle.

Karnaputraka (bahyakarna)

It is a *Pratyanga* (a part of the external ear) in the body. There are two of these, one on each side. A little, triangular, curved flap called a *karnaputrika* extends backward over the meatus opening. It is also called *tragus*. *Karnapali*, or ear lobule, is the lowermost dangling part of the external ear. It is pierced through the *Daivakruta* hole for jewelry purposes ^[9].

Greeva

Greeva, also known as *Manya*, is a *Pratyanga* of the body. Four *Angula* define *Greeva* and *Drushtimandala*. It is located below the head. The circumference of *Greeva*, according to *Maharshi Sushruta*, is twenty *Angula*. There are sixty-three bones in *Greeva* and above its head.

Akshikosh

The following terms are mentioned in a variety of Ayurvedic texts. These have been used as similar or synonymous parts of the eyelids. *Netrakosh*, *Netracchadan*, *Netraputa*, *Vartma*, *Vartmakosh*, *Vartma-patala*, *Vartma-mandala*, *VartmaMandaltarunasthi*, *Vartma-sandhi*, *Vartmashuklasandhi*, *Akshikosh*, *Akshiputa*, *Akshibandhani*, *Vartma*, *Vartma-Kosh*, and *Vartma*^[10]. *Sushrutacharya* stated the word *Akshikosh* during his description of *Tarunasthi's* locations. "*Akshikosh*" denotes a saccular structure. Tarsal cartilage is one cartilaginous structure found here because *Tarunasthi* is located here. *Akshikosh* is just an eyelid if it is a saccular, cartilaginous structure.

DISCUSSION

Tarunasthi and the cartilage in modern science may be connected. Hyaline cartilage, fibrocartilage, and elastic cartilage are the three main types of cartilage. Hyaline cartilage makes up the *Ghrana* and *Greeva* cartilage. There is yellow elastic cartilage in the external ear. *Akshikosh* does not consist of fibrocartilage but includes a cartilage-like structure made of fibrous tissue. The structure known as the tarsal plate helps develop the skeleton of the eyelid. So, the Ayurvedic term *Tarunasthi* may refer to any of the three forms of cartilage: fibrocartilage, elastic cartilage, and hyaline cartilage.

Applied part of *Tarunasthi*

Many factors cause trauma to the bones. *Maharshi Sushruta* has considered this fact carefully and found that not all bones show the same trauma-related effects. As it is, *Acharya* specifically described the types of fractures that can occur in each bone, as given below.

- *Tarunasthi* – *Namayante*
- *Nalakasthi* – *Bhajayante*
- *Kapalasthi* – *Vibhidayante*
- *Ruchakasthi* – *Sphutyante*
- *Valayasthi* – *Sphutyante*

If the curable "*Kushtha*" (leprosy) is not treated, the vitiated *kaphadosha* will cause worms to grow. At the same time, these worms eat *Twacha*, *Rakta*, *Mamsa*, *Lasika*, *Sira*, *Snayu*, and *Tarunasthi*.

Raktaj Krumi, after multiplication, increases in abundance and starts eating to destroy various tissues of the body like *Twacha*, *Sira*, *Snayu*, *Mamsa*, and *Tarunasthi*.

A person's local *Vayu* becomes vitiated when they inhale irritating smells, sunlight, thread, grass, and other *Vayu* wreathing focuses. The nasal cartilage inflates, and any leftover *Vayu* becomes lodged and moves to "*Shrungatak*." This pathological disease, "*Bhrushkshava*," is characterized by sneezing as the transmitted *Vayu* returns. It is not acceptable to use both of the two types of *Kshara* (*Bahyaparimarjan* or *Antah-parimarjan*) on sensitive areas such as the throat, nails within the mouth, *Marma*, *Sira*, *Snayu*, *Sandhi*, *Tarunasthi*, *Sevani*, *Dhamani*, *Gala* (Throat), etc.

CONCLUSION

Tarunasthi is a type of *Asthi* according to Ayurveda. It is synonymous with the cartilage of modern science. The cartilage that is soft and flexible is only included in *Tarunasthi*. Compared to modern science, all three sites, i.e., hyaline and elastic cartilage, may be found in *Ghrana*, *Karna*, and *Greewa*. In this article, we described the clinical part of *Tarunasthi*.

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