

**A CRITICAL REVIEW OF URDHWASHAKHAGAT KURPAR
MARMA AND ITS CLINICAL SIGNIFICANCE****¹Dr. Hemant Bapusaheb Bamane and ²Dr. Nirmala Sawarkar**

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Article Received on
17 October 2023,

Revised on 06 Nov. 2023,
Accepted on 27 Nov. 2023

DOI: 10.20959/wjpr202321-30466



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ABSTRACT

Marma, by definition are the various seats or specific locations of prana (life force) in the body.^[1] It plays an important role in Shalyatantra (surgery) therefore, it is called 'Shalya Vishayardha' (half of the entire science of surgery).^[2] This knowledge was as ancient as the vedic literature and all the major compendiums of Ayurveda & the various ancient literature such as Mahabharata have numerous references of marma. There are 107 vital points spread all over the body. Kurpar marma is one of the Shakhagat marma situated on both upper extremities and are two in number.^[3] It is located at the junction of arm and forearm i.e. exactly at the elbow joint in both the upper limbs. According to Aacharya Sushruta, Kurpara marma is one of the vaikalyakara marma. Vaikalyakara marma means the marma which causes deformity on getting injured. An injury to this marma causes deformity, pain and swelling.^[4] Little injuries to Marma points or anatomical areas can be fatal comparing with major injuries at anywhere else in the body leads to death of an individual or a

permanent disability. However, recent researches indicate that if any Marma point is diseased or painful, then stimulating its nearby Marma points can be helpful in alleviating the pain. Several studies have reported the therapeutic effects of Marma Therapy in treating various illness.^[5] Considering the importance of the Marma, as well as their recent use and future possibilities as an effective therapeutic modality, the present study has been undertaken for an in-depth study of the Science of Marma.

KEYWORDS: Marma, Kurpar marma, Elbow joint, Marmatherapy.

INTRODUCTION

The concept of marma was present all over the world since prehistoric times which is depicted from the cave drawings of prehistoric men showing sites on where to attack to kill various animals. In Ayurvedic compendiums, the whole knowledge of Marma, definitions of Marmas, types of Marmas, symptoms produced after injuries to these Marmas, and their treatment are described by nearly all, especially Pratyekamarmanirdeshsharir chapter in Sushruta samhita Trimarmiya Siddhi^[6], Trimarmiya Chikitsa^[7], chapters in Charaka Samhita, Marma Vibhaga chapter in Ashtanga Sangraha^[8], and Shariravichaya Sharir chapter in Kashyapa Samhita.^[9]

According to Sushruta, Marma are the meeting points of anatomical structures, namely, Mamsa (muscle), Sira (blood vessels), Snayu (ligaments and nerves), Asthi (bone), and Sandhi (joints).^[10] These Marma points are also the special seat for Chetana and Prana. These 12 prana, even though situated all over the body, are especially localized at certain points of the body. These points are thus called seats of the prana or pranasthana. And there are total 107 such important locations where prana is specifically located. Marma points are specific areas on the body which has relation to various internal organs, Doshas, and Strotas.^[11]

According to Vagbhata, structures which show irregular pulsation and where the pain on pressure persists can be labeled as Marmasthana.^[12] The diseases affecting these marmas were considered to be having a very bad prognosis as injury to these parts may lead to severe pain, disability, loss of function, loss of sensation, or death while the diseases not affecting the Marma are relatively easy to cure.

Kurpara marma is present at the joint of arm and forearm .It can be compared with elbow joint as both of them has a lot of anatomical and structural similarities. It is one of the vaikalyakara marma. An injury to this marma causes deformity, pain and swelling. Elbow joint is responsible for flexion and extension of the upper limb Several studies and texts have reported the therapeutic benefits of Marma Therapy in treating various physical and mental disorders. Acharya Sushruta states that Marma (vital point) should not be injured and kept intact even while doing surgeries.

This review will give a complete summary of Kurpar marma regarding its location, structural entity and clinical application.

Description of Kurpar marma^[13]: Kurpar marma is situated at the junction of the forearm and arm.^[14]

- Name of marma: Kurpar
- Sankhya (Number)^[13]: 2
- Sthana (Location)^[13]: Urdhwashakha
- Rachanavishesh (Structure)^[13]: Sandhi marma
- Parinama (Effect on injury)^[13]: Vaikalyakara
- Parimana (Measurement)^[13]: 3 angula
- Agnisomiyatva (Prominence of Agni or Soma)^[13]: Saumya
- Method of identification: Kurpar marma is located in the entire elbow joint. But for stimulation of the marma point, two points one angula below the joint line on the medial and lateral aspect is identified as kurpar marma.^[15]
- Method of stimulation: Thumb and middle finger is placed over the medial and lateral points of kurpar marma and pressure is applied and released to stimulate the marma point.^[15]

The structural study of Kurpara Marma with the help of the dissection of the elbow joint carried out by S.K. Muley^[16] shows that there is an aggregation of muscles (tendon of the bicep, bicipital aponeurosis, pronator teres, flexor carpi radialis longus, palmaris longus, flexor carpi ulnaris, brachioradialis, etc.), nerves (ulnar nerve, median nerve, radial nerve), arteries (termination of brachial artery into the radial and ulnar artery), and bones (lower end of the humerus, upper end of the radius and ulna). So, it was understood that it is a Sandhi Marma.

These marma having Soma Mahabhuta as predominance which means lunar properties, which have their own characters like steadiness and coolness. Hence, any injury on these areas or in the vicinity of these areas is highly painful and might lead to deformity(vikalangata) or even death.^[16]

DISCUSSION

According to Sushruta, Marma is a conglomeration of anatomical structures, namely, Mamsa (muscle), Sira (blood vessels), Snayu (ligaments and nerves), Asthi (bone),

and Sandhi (joints). Marma spots, according to Siddhar, are the locations in the body where the subtle Marma energy may be detected.^[17]

Kurpar marma is located at the junction of arm and forearm. In lower limb, this marma is represented by janu marma. Structurally it is a sandhi marma. It causes vikalangata or deformity of the structures while injured so it comes under Vaikalyakara marma prognostically. Marma Chikitsa has recently evolved a lot. It is thus one among the numerous contributions that the ancient India have made to the world and this science has a unique place in healing owing to its universal applicability, quick results and non-pharmacological nature. The main practices which are currently practiced as a part of marmachikitsa include manipulations, massages, bandages etc. By incorporating these and other prevention strategies Ayurveda can help their patients to stay active and reduces the risk of disabilities additionally by conducting research in this area Ayurveda can contribute to the advancement of the sports medicine.^[17]

It works as a whole body deep tissue stimulation and in toning up of the musculoskeletal, neuromuscular structure improving circulatory efficiency and correction of any acquired physical injuries or ailments of the person being treated.^[18]

Kurpar is a sandhi marma and is related to the samana vayu. Since the area of samana vayu is between the nabhi and hrudaya, it is useful in the management of diseases of organs situated between the umbilicus and xiphisternum such as liver, gall bladder, pancreas, stomach, spleen etc. Most of these organs are related to the function of metabolism and thus stimulation of this marma is useful in the management of disorders of metabolism such as obesity and diabetes. Since the number of patients suffering from such conditions are very high, the use of marmachikitsa in such conditions is helpful in reducing the medications and help them lead a normal life. This marma can be helpful in the management of hyperacidity, gastritis etc.^[19]

Stimulation of this marma also relieves the pain of tennis elbow, shoulder pain (page 116), chest pain, cervical pain, torticollis and cervical spondylosis.^[20,21]

CONCLUSION

It was observed that in the region of three digits of the elbow joint contents like Mamsa (muscle), Sira (vessels), and Snayu (tendons) are present in nearby small

fractions and Asthi (bones) and Sandhi (joints) are present in a higher percentage. Hence, it is proved that Kurpara Marma (elbow joint) is Sandhi Marma.^[22]

The kurpar marma of upper limb can be used to alleviate the pain of tennis elbow, shoulder pain, chest pain, cervical pain also various illness like hyperacidity, gastritis etc. Marma Chikitsa has recently evolved a lot. It has the potential of developing as a new adjuvant therapy to mainstream Ayurvedic practices. There is also need to give worldwide reach to the knowledge of marma. However very limited documentations are available on role of Marmachikitsa in such disease conditions thus this method under consideration should be tested in various clinical trials because it is noninvasive and without any side effects.

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