

# AN ANALYTICAL ASSESMENT OF VIDHUR MARMA

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## ABSTRACT

'Marma' is that vital weak point of the body surface where trauma or injury may lead to sudden death or deformity in the body. The concept of *Marma* is one element of the divine Ayurvedic system of therapy which is popularised since *Vedic* era. The *Vidhura Marma* is explained as *Snayu Marma* by *Acharya Sushruta* and *Dhamani Marma* by *Acharya Vagbhata*. The location of *Vidhura marma* is back of the ear. Injury to this *Marma* leads to *Vadhira*, means that there is deformity in the tympanic membrane or surrounded structure. Thus, this topic is selected to study its proper location with modern anatomy and also the structural involvement in injury causing *Viddha lakshans* specifically hearing deformities as per *Ayurveda*.

**Key Words:** *Dhamani Marma, Vidhura Marma, Vadhira*

## INTRODUCTION-

*Ayurveda* is the world's existing health care system and scientific discipline believing in "Swasthasya Swasthya Rakshanama Aturasya Vikara Prashamanam Cha"<sup>i</sup>. The concepts of *Ayurveda* are like roots of the tree, in which one of root is *Marma*. *Marmas* are said to be the sites where there is the conglomeration of *Mamsa, Sira, Snayu, Asthi* and *Sandhi* and at these places *Prana* resides specially by nature<sup>ii</sup>. As *Marma* are vital points of the body they should be protected from any injury. *Acharya Sushruta* believes that *Marma Sharir* covers the half knowledge of surgery<sup>iii</sup>. Any injury to these points may results into death and physician expert in *Marma* therapy, patient will cause some deformity. *Marma* are also sites of *Tridosha* and *Triguna*<sup>iv</sup>. Hence, these are specific areas of the body which is directly related to *Pranik* channels to internal organs.

*Vidhura Marma* is *Vaikalyakara Marma*, *Soumya Guna* is dominant in *Vidhura Marma*<sup>v</sup>. They are 2 in number and located on either side of the neck<sup>vi</sup>. *Vidhura* is an important *Marma* i.e. vital or delicate point in the body which is located at the back of the ear. It is predominantly made up of *Snayu* (ligaments and tendons)<sup>vii</sup>. *Acharya Sushruta* and *Vagbhata* both considered *Vidhura Marma* under *Vaikalyakara* category. In other classification *Sushruta* has considered it under *Snayu Marma*, whereas *Vagbhata* considered it under *Dhamani Marma* on the basis of structure<sup>viii</sup>. It is located just behind and below to the auricle of the ear especially at the mastoid process and its *Parinama* is *Ardhanguli* (nearly 1 cm. in radius) according to *Sushruta*<sup>ix</sup>. Injury of *Vidhura Marma* leads to *Baadhira* i.e. deafness<sup>x</sup>.

### Significance of *Dhamani Marma*

*Acharya Sushruta* has classified 107 *Marmas* into 5 types i.e. *Mamsa Marma, Sira Marma, Snayu Marma, Asthi Marma* and *Sandhi Marma*<sup>xi</sup>. *Acharya Vagbhata* has classified all the *Marma* into six types, including all five categories as presented by *Sushruta*. He has added one more specific category namely *Dhamani Marma*, under which he has especially included *Vidhura Marma* along with others. Since *Sushruta* has opined that *Vidhura Marma* is a *Snayu Marma* and also he has duly submitted the list of all the *Marmas* with vascular significance *Sira Marma*. Since *Sushruta* has presented *Vidhura Marma* under *Snayu* category he would have certainly observed the facial nerve underlying at the site of *Marma*.

According to *Vagbhata* there should be some artery supplying to the important organs of hearing passing the site of *Marma*. It is particularly because from outer side towards inner side only an artery can pass to supply not the nerve, *Dhamani* is very important structure which is almost developed to function for the supply of nutrients rich in *Prana* factor. If arterial supply of an organ is cut it will certainly result into loss of function of that organ, specifying to disability or otherwise because of severe loss of blood leading to death.

This fact is very well suggestive to accept the value of a *Dhamani* under the anatomy of *Marma* and also as a whole to the significance of *Dhamani Marma*. Tympanic membrane is very important part of the organ of hearing; it functions for the reception of hearing impulses and transfers it to the auditory ossicles. The normal status of tympanic membrane specifying to normal hearing is maintained by the supply of blood through the following arteries Stylomastoid artery a branch of posterior auricular artery, Anterior tympanic a branch of maxillary artery and deep auricular a branch of maxillary artery.

On the dissection at the posterior side of auricle, particularly at the level of mastoid process, it is found that there is a canal close with the styloid process. From this canal two structures are seen passing through the canal i.e. facial nerve and stylomastoid artery. Facial nerve is a structure coming out from this canal and further it reaches to the facial region to supply the muscles of the face. Stylomastoid artery which is the branch of posterior auricular artery enters from the canal and finally enters into the compartment of ear. It supplies to the air cells of the mastoid process and finally to the tympanic membrane. It also supplies to the facial nerve which particularly has only some very minor significance with the function of hearing. Facial nerve supplies the stapedius which is attached with stapes bone an auditory ossicle.

#### Structures at *Vidhur Marma*-

- Posterior auricular vessels
- Stylomastoid artery
- Facial nerve

#### DISCUSSION

*Vidhura Marma* is presented by Sushruta as *Snayu Marma* whereas the *Marma* site has no structures except facial nerve as *Snayu*, which itself has very remote relation with hearing. An injury involving facial nerve may only cause hyperacusia only if the branch supplying to stapedius muscle is affected, stretch of the nerve may even cause this. Quoting *Vidhura Marma* as *Snayu Marma* is not very significant. It is particularly because *Vagbhata* has referred it under *Dhamani Marma*. Since the trauma is coming from outer side, and the important neural structures dealing with function of hearing are located at deeper level, therefore a trauma involving some vessel like structure i.e. stylomastoid artery can only cause the deafness perhaps this was the observation before *Vagabhata*. The presence of stylomastoid artery in this account is suggestive to confirm that version of *Vagabhata* at the point of *Dhamani Marma* has no controversy. Nerve structure at the level of the site of *Vidhura Marma* existing in the form of facial nerve is having a very remote value and the deafness is very rare with this. Therefore the values of Stylomastoid artery are paramount and they only attract to the complication of deafness due to trauma. The amount of deafness and the amount of blockage in the Stylomastoid artery and their correlative significance are important issues which can only be solved after an experimental study.

#### CONCLUSION

Stylomastoid artery and facial nerve is specially found at the site of *Marma* passing through the stylomastoid foramen. At remote level under the consideration of anatomical structures vestibulo-cochlear nerve and the mastoid air cells can also be included under this as they have the values in the development of complications. Injury at *Vidhura Marma* may lead to deafness.

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