

A Conceptual Study of Urdhwajatrugata Marma

Priyanka Mane¹, Jayvant Kharat²

¹PG Scholar, ²Assistant Professor,

Department of Shalakyatantra, Hon. Shree Annasaheb Dange Ayurved Medical College, Ashta.

Corresponding Author: Priyanka Mane

ABSTRACT

Marma science is one of the important aspects of Ayurveda. Marma are vital and vulnerable spot or area present all over body. The term marma is derived from “Mri” dhatu that means which causes death or deformity on injury. These areas are formed by the confluence of five important structure i.e. mamsa (muscle), sira (vessels), snayu (ligaments, tendon and other fibrous structure), asthi (bones) and Sandhi (joints). Triguna along with aatma (soul) also reside in marma areas. The knowledge of marma is very essential for surgeons because any mistake during surgical procedure at marma areas can cause death of the patient. In modern anatomy, an extensive description regarding course and relation of each artery, vein, nerve is given which protects the surgeon from any unwanted damage of structure during surgical procedure. The anatomy described in Ayurveda is devoid of such information but the extensive description of marma areas fulfils this lacuna ut to some extent for ayurvedic surgeons. Ancient scholars of Ayurveda have described a total 107 marma sites over human body classifying them under various categories based on position, structure, effects of injury and measurement. It is pertinent to mention here that the area of marma which are advised to protect from any kind of injury in Ayurveda are also used for treatment of various disease.

Keywords:- Marma, Mamsa, Sira, Snayu, Injury.

INTRODUCTION

The word Marma is derived from “Mri dhatu” + “Manin” prataya which means which causes death, Jeeva sthana, Sandhi sthana. The Marma science is one of

the exclusive concepts of Ayurveda. Marma are the site of “Prana” & these areas are spread all over the body i.e. head, neck, trunk & extremities. It is the spot of the body which exhibits a peculiar pulsation and cause pain on pressure. These are formed by confluence of five important element or structure like Mamsa, Sira, Snayu, Asthi and Sandhi. Sushruta has also described that Vatta, Pitta, Kapha as well as Sattva, Raja and Tama along with Soul, Chetana dhatu reside in Marma, that is why trauma over Marma causes severe pain. Injury to these areas causes aggravation of doshas which destroy mind and body and finally death results. Marma are very important from traumatological point of view, any trauma at these points can cause death or pain equivalent to pain of death.

Some other symptoms may also find on trauma at Marma areas i.e. giddiness, delirium, fainting, delusion, loss of activity of body parts, semi-consciousness, increase of body temperature, weakness, severe pain, cessation of activity of all the sense organ, numbness, hallucination, loss of blood (resembling mutton wash flowing out), coldness, coma, vomiting, restlessness, burning sensation in the heart, depression (person feels as entering into emptiness) and dyspnea. In present era it is observed that the injuries on these areas produce temporary or permanent, structural or functional deformity even after best treatment.

Classification of Marma:-

a. Classification of Marma based on location:-

There are 107 Marma in the body including Shakha (limbs) & Skandha (trunk & neck). There are eleven marma points in each Bahu (upper limb), eleven in each Sakthi (Lower Limb), twelve in Udara(amdomen) and Ura (chest), fourteen Marmas in Prushta(back) and thirty-seven in Urdha jatrugat (head and neck).

Name of Marma	Sushruta
Shakhagat marma	11 in each extremity- 11 x 4 = 44
Ura Udara Marma	12
Prushta Marma	14
Urdhwajatrugata Marma	37
Total	107

Urdha Jatrugata Marma (Marma of Head & Neck) :-

There are total of 37 Marma scattered over the head & neck.

Name of Marma

1. Greeva Marma (Marma of Neck) 14
2. Siragata Marma (Marma of Head) 23

Marma of Neck :-

1. *Dhamniyan* (Nila-2, Manya-2, located in the neck on each side lateral to Matraka)-4.
2. *Matrakayan/Kanta sira* (located in the neck, 4 on each side of neck on the side of trachea)8.
3. *Krikatika* (located at the side of junction of head & neck or base of the skull bone i.e occipital protuberance, on both side)-2.

Marma of Head:-

1. Vidhura (located postero-inferior to the ear, 1 on each side)-2.
2. Phana (located in the saddle/roof of nose on the olfactory tract on both side)-2.
3. Apanga (located on the lateral angle of eye on both side i.e outer canthus)-2.
4. Avarta (located just above the lateral part eyebrow, on both side)-2.
5. Utkshepa (located at the level of hair line of scalp, above temporal region, 1 on each side)2.
6. Shankha (located between ear & forehead)-2.

7. Sthapani (located in between the two eye brows)-1.

8. Simanta (sutural joint present over the skull)-5.

9. Shrungataka (it is situated inside the skull at the lateral aspect of body of sphenoid bone where cavernous sinus is situated that nourishes the sense organ i.e nose, ear, eye & tongue)4.

10. Adhipati (located at superior/top part of intra cranial portion where superior sagittal sinus, straight sinus, occipital sinus, & transverse sinus meets)-1.

b. Classification of Marma based on effect of injury :-

Depending upon the effect of injury Marma are classified into 5 types. They are

1. Sadyo Pranhara Marma- Injury to this Marma causes immediate death.
2. Kalantara Pranhara Marma-Injury to this Marma leads to gradual death.
3. Vaikalyakara Marma-Injury leads to deformity.
4. Vishalyaghna Marma-These Marma are fatal after removal of foreign body.
5. Rujakara Marma- Injury to this Marma leads to pain.

1. Sadyo Pranahara Marma

They are 19 in number. These Marma are predominantly composed of Agni Mahabhuta (fire element), by effect of Agni it causes death in quick time after injury (within 7 day). 19

Emergently fatal Marma are:-

Shrungataka-4 Adhipati-1 Shamkha-2

2. Kalantara Pranahara Marma

They are 33 in number. These Marma are made up of Agni (fire) & Jala (water) Mahabhuta, Agni acts and effects quickly and soma acts & effects slowly. Due to the association of water element, trauma on this Marma causes death after some day i.e 15day or more but in case of Kshipra Marma death don't occur within 15 days.

Kalantara Pranahara Marmas are- Seemanta-5

3. Vishalyaghna Marma

They are 3 in number. These Marma kill the person once the foreign body is removed from the site of Marma. These Marma are Vayaviya in nature (predominance of Vayu Mahabhuta), removal of shalya from these Marma causes loss of Vata Dosha so patient doesn't survive or death occur.

These Vishalyaghna Marmas are:-
Utkshepa-2 Sthapani-1.

4. Vaikalyakara Marma

They are 44 in number. These Marma are predominantly formed by Soma guna. Due to Somya (predominance of Aap Bhuta) nature, supports life by its stability (Sthirtva) and cold (Shaitya) properties. Therefore, these Marma don't cause death on injury but will surely cause deformities.

These Vaikalyakara Marma are:-

Vidhura-2 Krukataka-2 Apanga-2 Neela-2
Phan-2 Aavarta-2

Predominance of Mahabhuta in Marma

Sadyo pranahara Marma-Agni,
Kalantara Pranahara- Agni+ Soma
Vishalyaghna Marma-Vayu,
Vaikalyakara Marma-Soma
Rujakara Marma- Agni+ Vayu,

c. Classification of Marma based on Composition:-

Marmas are formed by conglomeration of 5 important structure like Mamsa, Sira, Snayu, Asthi & Sandhi and they are categorized by the name depending upon the predominant structure present in that Marma like Mamsa Marma (Muscular Marma), Sira Marma (Vascular Marma), Snayu Marma (Ligamentous Marma) etc.

1. Sira Marma :-

It is predominantly made up of Sira (Blood vessel).

1. *Neela*-2: - The predominant anatomical structure is internal jugular vein, recurrent laryngeal nerve, primary rami of 4th, 5th & 6th cervical nerve.

2. *Manya*-2: - Predominant structure is external carotid artery, other structures are

jugular vein, glossopharyngeal, lingual nerve and accessory nerve.

3. *Matruka*-8: - Predominant structures are blood vessels of neck i.e Branches of common carotid artery, internal jugular vein. Other structures are vagus and phrenic nerve, thyroid gland, tonsil and tongue.

4. *Srungataka*-4: - The predominant anatomical structures are Cavernous and inter-cavernous sinuses. Other structures are ophthalmic nerve, supra orbital artery.

5. *Apanga*-2: - Predominant structure is Zygomatic temporal vessels and Zygomatic facial vessels i.e Short & long posterior ciliary and Anterior ciliary arteries and veins. Other structures are optic and ciliary nerve, lacrimal nerve, sphenoid, maxillary and zygomatic joint.

6. *Sthapanee*-1: - Predominant anatomical structure is anterior end of superior sagittal sinus attached to the crista galli, supraorbital and supratrochlear artery, anterior facial vein. Other structures are supra orbital nerve, frontal bone.

7. *Phan*-2: - Predominant structures in this marma are sphenopalatine artery, anterior and posterior ethmoidal arteries and vein. Other structures are olfactory nerve, nasal bone, cribriform plate of ethmoid bone

2. Snayu Marma:-

The predominant structure in this Marma is Snayu (ligament).

Vidhura-2: - The predominant structures in this marma are facial nerve, great auricular nerve, tympanic branch & auricular branch of maxillary artery, stylomastoid artery (branch of post. auricular artery) and vein, mastoid muscle and middle ear cavity

3. Asthi Marma:-

The predominant structure I n this Marma is Asthi (Bone).

Shamkha-2: - The predominant anatomical structures are temporal bone, temporal muscle with fascia. Other structures are superficial temporal artery & vein, middle meningeal artery, facial nerve.

4. Sandhi Marma :-

The predominant structure in this Marma is Sandhi (Marma of joint).

Seemanta-5: - The predominant anatomical structures are cranial sutures i.e sagittal sutures, parietal suture, occipital suture & frontal suture of skull. Other structures are ophthalmic & maxillary nerve, 2nd & 3rd cervical nerve, occipito-frontalis muscle, epicranial aponeurosis, anterior and posterior superficial temporal and occipital arteries, parietal artery & veins.

Adhipati-1: - Predominant anatomical structures are confluence of sinuses (where sagittal, straight, occipital & transverse sinus meet), and cardiac, respiratory & vasomotor centers in medulla. Other structures are occipital, parietal bone, occipito-parietal joint, occipital artery, medulla oblongata, 2nd & 3rd cervical nerve.

Avarta-2: - The predominant anatomical structures in this marma are junction of frontal, zygomatic and sphenoid bone, frontal lobe of cerebrum. Other structures are optic nerve, ophthalmic and supraorbital arteries, levator superior and superior rectus muscle, superior ophthalmic vein.

Krukatika-2: - Predominant anatomical structure in this marma is atlanto- occipital joint formed by condyle of occipital bone & atlas bone. Other structures are ligaments of atlantooccipital joint (articular capsule, anterior & posterior atlanto-occipital membrane) rectus capitis muscle, vertebral artery and vein, occipital and 1st cervical bone.

5. Dhamani Marma:-

This Marma is only described by Astanga Hridaya.

Vidhura-2, Srungataka-4

d. Classification of Marma on the basis of Measurement

1. 4 angulamana Marma: - These are Nabhi-1 , Seemanta-5, Srungataka-4 , Matruka-8 Neela-2 Many-2
2. Half angulimana Marma: -

These are :- Adhipati-1, Shankha-2 Utkshepa-2 Sthapani-1 Vidhura-2 Krukatika-2 Apanga-2 Phana-2 Avarta-2

CONCLUSION

Marma Science is one of the important parts of Ayurveda. Marma points are spread all over the body. The knowledge of Marma is very essential for a surgeon because any mistake in surgical procedure may cause various complication or death of patient. Marma therapy is a significant aspect of Ayurvedic treatment, it removes blockage from Marma point & a light stimulation on these points produce flow of vital energy/prana. Marma points when gently pressed on the skin can stimulate a chain of positive events, so detail idea about Marma points is essential for clinician as these points are control point of body. This article gives a detail idea about the position of Marma. This article also provides a detail compilation about Marma described by our Acharya specially Brihatrayi (Charak, Sushruta, Vagbhata).

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