

A comprehensive study on *Jathru Urdhwagata Peshi*- a cadaveric study.

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Abstract

Background: *Rachana Sharira* forms the foundation of medical science by providing a systematic understanding of the structure of the human body and its various components. One such topic is *Peshi Sharira* which describes its *Utpatthi*, *Nirukthi*, *Swaroopo*, *Karma*, *Sankhya* and distribution throughout the body. Differences in the description and enumeration of *Peshi* in Ayurveda and Contemporary sciences makes it essential for a systemic correlation.

Objectives: To review the literature on *Jathru Urdhwagata Peshi*, correlate the Ayurvedic numbering with modern anatomy through cadaveric study, and categorise the *Peshi* of the *Jathru Urdhwa* into the 12 *Swaroopo*.

Methods: Literature regarding the *Jathru Urdhwagata Peshi* was collected from classical Ayurveda texts, books of contemporary science, including journals, presented papers, and previous work done. Critical analysis of *Sankhya* and *Swaroopo* of *Jathru Urdhwagata Peshi* was carried out on cadavers with the help of cadaver dissection as per Cunningham's Manual of Practical Anatomy.

Results: The number of muscles identified was correlated with the numbering mentioned for *Jathru Urdhwagata Peshi* and all the 12 *Swaroopo* were found to be applicable to the muscles of head and neck.

Conclusion: The correlation was made by considering a single muscle, bilateral muscles, or a group of muscles depending on the regional anatomical characteristics and the classical enumeration. The difference in enumeration may be due to

consideration of group of muscles performing particular function as a single unit. Such studies help to bridge the conceptual understanding of *Peshi Sharira* in Ayurveda with contemporary anatomical knowledge and provide a basis for further research in Ayurvedic anatomy.

Keywords:

Peshi, Jathru Urdhwagata Peshi, Swaroopa, Head and neck

Introduction

Rachana Sharira deals with the life cycle of the *Sharira*, including its *Utpatti* (origin), *Sthiti* (sustenance), and *Laya* (dissolution). A sound knowledge of *Rachana* is fundamental for a *Vaidya* to practice *Chikitsa* effectively. Among the various concepts, *Peshi Sharira* is of particular clinical importance.

Peshi is defined as “*Mamsa Khanda*.”^[1] They are complex structures

composed of parts of *Mamsavayava* that are separated from one another.^[2] It is said to be elongated and are composed of *Mamsa*.^[3] During the development of *Garbha*, *Vayu* along with *Ushna Guna* enters the *Mamsa Dhātu*, further divides it and thus contribute in the formation of *Peshi*.^[4] Acharya Sushruta enumerates a total of 500 *Peshi* in males and 520 in females of which 400 are located in the *Shakha*, 66 in the *Koshtha* and 34 in the *Greeva Pratyurdhwa*.^[5]

Peshi helps in covering *Sira*, *Snayu*, *Asthi*, *Parva* and *Sandhi* to maintain them in its position and to provide strength.^[6] Acharya Sushruta has described 12 *Swaroopa* of *Peshi* namely *Bahala*, *Pelava*, *Sthoola*, *Anu*, *Prithu*, *Vritta*, *Hrisva*, *Deergha*, *Sthira*, *Mridu*, *Slakshna* and *Karkasha*.^[7] The distribution of *Jathru Urdhwagata Peshi* across different anatomical regions has been described differently by various authors (Table no. 1).

Table 1: Number of *Peshi* in *Jathru Urdhwa Pradesha* according to different Acharya

Regions	Sushruta ^[8]	Ashtanga Sangraha ^[9]	Ashtanga Hrudaya ^[10]	Bhavaprakasha ^[11]
<i>Greeva</i> (Neck)	4	10	10	4
<i>Hanu</i> (Jaw)	8	8	8	8
<i>Kakalaka</i> (Uvula)	1	1	1	1
<i>Gala</i> (Throat)	1	1	1	1
<i>Talu</i> (Palate)	2	2	2	2
<i>Jihva</i> (Tongue)	1	1	1	1
<i>Oshtha</i> (Lips)	2	2	2	2
<i>Nasa</i> (Nostrils)	2	2	2	2
<i>Netra</i> (Eyes)	2	-	-	2

<i>Ganda</i> (Cheeks)	4	8	8	4
<i>Karna</i> (Ears)	2	2	2	2
<i>Lalata</i> (Forehead)	4	2	2	4
<i>Shiras</i> (Head)	1	1	1	1
TOTAL	34	40	40	34

Modern anatomical literature describes the muscles of the head and neck according to their anatomical location, attachments, morphology and actions, with considerable variation in the reported number depending on the method of classification. These differences show that Ayurveda and modern anatomy explain body structures through different conceptual approach.

The muscles of the head and neck have significant functional and clinical relevance owing to their involvement in movements and functions essential for daily activities. Any injury or dysfunction of these muscles may lead to various clinical conditions such as Bell's palsy, Ptosis, Torticollis, Neck rigidity^[12] etc.

This study analyses the distribution and morphology of *Peshi*, compares the number and *Swaroop* provided in Ayurvedic literature with those in modern anatomy. This comparison helps to improve the understanding of *Peshi Sharira* and relates Ayurvedic principles with modern anatomical perspectives.

Aims and objectives

1. To study the literature on *Jathru Urdhwagata Peshi*.
2. To identify *Jathru Urdhwagata Peshi* by cadaver dissection.
3. To substantiate the number and *Swaroop* of *Jathru Urdhwagata Peshi* according to different

opinions in Ayurveda and Modern Science.

Materials and methods

Literature regarding the *Jathru Urdhwagata Peshi* was collected from Bruhatrayee, Laghutrayee and other textbooks of Ayurveda, books of contemporary science, including journals, presented papers, and previous work done, and was correlated and critically analyzed.

Critical analysis of *Sankhya* and *Swaroop* of *Jathru Urdhwagata Peshi* was carried out with the help of cadaver dissection as per Cunningham's Manual of Practical Anatomy.

Discussion

Peshi are formed by *Mamsavaya Sanghata*. Structurally, *Peshi* are elongated thread-like structure, with its *Mamsavayava* being separated from one another.

Mamsavayava can be considered as myocyte due to its fiber like elongated structure. In modern anatomy, endomysium covers individual muscle fiber which together forms fasciculi. Each fasciculus is surrounded by perimysium and the whole muscle is covered by epimysium which separates it from adjacent muscles. These coverings are structurally constituted by connective tissue.

Based on this description, *Peshi* can be considered as a muscle that has an integrated arrangement of muscle fibers.

Greevagata Peshi

Sushruta Samhita and Bhavaprakasha Nighantu mentions 4 *Peshi* and Acharya Vagbhata describes 10 *Peshi* in *Greeva*. A total of 31 muscles (on each side) were observed during dissection. Modern anatomy classifies the muscles of neck under 10 groups namely Superficial muscles, Infrahyoid muscles, Anterior vertebral muscles, Lateral vertebral muscles, Muscles of back of neck, Erector Spinae, Spinotransverse group, Interspinales, Intertransversarii and Sub occipital muscles.^[13] Considering group of muscles as a single unit, the classification of neck muscles described by Acharya Vagbhata demonstrates correspondence with contemporary anatomical classification.

Hanugata Peshi

The total *Peshi* told in *Hanu* is 8. Acharya Sushruta under the context of *Hanu Asthi* has mentioned that it is 2 in number^[14] which can be considered as *Urdhwa* and *Adho Hanu* representing maxilla and mandible respectively. Hence, the muscles associated with maxilla, mandible and assist in mandibular movements, including the suprahyoid muscles whose actions are mainly related with mandible and oral cavity can be included here. A total of 13 muscles were observed on each side namely Levator anguli oris, Depressor anguli oris, Risorius, Mentalis, Buccinator, Masseter, Temporalis, Lateral pterygoid, Medial pterygoid, Digastric, Stylohyoid, Mylohyoid, Geniohyoid.

Kakalaka Peshi

Acharya Sushruta in the context of *Sandhi* describes *Kakalaka* as *Galamani*.^[15] Hence it can be recognized as uvula. One *Peshi* is mentioned in this region and musculus uvulae can be considered.

Galagata Peshi

Peshi told in this region is 1. Amarakosha describes *Gala* as *Kantha*,^[16] thus, pharynx along with larynx is considered here. Based on the actions and attachments on pharynx, larynx, all the constrictor and longitudinal muscles of the pharynx, along with the intrinsic muscles of the larynx can be considered.

Talugata Peshi

In the *Talu* region, 2 *Peshi* are described. Amarakosha explains *Talu* as *Kaakuda*^[17] and Monier- Williams Sanskrit- English dictionary states *Kaakuda* as palate.^[18] Contemporary science mentions five muscles in this region namely tensor veli palatini, levator veli palatini, palatoglossus, palatopharyngeus, and musculus uvulae. Of these, the first two can be included here based on their actions on palate, while the others act on the tongue, pharynx, and uvula. Considering tensors of both the sides as one unit while the levators as another, makes a total of 2.

Jihwagata Peshi

One *Peshi* is told in *Jihwa*. 8 muscles were observed that are grouped as extrinsic and intrinsic. Since tongue is a skeletal muscular organ, Acharya might have considered whole of it as a single muscle.

Oshtagata Peshi

2 *Peshi* are described in the *Oshta*. Considering the actions on *Oshta*, 6 muscles can be considered namely- Orbicularis oris, Incisivus labii superioris,

Incisivus labii inferioris, Levator labii superioris alaeque nasi (labial part), Levator labii superioris, Depressor labii inferioris. Incisivus labii superioris and inferioris are considered to be a part of orbicularis oris.^[19] Hence the total corresponds to 4, comprising 1 orbicularis oris and 3 bilateral muscle groups, with each bilateral group considered as a single unit.

Nasagata Peshi

The total *Peshi* told in *Nasa* is 2. Procerus, nasalis, (compressor naris, dilator naris) depressor septi and nasal part of levator labii superioris alaeque nasi can be considered as these muscles help in various nasal movements.

Netragata Peshi

Sushruta Samhita and Bhavaprakasha Nighantu mentions 2 *Peshi* whereas Acharya Vagbhata has not given specific importance to *Netragata Peshi*. According to Acharya Sushruta, *Pishitashrita Mandala* of the *Netra* represents the second layer made up of muscles.^[20] Thus, intraocular muscles comprising of ciliary muscle, iris (sphincter pupillae, dilator pupillae) can be considered. Based on the function, ciliary muscles of both the eyes can be grouped as one and the iris as another, bringing the total to 2.

Gandagata Peshi

Acharya Sushruta and Bhavamishra describe 4 *Peshi* whereas Acharya Vagbhata describes 8 *Peshi* here. Dalhana in the context of *Pratyanga* mentions

Ganda as *Galla*.^[21] Hence zygomatic bone which is located in this region is considered. Zygomaticus major and Zygomaticus minor of each side can be considered here as it has got its origin from zygomatic bone, thus giving a total of 4 *Peshi*. Acharya Sushruta point of view on number of *Peshi* can be justified here.

Karnagata Peshi

Peshi mentioned in *Karna* is 2. Extrinsic and intrinsic group of muscles of ears were observed during dissection. Considering each group of either side as one entity, the total number becomes 2.

Lalatagata Peshi

4 *Peshi* are mentioned in *Lalata Pradesha* by Acharya Sushruta, Bhavamishra and 2 as per Acharya Vagbhata. Anatomically, forehead region is considered. Two frontal bellies of occipitofrontalis along with the bilateral corrugator supercilii which are located in this region can be included making a total of 4 which is similar to the number given by Acharya Sushruta.

Shirogata Peshi

Peshi in this region is 1. Amarakosha mentions *Shiras* as the region where *Kesha* is present.^[22] Hence, head region is considered. Based on the anatomical position and action, the epicranial muscle (occipital belly of occipitofrontalis, temporo parietalis) can be considered. It is taken as a single entity, hence bringing the total to one.

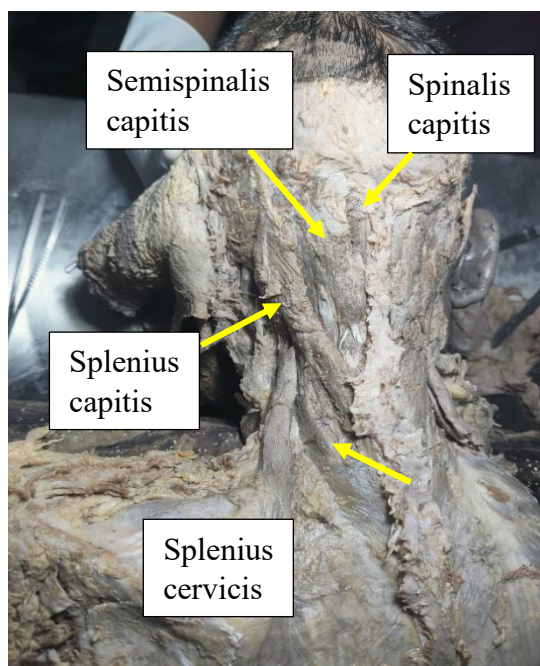


Figure 1: *Greevagata Peshi*

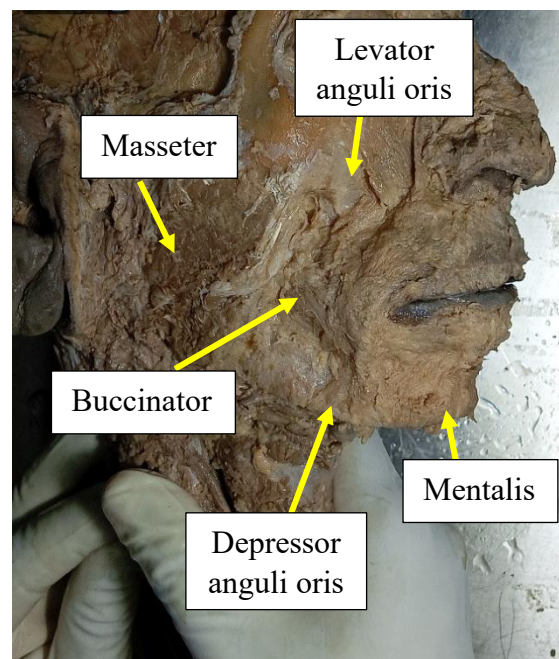


Figure 2: *Hanugata Peshi*

Discussion on *Swaroopa* of *Peshi*

In the classical texts, 12 *Swaroopa* of *Peshi* have been described. Each *Swaroopa* is further explained by Dalhanacharya and Ghanekar commentary describes the respective meanings (Table 2). In the present study, the muscles of head and neck have been categorized into 12 *Swaroopa* by considering their size and shape.

Table 2: Classification of *Swaroopa* of *Peshi*

<i>Swaroopa</i>	Dalhana ^[23]	Ghanekar ^[24]	Muscles
<i>Bahala</i>	<i>Bahutara</i>	Large	Platysma, Temporalis
<i>Pelava</i>	<i>Alpa</i>	Slender	Omohyoid, Longus capitis, Longus colli, Scalenus posterior, Spinalis cervicis, Spinalis capitis, Longissimus capitis, Longissimus cervicis, Iliocostalis cervicis, Semispinalis cervicis, Rectus capitis posterior minor, Levator anguli oris, Risorius, Digastric, Stylohyoid, Geniohyoid, Longitudinals (pharynx), Tensor veli palatini, Levator veli palatini, Styloglossus, Palatoglossus, Incisivus labii superioris, Incisivus labii inferioris, Levator labii superioris alaeque nasi, Levator labii superioris, Zygomaticus major, Zygomaticus minor, Corrugator supercilii
<i>Sthoola</i>	<i>Vipareeta</i> of <i>Sookshma</i>	Stout, thick	Sternocleidomastoid, Scalenus medius, Splenius capitis, Splenius cervicis, Semispinalis capitis, Masseter, Lateral pterygoid, Medial pterygoid, Genioglossus, Hyoglossus, Depressor labii inferioris, Occipitofrontalis

<i>Anu</i>	<i>Sookshma</i>	Minute	Mentalis, Musculus uvulae, Depressor septi, Ciliary muscles, Iris, Intrinsic muscles of Ear
<i>Prithu</i>	<i>Visteerna</i>	Flat, Broad	Platysma, Sternohyoid, Sternothyroid, Trapezius, Depressor anguli oris, Buccinator, Temporalis, Mylohyoid, Procerus, Extrinsic muscles of Ear, Temporo parietalis
<i>Vritta</i>	<i>Vartula</i>	Dome shaped	Constrictors of Pharynx, Orbicularis oris, Nasalis
<i>Hrisva</i>	<i>Adeergha</i>	Short	Thyrohyoid, Rectus capitis anterior, Rectus capitis lateralis, Rotatores, Multifidus, Interspinales, Intertransversarii, Rectus capitis posterior major, Rectus capitis posterior minor, Obliquus capitis inferior, Obliquus capitis superior, Depressor anguli oris, Lateral pterygoid, Intrinsic muscles of larynx, Depressor labii inferioris, Procerus
<i>Deergha</i>	<i>Ayata</i>	Long	Sternohyoid, Omohyoid, Longus capitis, Longus colli, Scalenus anterior, Scalenus medius, Scalenus posterior, Splenius capitis, Splenius cervicis, Spinalis cervicis, Longissimus capitis, Longissimus cervicis, Iliocostalis cervicis, Semispinalis cervicis, Semispinalis capitis, Digastric
<i>Sthira</i>	<i>Kathina</i>	Firm	Sternocleidomastoid, Thyrohyoid, Rectus capitis anterior, Rectus capitis lateralis, Obliquus capitis inferior, Obliquus capitis superior, Masseter, Medial pterygoid
<i>Mridu</i>	<i>Komala</i>	Delicate	Musculus uvulae, Incisivus labii superioris, Incisivus labii inferioris
<i>Slakshna</i>	<i>Sparshasukha</i>	Smooth	Ciliary muscles, Iris
<i>Karkasha</i>	<i>Vipareeta of Sparshasukha</i>	Rough	Skeletal muscles

Conclusion

The elongated, fiber like *Mamsavayava* described in the context of *Peshi* can be correlated with myocytes. Their organization into fascicular units and association with connective-tissue coverings provides a basis for interpreting *Peshi* as a muscle.

According to the classical descriptions, the *Jathru Urdhwa Pradesha* comprises of 34 *Peshi* as described in Sushruta

Samhita, Sharangadhara Samhita and Bhavaprakasha Nighantu, while 40 according to Ashtanga Hridaya and Ashtanga Sangraha. Modern anatomical literature describes the muscles of the head and neck based on their anatomical location, attachments, morphology, and actions, with considerable variation in their numbering.

In the current study, the correlation unit may comprise a single muscle, bilateral muscles, or a group of muscles depending on the regional anatomical characteristics

and the classical enumeration. The difference of opinion in the numbering of *Peshi* in ayurveda and modern science may be due to consideration of group of muscles performing particular function as a single unit.

The 12 *Swaroopas* of *Peshi* have been described based on characteristics such as appearance, nature, size, length, and function and all were found to be relevant to *Greeva Jathru Urdhwa Pradesha*. Certain muscles were found to exhibit more than one *Swaroopas* due to differences in their structural features.

The present findings may serve as a basis for future studies involving larger cadaveric samples and histological correlation. Similar studies may also be extended to other anatomical regions to evaluate the applicability of the 12 *Swaroopas* and to establish a broader anatomical framework for *Peshi Sharira*.

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