



# ANATOMICAL ASPECT OF SOME IMPORTANT MARMAS

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## ABSTRACT

*Marma points* are the original system of healing in the body. It's playing an important role in surgery that's why called as '*Shalya Vishayardha*'. *Acharyas* describe about *marma* theory & their site of location which is to be cure since injury to these *marma* points may cause harmful effect. Bones, joints, muscles, ligaments, veins meet with each other at *marma* points. This article summarizes important *marmas* with their anatomical structures.

**KEYWORDS:** *Marma, Ayurved, Shalya Vishayardha.*

## INTRODUCTION:

*Marma* literally means a tender vital points, which is a conjugation of muscle, nerve, joint, bone, tendon, artery, vein either in combination of two, three or all the above structures. The word '*Marma*' comes from the Sanskrit '*Mru*' which means 'To kill'. The *marma* plays a significant clinical role in Acupressure/ Acupuncture. These 107 *marma* are critical points of body i.e associated with different organs & nerves. *Acharya Sushruta* define *marma* (*Marayanthiti Marmani*) certain vital anatomical locations in the body, which become more painful & can cause malfunctioning of the local organ sudden death due to injury. The action of *Marma* controlled by the *pran vayu* i.e essential to maintain the life of a person. *Acharya Sushruta* also describe about the amputation theory of limb. *Marma* points also help to balance *Tridoshas* and *Trigunas* (involves various *pranas* like; *vayu, sattva, agni, rajas* & *atma.*)

**DISCUSSION:**

*Acharya Sushruta* describe 107 *Marmas* based on the anatomical structures involved or based on the action potential caused in the body when injured. Based on the vulnerability classified into 5 types- (It's causes after the injury).

- (1) **SADHYA PRANAHARA MARMA:** Due to spontaneous loss of the *pranavayu*, death is imminent to occur.
- (2) **KALANTARA PRANAHARA MARMA:** These (*kalantara*) gradual loss of life after a lapse of time.
- (3) **VISHALYAGHNA MARMA:** When a foreign body pierces to this type of *marma*, the injured person survives as long as the foreign body remains in place of injury. If foreign body is removed, it results in the death of that person.
- (4) **VAIKALYAKARA MARMA:** Due to injury deformity of that organs occurs, which are dependent on that particular *Marma* for their energy distributions.
- (5) **RUJAKARA MARMA:** Due to injury of these types of *Marmasthan* results in excruciating pain (*ruja*).

**LOCATION & ACTION OF SOME MARMA:**

*Marma* which resides in feet region are:

1. **TALAHRIDAYA MARMA-** functioning of respiration and circulation.
2. **KURCHA MARMA-** related with *prana vayu*.
3. **KURCHASHIRA MARMA-** help to control muscular system of body & boost digestive power.
4. **KSHIPRA MARMA-** functioning of heart & lungs.
5. **GULPHA MARMA-** responsible for joint movement.

*Marma* which resides in head/face region are:

1. **STHAPANI MARMA-** controls mind & senses.
2. **AVARTA MARMA-** relates with *vata dosha* & body posture.
3. **SHANKHA MARMA-** controls *vata* & relieves headaches.
4. **PHANA MARMA-** balances *kapha* & relieve headaches.
5. **SHRINGATAKA MARMA-** boosts *ojas* & sense organ.
6. **HANU MARMA-** improves complexion & reduces stress.
7. **KAPALA MARMA-** relieves stress & excess emotions.
8. **NASA MADHYA MARMA-** pacifies aggression & relief nasal congestion.

## SOME IMPORTANT MARMAS TO KNOW:

1. **KSHIPRA MARMA:** They are 4 in number (2 in hand & 2 in leg) & width is 1cm. In hand it can be easily felt between the index and the thumb finger. In hand it can be easily felt between the index and the thumb finger. In foot it lies between the big toe & the 2<sup>nd</sup> toe. The structures present beneath this *kshipra marma* are supposed to be, a branch of radial nerve in the hand.
  2. **MANIBANDHA MARMA:** It is 2 in number (1 for each upper limbs) It can be easily located on the ventral aspect of the wrist joint. Beneath this 2 to 3 cm wide, *manibandha marma* lie the inter-carpal ligaments and nerves.
  3. **KATIKATARUNA MARMA:** An *asthi* (bone) *marma* (1cm width) lies on either side of the spine in the waist region lying adjacent to the sacro-iliac joint. The structures beneath it are analysed to be iliac bone, iliac artery & ligaments of the sacro-iliac joint.
  4. **SHRINGATAKA MARMA:** It's a type of *Dhamani marma* [(A.V)-width 4-6cm] resides to a spot above the surface of maxillary sinuses on either side of the nostrils. It plays a vital role in *Nasya karma*, in bringing out the vitiated or deranged *Tridoshas* from the areas of nose, ears, mouth & eyes.
  5. **GULPHA MARMA:** It's positions at *Gulpha* region (*Pada* & *Jangha* meet together). It's used for *Siravedha*, joint injury, muscular pain & sprain.
  6. **ADHIPATI MARMA:** It resides at top of skull and superior sinus is a place of *Adhipati marma*. It associated with pathological symptoms such as- *murcha*, *bhram* & *pralap*.
  7. **LOHITAKSHA MARMA:** It resides in lower triangle lateral to pubic symphysis. It surrounded by skin, superficial fascia, fascia lata, femoral artery, femoral nerve & femoral vein. It's responsible for hemorrhage due to the injury.
  8. **URVI MARMA:** It resides at adductor canal. The *marma* site involves femoral vein with adductor magnus, sartorius & vastus medialis. It's responsible for hemorrhage due to injury.
- *Marma* play important role in giving cure to certain diseases like paralysis, sciatica pain, migraine, tremors, muscular twitching & cramps, trigeminal neuralgia, facial palsy, lumbar spondylitis, cervical spondylitis etc.

## CONCLUSION:

*Marma's* are vital points of the human body i.e. specifically used for the diagnosis and treatment of diseases. These are centers for the *prana* which promote health & longevity (*Chirayu*). *Vaidya's* (Doctor's) to have knowledge of these points to cure various diseases. Every *Marma* points have their measures so, *Marma* points should be stimulated according to their measure. It has promising results in musculoskeletal disorders.

## CONFLICT OF INTEREST -NIL

## SOURCE OF SUPPORT –NONE

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