

**CONCEPTUAL STUDY OF MARMA SHARIR IN AYURVEDA****<sup>1\*</sup>Dr. Swati Bhaskarrao Kulkarni and <sup>2</sup>Dr. Prasad Pande**<sup>1</sup>PG Scholar (Rachana Sharir) PMT's Ayurved College, Shevgaon. Dist- Ahmednagar.<sup>2</sup>Professor, HOD Rachana Sharir, PMT's Ayurved College, Shevgaon Dist – Ahmednagar.Article Received on  
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College, Shevgaon. Dist-  
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Ayurveda is a science of medicine which has special features and special terminologies. One of the special feature of this science is Marma Sharir. Marma are those vital points in body which can cause death, when got injured. Acharyas had wide knowledge about Marma and they elaborates their knowledge in their Samhitas. Acharya Sushruta had described it in great detail as he belongs to school of surgeon and Marma are also called half of the surgery. There are 107 Marma in body. These 107 Marma are classified and different types of Marma are mentioned in Samhitas. Each and every Marma is widely described. General symptoms developed after injury to Marma are pain, tremor, loss of sensation, heaviness of body, delusion, perspiration, vomiting.

**KEYWORDS:** Ayurveda, Marma, Injury, Consequences, Anguli, Death.**INTRODUCTION**

Ayurveda is a science of medicine which has its history of origin of thousands of years. It has his special features and special terminologies. One of the special feature of this science is marma sharir (Knowledge of marmas). Marma is vital part in the body and Sharir means its anatomy. Ancient Acharyas had the knowledge of these parts and with the help of that they developed science of surgery (Shalyatantra) so, marmas are considered as half of the surgery subject.

All Acharyas are given most importance to Marmas but Acharya Sushruta had described it in great detail as he belongs to school of surgeons and the knowledge of Marmas becomes mandatory for management of wounds after surgery. Marmas also mentioned in Ramayana, it

says that people had knowledge of Marmas since ancient time. In this article we have conceptual study of Marmas also its types and importance in surgery which is mentioned in our Samhitas.

### **Genesis of Marma**

The term Marma is etymologically derived from Sanskrit root word 'Mri (Ek)' which means sense of vital parts of the body. It is the first singular form of word Marman, which is often used in the sense of Jeevasthan (seat of life), Sandhisthana and Tatparya.

### **Definition of Marma**

The simple definition of Marma is these are those vital parts in body which can cause death, when get injured i.e. injuries to 'Marmas' are likely to result fatal which is stated by commentator Dalhan. But the death of person depends on which Marma is injured and upto which extent injury is happened.

Arundatta narrated the definition and said that vital parts in body when get injured which can cause death or painful as death.

According to Charakacharya Marmas are vital parts and seat of Pranas or Chetana in the body.

Sushrutacharya stated that Marma are juncture place of Mamsa (muscular tissue), Sira (blood vessels), Snayu (nervous tissue), Asthi (osseous tissue) and Sandhi (joints). The Pranas are specifically situated in these Marmas by the virtue of their nature.

According to Vagbhata, Marma is the part of the body showing irregular pulsation and on applying pressure generates pain and is composed of Mamsa, Snayu, Dhamani, Sira, Sandhi and also said that it is a seat of Jiva.

### **Constitution of Marma**

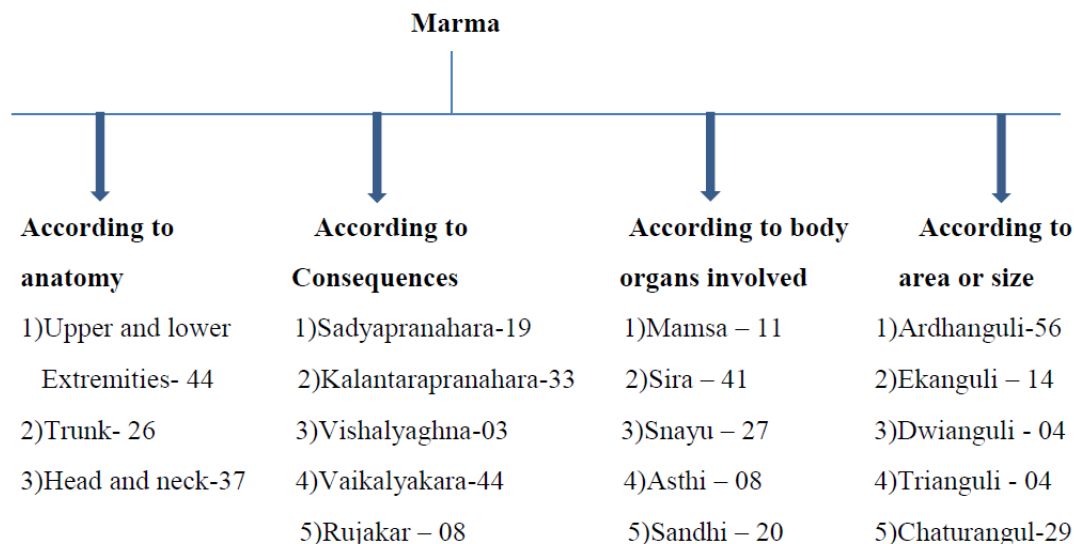
According to Sushrutacharya Marmas are those vital parts in body where muscles, bones, veins, arteries and joints come together.

Also Marmas are parts which constitutes 12 Pranas – Agni, Soma, Vayu, Sattva, Raja, Tama, Pancha indriya and Bhutatma.

## Number

There are 107 Marma in body. They are differently named and classified.

## Types of Marma



## Fatal period after Trauma

	Categories of Marma	Bhautic constituents	Consequences	Period of Fatality
1	Sadya pranahara	Agni	Loss of Agni Tatva leads to death	One week
2	Kalantar pranahara	Soma and Agni	Gradual loss of somatattva and immediate loss of Agni tatva precipitates death	15 days to one month
3	Vishalyaghna	Vayu	Death due to excessive loss of blood or escape of Vayu resulting out of extraction of Shalya	May kill due to escape of Vayu due to extraction of Shalya
4	Vaikalyakara	Soma	Extreme restlessness	Disability
5	Rujakara	Agni and Vayu	Severe pain due to involvement of Agni and Vayu	No fatality occur

## General symptoms of injury to Marma

- 1) Ruja (pain and abnormal throbbing pulsation, tremor)
- 2) Dehaprasupti (loss of sensation)
- 3) Dehaguruta (heaviness of body)
- 4) Sammoha (delusion)
- 5) Sveda (perspiration)

- 6) Murccha (syncope)
- 7) Vami (vomiting)
- 8) Shwasa (dyspnea)
- 9) Body organ drop because of debility
- 10) Giddiness

Now we will see each and every Marma in detail.

### Upper Extremities Marma

	Name of Marma	Number	According to body organs involved	According to consequences	Area or size of Marma	Sthana	Injury result
1.	Kshipra	2	Snayu	Kalantara pranahara	Ardha anguli	First inter metacarpal ligament	Convulsion
2.	Tala hrudaya	2	Mamsa	Kalantara pranahara	Ardha anguli	Palmar aponeurosis	Death due to extreme pain on injury
3.	Kurcha	2	Snayu	Vaikalyakar	Chatur anguli	Intercarpal ligament	Tremors and rotational deformity of hand
4.	Kurcha shira	2	Snayu	Rujakar	Ekanguli	Lateral ligament of wrist joint	Excessive pain and inflammation
5.	Mani bandha	2	sandhi	Rujakar	Dwianguli	Retina- culum of wrist joint	Loss of function of hand
6.	Indra basti	2	Mamsa	Kalantara pranahara	Ardha anguli	Lower end of cubital fossa	Death due to excessive loss of blood.
7.	Kurpara	2	Sandhi	Vaikalyakara	Trianguli	Elbow joint	Deformity of upper limb
8.	Ani	2	Snayu	Vaikalyakara	Ardha anguli	Tendon of Biceps brachii	Inflammation and numbness of limb
9	Urvi	2	Sira	Vaikalyakara	Ekanguli	Brachial artery and basilic vein	Blood loss and atrophy of limb
10	Lohitaksha	2	Sira	Vaikalyakara	Ardhangul	Axillary vessels	Paralysis and atrophy of lower limb
11	Kaksha dhara	2	Snayu	Vaikalyakara	Ekanguli	Brachial plexus	Paralysis of whole upper limb
	Total	22					

**Lower Extremities Marma**

	Name of Marma	Number	According to body organs involved	According to consequences	Area or size of Marma	Sthana	Injury results
1.	Kshipra	2	Snayu	Kalantara pranahara	Ardha anguli	First inter metatarsal ligament	Convulsion
2.	Tala hrudaya	2	Mamsa	Kalantara pranahara	Ardha anguli	Long plantar ligament	Death due to extreme pain on injury
3.	Kurcha	2	Snayu	Vaikalyakar	Chatur anguli	Intertarsal ligament	Tremors and rotational deformity of foot
4.	Kurcha shira	2	Snayu	Rujakar	Ekanguli	Lateral ligament of ankle joint	Excessive pain and inflammation
5.	Mani bandha	2	sandhi	Rujakar	Dwianguli	Retina-culum of ankle joint	Loss of function of foot
6	Indra basti	2	Mamsa	Kalantara pranahara	Ardha anguli	Calf muscle	Death due to excessive loss of blood.
7	Janu	2	Sandhi	Vaikalyakara	Trianguli	Knee joint	Deformity of lower limb
8	Ani	2	Snayu	Vaikalyakara	Ardha anguli	Tendon of Quadriceps femoris	Inflammation and numbness of limb
9	Urvi	2	Sira	Vaikalyakara	Ekanguli	Femoral vessels	Blood loss and atrophy of limb
10	Lohita-ksha	2	Sira	Vaikalyakara	Ardha anguli	Femoral vessels	Paralysis and atrophy of lower limb
11	Kaksha dhara	2	Snayu	Vaikalyakara	Ekanguli	Inguinal canal	Paralysis of whole lower limb
	Total	22					

**Marma Of Abdomen**

	Name of Marma	Number	According to body organs involved	According to consequences	Area or size of Marma	Sthana	Injury results
1	Guda	1	Mamsa	Sadya pranahara	Chaturanguli	Anal canal and Anus	Sudden death
2	Basti	1	Snayu	Sadya pranahara	Chaturanguli	Urinary bladder	Death due to accidental rupture
3	Nabhi	1	Sira	Sadya pranahara	Chaturanguli	Umbilicus	Sudden death

**Marma Of Thorax**

	Name of Marma	Number	According to body organs involved	According to consequences	Area or size of Marma	Sthana	Injury results
1	Hrudaya	1	Sira	Sadya pranahara	Chaturanguli	Heart	Sudden death
2	Stanamul	2	Sira	Kalantara pranahara	Dwianguli	Lower portion of pectoralis major with pectoral nerve	Death due to TB, pneumonia
3	Stana rohita	2	Mamsa	Kalantara pranahara	Ardhanguli	Internal mammary vessels	Haemo-thorax or haemo-ptysis
4	Apalap	2	Sira	Kalantara pranahara	Ardhanguli	Lateral thorax and subscapular vessels	Empyema or pulmonary TB
5	Apstambha	2	Sira	Kalantara pranahara	Ardhanguli	Two bronchii	Pneumo thorax
	Total number of marma of abdomen and Thorax	12					

**Marma Of Back**

	Name of Marma	Number	According to body organs involved	According to consequences	Area or size of Marma	Sthana	Injury results
1	Katika taruna	2	Asthi	Kalantara pranahara	Ardhanguli	Greater and lesser sciatic notch	Death due to loss of blood
2	Kukundara	2	Sandhi	vaikalyakara	Ardhanguli	Ischial tuberosity	Loss of sensation and function of lower part of body
3	Nitamba	2	Asthi	Kalantara pranahara	Ardhanguli	Ala of the ilium	Death due to wasting of lower body and debility
4	Parshva sandhi	2	Sira	Kalantara pranahara	Ardhanguli	Common iliac vessels	Death from accumula-tion of blood in abdomen
5	Bruhati	2	Sira	Kalantara	Ardhanguli	Subsca-pular	Death due to

				pranahara		and transverse cervical arteries	profound haemo-rrhage
6	Amsa phalaka	2	Asthi	Vaikalyakara	Ardhanguli	Spine of scapula	Loss of tactile sensation and wasting of arm
7	Amsa	2	Snayu	Vaikalyakara	Ardhanguli	Coraco Clavicular ligament	Stiffness of extremity

### Marma Of Head

	Name of Marma	Number	According to body organs involved	According to consequences	Area or size of Marma	Sthana	Injury results
1	Vidhur	2	Snayu	Vaikalyakara	Ardh anguli	Posterior auricular vessels	Deafness
2	Phana	2	Sira	Vaikalyakara	Ardh anguli	Olfactory region of the nose	Anosmia
3	Apang	2	Sira	Vaikalyakara	Ardh anguli	Zygomatico-Temporal vessels	Blindness
4	Avarta	2	Sandhi	Vaikalyakara	Ardh anguli	Junction of the frontal, maxilla and sphenoid bone	Blindness and impaired vision
5	Utkshepa	2	Snayu	Vishalyaghna	Ardh anguli	Temporal muscles and fascia	Patient survives until foreign body is inside, if it is pulled initially then it will lead to death
6	Sthapani	1	Sira	Vishalyaghna	Ardh anguli	Nasal arch of the frontal vein	Patient survives until foreign body is inside, if it is pulled initially then it will lead to death
7	Shrunga taka	4	Sira	Sadya pranahara	Chatur anguli	Cavernous and inter-cavernous sinuses	Sudden death
8	Adhipati	1	Sandhi	Sadya pranahara	Ardh anguli	Venous sinuses	Sudden death
9	Simanta	5	Sandhi	Kalantara pranahara	Chatur anguli	Cranial sutures	Death due to insanity and fear
10	Shankha	2	Asthi	Sadya pranahara	Ardh anguli	Temples	Sudden death
	Total	23					

**Marma Of Neck**

	Name of Marma	Number	According to body organs involved	According to consequences	Area or size of Marma	Sthana	Injury results
1	Dhamani (Nila and Manya)	4	Sira	Vaikalyakara	Chatur anguli	Jugular veins carotid arteries	Loss of speech, Defective voice, loss of taste
2	Matruka	8	Sira	Sadya pranahara	Chatur anguli	Blood vessels of the neck	Sudden death
3	Krukatika	2	Sandhi	Vaikalyakara	Ardh anguli	Atlanto-occipital joint	Unstability of head
	Total	14					

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