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AT A GLANCE STUDY OF MARMA

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ABSTRACT -

Marma is vital point in the body. Total numbers of marmas are 107. Sushrutacharya has explained the notion of marma in Sushrut Samhita Sharirsthan 6th adhyaya. The pact is based on four types by Sushrutacharya. It is given as marmaprakar (types of marma) as per Shadanga, Rachana, Parinam and Pariman. Rachanatmak (Structural) classification of marma is based on five fundamentals as Mansa, Sira, Snayu, Asthi and Sandhi. According to the fundamental meaning of marma as per Sushrutacharya, the marma is the site where mansa, sira, snayu, asthi and sandhi are collectively present. At a glance study of marma includes its name, number, location, classification according to four basic types and its modern correlation with injury symptoms.

KEY WORDS – Marma, classification of marma, at a glance study of marma.

INTRODUCTION –

A variety of vital points are mentioned which are indispensable to differentiate. In Rachana Sharir subject, many chief concepts related to human body are explained. Primarily in this view, Sushrutacharya has explained this topic in his relevant samhita in Sharirsthan. Amongst all those points, Marma is one of the key aspects. Marma is the crucial aspect in human body. Sushrutacharya mentioned this compassion in Sharirsthan 6th adhyaya. He defines marma as the site in which there is existence of Mansa (muscles), Sira (vessels), Snayu (ligaments/tendons), Asthi (Bones) and Sandhi (Joints).¹ The unification of all these five structures constitute the marma pradesh. These points are seats of existence. In each marma one of the components is mostly present and others present in traces. Also, arrangement of marma is mentioned under certain categories. Such as types of marma according to Shadang (Location), Rachana (Structure), Pariman (Measurement) and Parinam (Injury results)². Whereas doing any surgical process, a surgeon must have the basic knowledge of the structures which are present at the operational site⁴. For this, the information of marma is crucial. For the examination point of view, the study of marma for the students is important. Hence, this concept of at a glance marma should help them in easy understanding the marma concept.

MARMA AT A GLANCE – (SUMMARY) – (EXTREMITY MARMA) -

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|----------------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|---|
| Kshipra | 4 | Upper and Lower Extremity | Snayu | Kalantar pranhar | ½ anguli | Intermetatarsal and Intermetacarpal ligaments (Convulsions, tetanus and Hemorrhage) |
| Talahruday | 4 | Upper and Lower Extremity | Mansa | Kalantar pranhar | ½ anguli | Palmar and Plantar Apponeurosis (Hemorrhage) |
| Kurcha | 4 | Upper and Lower Extremity | Snayu | Vaikalya kar | ½ anguli | Intertarsal and Intercarpal ligaments (Flat foot, Weak arch) |
| Kurchshira | 4 | Upper and Lower Extremity | Snayu | Rujakar | 1 anguli | Lateral ligaments of Ankle / Wrist joint (Pain, swelling, deformity) |
| Manibandha / Gulpha | 2 + 2 = 4 | Upper and Lower Extremity | Sandhi | Rujakar | 2 anguli | Ankle / Wrist joint (Fracture, Dislocation) |
| Indrabasti | 4 | Upper and Lower Extremity | Mansa | Kalantar pranhar | ½ anguli | Calf / Flexor muscles (Hemorrhage) |
| Koorpar Janu / | 2 + 2 = 4 | Upper and Lower Extremity | Sandhi | Vaikalya kar | 3 anguli | Elbow / Knee joint (Fracture, Dislocation) |

| | | | | | | |
|---------------------------|-----------|---------------------------|-------|--------------|----------|--|
| Aani | 4 | Upper and Lower Extremity | Snayu | Vaikalya kar | ½ anguli | Tendons of Quadriceps femoris / Biceps brachi muscles (Swelling, Stiffness) |
| Bahvi / Urvi | 2 + 2 = 4 | Upper and Lower Extremity | Sira | Vaikalya kar | 1 anguli | Brachial / Femoral vessels in Adductor canal (Hemorrhage, wasting of extremity) |
| Lohitaksha | 4 | Upper and Lower Extremity | Sira | Vaikalya kar | ½ anguli | Axillary / Femoral vessels in femoral triangle (Hemorrhage, Paralysis, wasting of extremity) |
| Kakshadhar / Vitap | 2 + 2 = 4 | Upper and Lower Extremity | Snayu | Vaikalya kar | 1 anguli | Brachial plexus / Inguinal canal (Paralysis, Sterility) |

MARMA AT A GLANCE – (SUMMARY) – (THORAX MARMA) -

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|---------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|---|
| Hriday | 1 | Thorax | Sira | Sadya pranhar | 4 anguli | Heart (Death due to Hemorrhage) |
| Stanmoola | 2 | Thorax | Sira | Kalantar pranhar | 2 anguli | Internal Mammary vessels (T.B., Pneumonia, Breathlessness) |
| Stanrohit | 2 | Thorax | Mansa | Kalantar pranhar | ½ anguli | Lower portion of Pectoralis major muscle (Haemothorax, Haemoptysis, Breathlessness) |
| Apalap | 2 | Thorax | Sira | Kalantar pranhar | ½ anguli | Lateral thoracic and Subscapular vessels (Empyema) |
| Apastambha | 2 | Thorax | Sira | Kalantar pranhar | ½ anguli | Two Bronchi (Pneumothorax, Breathlessness) |

MARMA AT A GLANCE – (SUMMARY) – (ABDOMEN MARMA) –

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|---------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|---|
| Guda | 1 | Abdomen / Pelvic cavity | Mansa | Sadya pranhar | 4 anguli | Anal canal and Anus (Death due to Hemorrhage) |
| Nabhi | 1 | Abdomen | Sira | Sadya pranhar | 4 anguli | Umbilicus (Death due to Hemorrhage) |
| Basti | 1 | Abdomen / Pelvic cavity | Snayu | Sadya pranhar | 4 anguli | Urinary bladder (Death due to Hemorrhage except Calculi injury) |

MARMA AT A GLANCE – (SUMMARY) – (BACK MARMA) -

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|-------------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|---|
| Katiktarun | 2 | Back | Asthi | Kalantar pranhar | ½ anguli | Sciatic notch (Hemorrhage, paleness) |
| Kukundar | 2 | Back | Sandhi | Vaikalya kar | ½ anguli | Ischial tuberosity (Loss of sensation and movements of lower extremity) |
| Nitamba | 2 | Back | Asthi | Kalantar pranhar | ½ anguli | Ala of Ileum (Weakness and wasting of lower extremity) |
| Parshwa - sandhi | 2 | Back | Sira | Kalantar pranhar | ½ anguli | Common illiac vessels (Hemorrhage in abdomen and pelvic region) |
| Brihati | 2 | Back | Sira | Kalantar pranhar | ½ anguli | Subscapular and transverse cervical vessels (Death due to hemorrhage and its complications) |

MARMA AT A GLANCE – (SUMMARY) – (BACK MARMA) -

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|---------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|---|
| Ansaphalak | 2 | Back | Asthi | Vaikalya kar | ½ anguli | Spine of Scapula (Wasting of Upper extremity with weakness) |
| Ansa | 2 | Back | Snayu | Vaikalya kar | ½ anguli | Coracohumeral and Glenohumeral ligaments with Trapezius muscle (Loss of function of affected extremity) |

MARMA AT A GLANCE – (SUMMARY)

(HEAD AND NECK MARMA) -

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|------------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|---|
| Neela and Manya | 2 + 2 = 4 | Neck | Sira | Vaikalya kar | 4 anguli | Carotid and Jugular vessels / Superior laryngeal, Hypoglossal nerves (loss of or difficulty in speech, loss of taste sensation) |
| Matruka | 8 | Neck | Sira | Sadya pranhar | 4 anguli | Blood vessels of neck (Death due to hemorrhage) |
| Krukatika | 2 | Neck | Sandhi | Vaikalya kar | ½ anguli | Atlanto-occipital joint (Shaking of the head) |
| Adthipati | 1 | Head | Sandhi | Sadya pranhar | ½ anguli | Confluences of vessels (Death due to Hemorrhage) |
| Apang | 2 | Head | Sira | Vaikalya kar | ½ anguli | Zygomatico-Temporal vessels (Blindness) |

MARMA AT A GLANCE – (SUMMARY)
(HEAD AND NECK MARMA) -

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|---------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|---|
| Avarta | 2 | Head | Sandhi | Vaikalya kar | ½ anguli | Junction of Frontal, Malor and Sphenoidal bones (Blindness) |
| Utkshap | 2 | Head | Snayu | Vishalya ghna | ½ anguli | Temporalis muscle and fascia (Patient survive until foreign body is inside the wound) |
| Sthapani | 1 | Head | Sira | Vishalya ghna | ½ anguli | Nasal arch of frontal vein (Patient survive until foreign body is inside the wound) |
| Phana | 2 | Head | Sira | Vaikalya kar | ½ anguli | Olfactory region of Nose (Anosmia) |
| Vidhur | 2 | Head | Snayu / Sira | Vaikalya kar | ½ anguli | Posterior Auricular vessels (Deafness) |

MARMA AT A GLANCE – (SUMMARY)**(HEAD AND NECK MARMA) -**

| <u>Marma</u> | <u>Number</u> | <u>A/c To Shadang</u> | <u>A/c To Rachana</u> | <u>A/c To Parinam</u> | <u>A/c To Pariman</u> | <u>Modern Correlation with Injury Symptoms</u> |
|---------------------|----------------------|------------------------------|------------------------------|------------------------------|------------------------------|--|
| Shankha | 2 | Head | Asthi | Sadya pranhar | ½ anguli | Temples (Immediate death) |
| Shringatak | 4 | Head | Sira | Sadya pranhar | 4 anguli | Cavernous and Intercavernous sinuses (Death due to hemorrhage) |
| Seemant | 5 | Head | Sandhi | Kalantar pranhar | 4 anguli | Cranial sutures (Insanity, fear and madness leads to death) |

DISCUSSION –

Various references are available about the marma by various acharyas. But Sushrutacharya has given more elaborative information about the various marmas. He has given the essential denotation of marma as it is the permutation of Mansa (Muscles), Sira (Vessels), Snayu (Ligaments/Tendons), Asthi (Bones) and Sandhi (Joints). All above five structures are present in each marma. The high quantity of each structure varies in particular marma. Organization of marma is explained as Shadangbhed (Location), Rachana (Structure), Pariman (Measurement) and Parinam (Injury effect). This at a glance collection of marma points is according to the syllabus point given by the Central council of Indian Medicine (CCIM). This enumerative data might help the students for easy understanding and memorization of the marma concept.⁸

CONCLUSION –

Sushrutacharya has explained the information and significance of marmas according to surgical point of view. So, he has given exclusive classification of marmas. This at a glance collection of marma points is according to the syllabus point given by the Central council of Indian Medicine (CCIM). This enumerative data might help the students for easy understanding and memorization of the marma concept.

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