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## A STUDY OF INDRABASTI MARMA IN EXTREMITY W.S.R. SHARIR RACHANA

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### ABSTRACT: -

Marma is vital point in the body. Complete number of marmas is 107. Sushrutacharya have made sense of idea of marma in Sushrut Samhita Sharirsthan sixth adhyaya. Acharya Sushrut has referenced a scope of marma. The course of action depends on four sorts by Sushrutacharya. It is given as marmaprakar (sorts of marma) according to Shadanga, Rachana, Parinam and Pariman. Rachanatmak (Underlying) arrangement of marma depends on five essentials as Mansa, Sira, Snayu, Asthi and Sandhi. As per the essential importance of marma according to Sushrutacharya, the marma is the site where mansa, sira, snayu, asthi and sandhi are altogether present. Indrabasti marma is available in the urdhwashakha (Furthest point) as well as in adhoshakha (Lower limit). In lower limit, it is available at the point, center of the line, joining the back surface of Calcaneus with the focal point of the popliteal fossa. In this way, it is imperative to see the fundamental designs according to the meaning of marma given by Sushrut acharya with the assistance of cadaveric analyzation technique. So, this can in mark of truth distinguishes the cutting-edge association of these five essential designs. Ayurveda is been polished in India for no less than 5000 years, yet in present time it turning out to be more well known in entire world because of its comprehensive methodology. Its worthiness has opened another skyline which thus has made it impulse to investigate the Ayurvedic hypotheses based on the simultaneous information in logical wording to additional upgrade its utility and agreeableness. In the old time the information on Marma Vigyana was utilized in different fields like military craftsmanship, medical procedure, for guess of illnesses and furthermore for the therapy. In any case, in present situation this information isn't rehearsed broadly and it is saved exclusively in little ethnic gathering. Thus, it is important to investigate this information based on present day clinical science to contribute most elevated in this field.

**KEYWORDS:** - Sharirsthan, Vigyana, hypotheses, adhoshakha, Parinam.

## INTRODUCTION: -

Ayurveda is the fortune of information which was created and found by our incredible predecessors. To get it and to appropriately execute this information we should have the information on Sharira. Marma is the vital and fascinating subject with regards to Sharira which has extraordinary utility in the field of a medical procedure and medication. In antiquated India this information was utilized to treat various sicknesses, even wounds were shown about Marma's science as military craftsmanship, Kalari payatu is one of them. Medical procedure is quickest developing clinical science in present time. Yet, it is additionally a reality that there are a lot of chance of disappointment and different complexities, so we are searching for painless strategy like endoscopy and mechanical medical procedure and in this present circumstance the information on Marma can be extremely modest bunch in light of the fact that Marma is the seat of prana, so on the off chance that any illness or injury has contribution of any Marma, it will have more confusions. Acharya Susurta likewise depicted in Sharira Sthana that assuming an individual has skull crack and extreme injury on appendages and midsection however has safe imperative focuses (Marma), then his forecast will be great. Here in this review, we will examine about the Indrabasti Marma. As per text Indrabasti Marma is arranged among elbow and wrist (PrakoshtaMadhya). In Compositional perspective, it is Mamasa Marma, and as per season of mortality it is kalantarapranhar Marma. A physical issue on the Indrabasti Marma can prompt demise because of the abundance dying. In Ayurved, different crucial focuses are referenced which are fundamental to recognize. In Rachana Sharir subject, numerous significant ideas connected with human body are made sense of. Essentially in this view, Sushrutacharya has made sense of this subject in his pertinent samhita in Sharirsthan. Among that multitude of focuses, Marma is one of the key angles. Marma is the crucial viewpoint in human body. Sushrutacharya referenced this awareness in Sharirsthan 6 th adhyaya. He characterizes marma as the site wherein there is presence of Mansa (muscles), Sira (vessels), Snayu (tendons/ligaments), Asthi (Bones) and Sandhi (Joints). The unification of this large number of five designs comprises the marma pradesh. These focuses are seats of presence. In each marma one of the parts is for the most part present and others present in follows. Additionally, course of action of marma is referenced under specific classifications. For example, kinds of marma as per Shadang (Area), Rachana (Construction), Pariman (Estimation) and Parinam (Injury results).

Name of the marma	Indrabasti
Location	Adhoshakha (Lower extremity) at the point, middle of the line, joining the posterior surface of Calcaneus with the centre of the popliteal fossa.
Number	02
Rachanatmak	Mansa marma
Parinam	Kalantarpranhara
Pariman	1/2 anguli ( finger breadth)
Marma viddha laxan	Shonitkshayen maranam (Death due to excessive hemorrhage)

Though doing any careful cycle, a specialist should have the essential information on the designs which are available at the functional site. For this, the data of marma is urgent. Thus, it is crucial for see the five fundamental designs present in it with the assistance of current life systems by utilizing cadaveric analyzation examination technique.

## MATERIAL AND METHOD: -

Artistic investigation of Indrabasti marma in lower furthest point was finished utilizing all the concerned Ayurvedic and current course books. From the premise of abstract review, distinguishing proof of Indrabasti marma was finished on the corpse. Based on extents given in Samhitas, the region was set apart around the Indrabasti marma point. Definite examination was done worried about the obvious focuses. With the assistance of exact and exhaustive analyzation, related designs of Indrabasti marma concerning Mansa (muscles), Sira (vessels), Snayu (tendons/ligaments), Asthi (bones) and Sandhi (joints) was perceived as referenced in

speculation. Concerned clarification was interrelated with the speculation about the Ayurvedic Rachana of Indrabasti marma in lower furthest point under the subtitle of Mansa, Sira, Snayu, Asthi and Sandhi.

1. Muscles-Indrabasti Marma has a place with Mamsa marma gathering and stack of muscles (Flexor carpi radialis muscle, Flexor digitorum superficialis muscle, Flexor digitorum profundus muscle, Pronator teres muscle, Brachioradialis muscle.) are available here. 2. Ulnar supply route the ulnar course is bigger terminal part of the brachial conduit. It starts in the cubital fossa at the level of the neck of sweep it drops through the foremost compartment of the lower arm and enters in the palm before the flexor retinaculum in organization with the ulnar nerve. In the upper piece of its course the ulnar corridor lies profound to the vast majority of the flexor muscles. Underneath, it is shallow and lies between the ligament of the flexor carpi ulnaris (average) and ligament of the flexor digitorum superficialis (sidelong). Branches Solid branches-to adjoining muscles. Repetitive branches-These partake in blood vessel anastomosis around the elbow joint. Normal introsseous vein It emerges from the upper piece of ulnar supply route after a concise course partition into foremost and back interosseous conduit. Foremost introsseous corridor It is a little course and emerges from Normal interosseous conduit and passes downwards, with the front introsseous nerve on the facade of the introsseous film. At the upper line of pronator quadratus, it penetrates the interosseous film and slides behind it to partake in the blood vessel anastomosis around wrist joint. Back introsseous course It additionally emerges from normal interosseous supply route. It passes in reverse above and upper edge of the interosseous membrane.it then passes downwards between the supinator and abductor pollicis longus and arrives at the span between the shallow and profound gathering of muscles. It closes by anastomosing with the foremost introsseous course and participating in blood vessel anastomosis around the wrist joint. 3. Outspread course Spiral supply route is more modest terminal part of brachial vein. It starts at cubital fossa at the level of the neck of the range. It passes downwards and horizontally, underneath the brachioradialis muscle and laying on the profound of the profound muscles of the lower arm. In the center third of its course, the shallow part of the outspread nerve lies on its horizontal side. In the distal piece of the lower arm outspread supply route is subcutaneous and lies between ligament of brachioradialis and ligament of flexor carpi radialis. The outspread corridor leaves the lower arm by twisting around the horizontal part of the wrist to arrive at the back surface of the hand. 4. Middle Nerve-Middle nerve lies average to the brachial vein, behind the bicipital aponeurosis in the cubital fossa. It enters the lower arm by passing between the two heads of pronator teres. Here it is isolated from ulnar vein by profound head of pronator teres. Middle nerve then, at that point, passes between the Flexor digitorum superficialis and Flexor digitorum profundus muscle. Around 5 cm. over the flexor retinaculum, it becomes shallow and lies between the ligaments of the flexor carpi radialis(laterally) and Flexor digitorum superficialis(medially). median nerve enters the palm by passing profound to the flexor retinaculum through the carpal burrow.

Ayurvedic View	Modern Correlation
Mansa	Gastrocnemius, Soleus, Plantaris
Sira	Posterior Tibial and Peroneal Vessels, Tibial Nerve
Snayu	Tendon of Plantaris muscle
Asthi	Posterior Surface of Tibia and Fibula
Sandhi	No relative comparative structure was found

## DISCUSSION: -

Marmas are the fundamental marks of our body and produced using piece of Mamsa, sira, snayu, asthi, and sandhi. Indrabasti marma is the assortment of Mamsa marma and as indicated by Acharya Susruta area of Indrabasti marma is arranged among elbow and wrist (Prakoshta Madhya), marginally towards the hand. Part of lower arm which is arranged among elbow and wrist is called Prakoshta. Regularly the length of grown-up Prakoshta is approx 16 angula (40 cm.). Area of Indrabasti marma is "Prakoshta madhya prati" so it will be available 8 angula (20 cm.) cm. from elbow to wrist. On the off chance that we are taking a gander at the surface life structures of the Indrabasti marma, we viewed it is right as grouped into mamsa marma in light of the fact that center of lower arm pronator teres, brachioradialis, flexor carpi radialis and flexor digitorum superficialis muscles are available at this locale. Underneath these strong layers, ulnar vein and its branches, spiral corridor and middle nerve are additionally present. As Acharya Susruta referenced, that injury to the Indrabasti marama

makes demise due unreasonable blood misfortune. These veins can be harmed all the more frequently because of the cut and less normally, crack of the shaft of span and ulna. These cracks results blood misfortune into the encompassing tissues. This inordinate blood misfortune and pain may lead to the shock and demise. This deficiency of the blood supply in wounds which include high measure of harm of delicate tissue, bone, vessels and nerves can be sign for removal. Removal is more normal with the blood vessel injury at the lower arm level in the furthest point. Acharya Susruta considers Indrabasti marma as kalantar pranhar marma. It has saumya and agneya property. Thus, injury on Indrabasti marma doesn't cause abrupt demise yet in the event that these wounds not given legitimate treatment, then because of blood misfortune, shock might happen which may at last prompt passing. Different references are open about the marma by different acharyas. Be that as it may, Sushrutacharya has given more elaborative data about the different marmas. He has given the fundamental indication of marma as it is the change of Mansa (Muscles), Sira (Vessels), Snayu (Tendons/Ligaments), Asthi (Bones) and Sandhi (Joints). All over five designs are available in each marma. The high amount of each construction changes specifically marma. Association of marma is made sense of as Shadangbhed (Area), Rachana (Construction), Pariman (Estimation) and Parinam (Injury impact). In this review, more accentuation is given on the game plan of marma according to Rachana (Construction). Indrabasti marma is available in lower extremity at the point, center of the line, joining the back surface of calcaneus with the focal point of the popliteal fossa. It is Kalantarpranhar marma implies injury to this marma can deliver passing in few days or less. The five relative designs seen during the analyzation are as, Mansa - Gastrocnemius, Soleus, Plantaris, Sira - Back Tibial and Peroneal Vessels, Tibial Nerve, Snayu - Ligament of Plantaris muscle, Asthi-Back Surface of Tibia and Fibula and Sandhi - No general examination was found. Alongside Indrabasti marma there are other marmas which are called as kalantarpranhar in the lower furthest point, for example, Kshipra and Talahriday.

## CONCLUSION: -

Indrabasti Marma that it is "Prakoshta Madhya Prati" in this way, it will be available 20 cm. from elbow to wrist. As indicated by underlying characterization, it is the kind of Mamsa marma to be specific muscles like-Flexor carpi radialis muscle, Flexor digitorum superficialis muscle, Flexor digitorum profundus muscle, Pronator teres muscle, Brachioradialis muscle are found. Interossious parts of ulnar course, outspread supply route and its branches are tracked down nearby Marma, so wellspring of draining as a Viddha lakshan of this marma can be from these vessels, particularly on any cutting injury, which can make plentiful draining and can cause passing due hypovolumic shock. Sushrutacharya has determined the data and significance of marmas as per careful perspective. Along these lines, he has given select scientific classification of marmas. Out of 107 absolute marmas, 33 marmas are kalantarpranhar marmas. Six kalantarpranhar marmas are available in the lower furthest point. Indrabasti marma addresses at the point, center of the line, joining the back surface of Calcaneus with the focal point of the popliteal fossa with its connected designs as, Gastrocnemius, Soleus, Plantaris, Back Tibial and Peroneal Vessels, Ligament of Plantaris muscle, Back Surface of Tibia and Fibula.

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