

**UNDERSTANDING THE TRIMARMIYA CONCEPT WITH SPECIAL  
REFERENCE TO SIGNIFICANCE OF HRIDAYA MARMA-CRITICAL  
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**ABSTRACT**

Ayurvedic wisdom regards the concept of Marma as a unique and significant facet. The person who methodically located the body's 107 "Marma," or weak spots, is Acharya Sushruta, who is well-known for his contributions to surgical research. But Acharya Charak is the one who studied the clinical importance of Marma within the Trimarma system, focusing on Vasti, Hridaya, and Shir in particular. This article is dedicated to exploring the profound significance of the heart, or Hridaya, as a Trimarma. Even with the advancement of medical technology, exams conducted today frequently ignore the holistic view of health, instead concentrating on neurological, cardiovascular, and excretory processes. Vasti, Hridaya, and Shir are highlighted by Charak as the three essential organs, highlighting their critical role in maintaining life. With an emphasis on Hridaya in particular, this review article attempts to clarify the basic idea of Trimarma by a

thorough analysis of Ayurvedic scriptures. One can gain a greater grasp of the holistic approach to health by going back to ancient wisdom and fusing it with contemporary medical knowledge. This research not only adds to our understanding of Ayurveda but also provides information that may improve modern medical procedures.

**KEYWORDS:** Ayurveda, Trimarmiya concept, Marma points, Acharya Sushruta, Hridaya (heart), Holistic health.

## INTRODUCTION

Marma, a fundamental principle of Ayurveda, represents the union of essential anatomical components—muscles, arteries, ligaments, bones, and joints—that constitute life itself.<sup>[1]</sup> These spots are the center of both spiritual and physiological energy. They are categorized according to their structural makeup and the repercussions of harm. Marma points are intricately braided with essential elements such as Soma, Maruta, Tej, Satva, Raja, and Tamas. They represent life energy (jivatma) and are the essence of vitality.<sup>[2]</sup>

Depending on the location and severity of the injury, trauma or disruption to Marma points can have a range of effects, from functional deficits to perhaps lethal outcomes.<sup>[3]</sup> Of the 107 Marma points that have been identified, the Trimarma, which consists of three primary points, is very important. Because imbalances in the tri-doshas, the fundamental energies of Ayurveda, disproportionately influence certain Trimarma locations and upset the body's general homeostasis, they are referred to as pradhan marmas.

We can realize the importance of Marma in preserving overall health and wellbeing by fully comprehending its essence. Exploring Marma provides doors for holistic treatment methods that incorporate the physiological, spiritual, and physical aspects of human existence by bridging traditional wisdom with modern ideas. Our goal is to clarify the function of Marma and its Trimarma subset in promoting a healthy and harmonious lifestyle, so contributing to the advancement of both Ayurvedic medicine and contemporary healthcare paradigms.

In Ayurveda, the three main Marma points that are essential for preserving general health and wellbeing are referred to as trimarma. These locations serve as important hubs for the body, and problems with them can have a significant impact on physiological processes. These are the.

### Trimarma points

**1. Vasti Marma:** This bladder-related structure is linked to the urinary system and plays a vital role in preserving urine function. An imbalance at this location can impact excretory functions generally and cause a variety of urinary diseases.

**2. Hridaya Marma:** Located in the heart region, this point is seen in Ayurveda as the seat of emotions and consciousness. It is important for both emotional and cardiovascular health. Emotional imbalances, consciousness disturbances, and heart-related illnesses might result from disruptions here.

**3. Shirah Marma:** Consists of the head area, linked to the brain and neurological system, and thought to be the location of essential sensory organs and cognitive processes. Here, disturbances may show themselves as neurological conditions, sensory deficits, or cognitive dysfunctions. Ayurvedic principles of Trimarma indicate that these areas are especially vulnerable to imbalances in the three doshas (Vata, Pitta, and Kapha), which are the basic forces controlling physiological functions. For this reason, keeping them balanced is essential to their general health and wellbeing. Ayurvedic doctors can diagnose and treat illnesses holistically by addressing underlying imbalances in these crucial centers by understanding their significance. In Ayurveda, therapies that focus on Trimarma points are used to encourage healing, reestablish equilibrium, and improve vitality and lifespan."Tanmulatvata sharirasya" is how Acharya Charak described this Trimarma as the source of life<sup>4</sup>. Marma Traya is a part of Pranayatana, or Prana's place.<sup>[5]</sup>

## AIM

To explore the complex idea of Marma in Ayurveda, specifically concentrating on comprehending the importance and consequences of the Hridaya Marma in the Trimarma subset.

## OBJECTIVE

To delve into the ancient Ayurvedic texts and literature to explain the concept of Marma and its classification system, with a specific focus on the Hridaya Marma.

## Significance of Hridaya Marma

Acharya Arunadatta says that Hrudaya resembles Adhomukha Kamala and is composed of Mamsapeshi (Hritapeshi). Acharya Bhavaprakash says that Jivashaya is another name for Hrudaya. Therefore, it is the seat of life. Ashaya is a synonym for Avastana Pradesh and Hrudaya with the cavities known as the atrium and ventricles. As per Acharya Vagbhata, Hrudaya's Samruta Asamruta Dwaram signifies the heart's valves. Acharya Charaka says that it has 10 Moola Siras.<sup>[6]</sup> Hridaya Rachananusara is a Sira Marma. Marma is regarded as the pivotal location where Mamsa, Sira, Snayu, Asthi, and Sandhi will come together. There are siras all throughout the body. They create a network that is further separated into little vessels. A critical site or area injury to any of these Sira results in reduced nutrition to that crucial portion, which can cause discomfort, loss of function, and occasionally even death, a condition known as necrosis. It's an Uro Sthita Marma, Anganusara. Parinamanusara is regarded as a Pranahara Marma Sadhya.<sup>[7]</sup> Vyana Vaayu, Sadakapitta, Avalambaka Kapha,

Para Ojus, Chetana, and Manas have their seats at Hrudaya. Acharya Sushruta and Acharya Charaka both assert that Hrudaya is a Kostanga. Hrudaya is the Moola Sthana for Pranavaha Srotus and Rasavahasrotas, according to Charaka.

The functional anatomy of Hrudaya

1. Because it is Chetana's seat, it preserves life (conscious level).<sup>[8]</sup>
2. With the aid of Vyanavayu, it expels and receives Rasarakta Dhatu (circulation).<sup>[9]</sup>
3. It governs human intellect and mental faculties through Manas and Sadhakapitta (little brain in heart).<sup>[10]</sup>

**Table 1: Dasha Moola Siras.**

SN	Moola Sira	No
1	Superior venacava	1
2	Inferior venacava	1
3	Pulmonary trunk	1
4	Aorta	1
5	Pulmonary vein	4
6	Coronary arteries	2
	<b>Total</b>	10

According to Acharya Charaka it has ten Moola Siras.<sup>[6]</sup>

## DISCUSSION

Charaka has placed emphasis on Trimarma Hridaya, Shiras, and Vasti, while the classics discuss the other 107 Marmas in depth. They are Sadhyopranahara in character since shock causes instantaneous death. Similar to how Soma, Surya, and Anila do Visarga Kriyas in turn to support the outside world, Kapha, Pitta, and Vayu perform the same action in turn to maintain the body. In a similar manner, Hridaya, Vastin, and Shiras each carry out the aforementioned tasks in order to maintain life. The heart and brain are parts of the trinity of life in the current situation as well. Basic life support (CPR) involves resuscitation of the heart and brain in cases of catastrophic injuries and emergencies. The definitive indicator of death is brain death. Trimarma distinguished himself from the others for these reasons.

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