

STUDY OF VIDHUR MARMA WITH SPECIAL REFERENCE TO ANATOMICAL LOCATION & STRUCTURE

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ABSTRACT

Marma is the anatomical concept in *Ayurved*, which throws light on certain important vital points in the body. Injury to various Marma points leads to different symptoms. These symptoms are dependent on the Anatomical structure underlying beneath that *Marma*. *Marma* are classified in 2 major types according to *Ayurvedic* anatomical structures & symptoms caused by them. Certain *Marma* covers certain area & hence certain Anatomical structures are affected when theses points are injured. Out of all these structures, sometimes only one structure is responsible for that symptom. For e.g. Excessive bleeding will be caused only if the vessels are injured. *Vidhur marma* is located behind the ear. The location comprises of anatomical structures like skin, bone, muscle etc. Hence, this study was undertaken to find out

the exact Anatomical structure, which is likely to get affected when this *marma* is affected.

KEYWORDS- *Vidhur, Marma, Ayurved.*

INTRODUCTION

Marma is a concept described by *Acharya Susruta* in the Subject *Rachana Sharir* viz. Anatomy. Certain vital points in the body if injured can lead to death or cause deadly symptoms. *Acharya Charak* has explained similar concept under the topic *Trimarma*. Here only 3 vital organs are considered which are important.

Acharya Susruta has described theses points as per the surgical point of view.

These *marma* are divided into certain types as per the Anatomical composition or symptoms. Every *marma* has its own location, type, dimension & symptom.

Vidhur marma is located at the back of the ear. There are different modern anatomical structures like bone, muscle etc. at this site. In this article an effort has been made to find out the exact anatomical structure which is likely to be related to this *marma*.

MATERIALS AND METHODS

This is a literary type of study.

Review of Ayurvedic literature

Definition of *marma*

The Ayurvedic Anatomical structures like *mamsa*, *sira*, *snayu*, *asthi* & *sandhi* come together to form *Marma*. This union is unique & inseparable. The *Prana* (the element of life) resides at this point. This particular arrangement makes this particular point vulnerable & vital. If an injury occurs at this site, certain signs or symptoms are seen. These are dependent on the anatomical structure injured.

Total Number

There are total 107 *marma*. They are placed in limbs, trunk, head & neck.

Types of *Marma*

The *marma* are classified according to following points

1. As per the anatomical structure.
2. As per the signs & symptoms.

Classification as per the Anatomical structure

- a. ***Mamsa Marma***- Consists of *mamsa* as a main anatomical structure.
- b. ***Sira marma***- Consists of *sira* as a main anatomical structure.
- c. ***Snayu marma***- Consists of *snayu* as a main anatomical structure.
- d. ***Asthi marma***- Consists of *asthi* as a main anatomical structure.
- e. ***Sandhi marma***- Consists of *sandhi* as a main anatomical structure.

Classification as per the Signs & symptoms

- a) ***Sadya pranahara Marma***- Injury leads to immediate death.
- b) ***Kalantara pranahara marma***- Injury leads to death after some time.
- c) ***Rujakar marma***- Gives rise to severe unbearable pain.

- d) *Vaikalyakara marma*- Injury causes deformity.
- e) *Vishalyaghna marma*- Caused by foreign body.

Vidhur marma

- 1) Total number- 02.
- 2) Type- *Vaikalyakar* as per symptoms - *Snayu* as per anatomical composition.
- 3) Position- Posteroinferior to ear (Pinna).
- 4) Symptom- Deafness.
- 5) Dimension- $\frac{1}{2}$ *anguli* ($\frac{1}{2}$ finger breadth).

The dimension here specifies the area covered by this particular *marma*. This might represent the diameter or depth. The symptoms are dependent on this dimension or area. Hence, it becomes important to find out the exact location of *marma*.

Vidhur marma is $\frac{1}{2}$ *anguli* (half finger breadth) in dimension. *Anguli praman* (measurement by finger) was used to measure the dimension. The measurement of the middle phalanx of middle finger of hand should be considered as a standard. Hence $\frac{1}{2}$ *anguli* means $\frac{1}{2}$ of the breadth of middle phalanx. This measurement will vary in different individuals as the breadth of the finger will be different. Hence *swaanguli* (use of self measurement) is essential.

Review of modern literature

Behind the ear, there are following structures.

- 1. Mastoid process.
- 2. Sternocleidomastoid muscle.
- 3. Suprameatal triangle (Landmark of surface anatomy leading to tympanic cavity).
- 4. Ear ossicles, tensor tympani, stapedius (Contents of middle ear).



Fig.1: location of marma

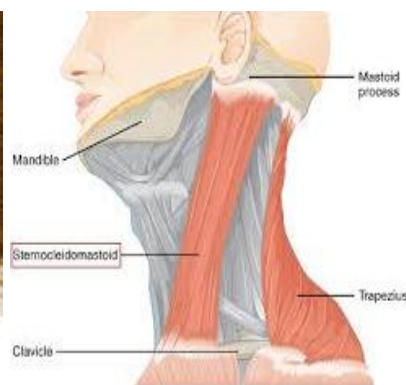


Fig.2: sternocleidomastoid muscle

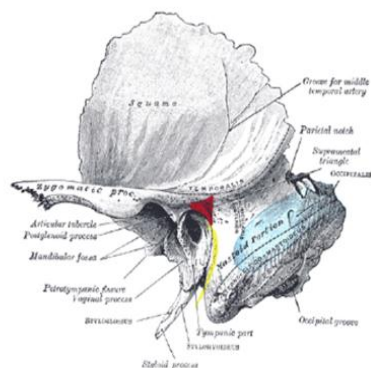


Fig. 3 suprameatal

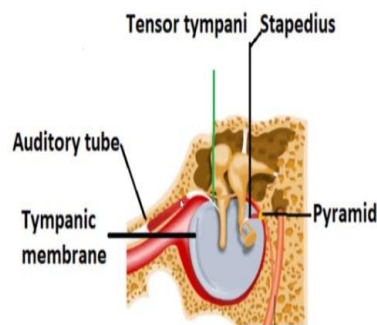


Fig.4 stapedius & tensor tympani

DISCUSSION

1. There are various anatomical structures like mastoid process, sternocleidomastoid muscle etc. on the superficial aspect.
2. When this *marma* is injured, the symptom is deafness.
3. Injury to sternocleidomastoid or mastoid will not lead to deafness.
4. Hence we need to find the exact location & anatomical structure which when injured will lead to deafness.
5. The location of *marma* can be marked over the suprameatal triangle situated behind the ear. It is bounded by suprameatal crest, posterior auricular margin & a line joining suprameatal crest & posterior side of external auditory meatus.
6. This site is the surface landmark for tympanic cavity or middle ear.
7. There is an ossicular chain & muscles like tensor tympani & stapedius moving these ossicles.
8. If the *marma* is marked in this area, the symptom deafness can be associated with damage to the ossicular chain & muscles.
9. The anatomical type is *snayu marma*. The muscles present here can be compared to *snayu*.

CONCLUSION

The symptom caused by injury to *Vidhur marma* is deafness. The anatomical location of this *marma* is within suprameatal triangle.

The structures which are likely to get damaged are ossicular chain, stapedius & tensor tympani.

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