

**A REVIEW ON ANATOMICAL STUDY OF KSHIPRA MARMA****Dr. Lipi Raturi\***

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**ABSTRACT**

In Ayurveda, Marma plays a very vital role in human body. It is an important part of the body, it must not be harmed or injured in any way, as it is mentioned in our Ayurvedic or ancient texts. The word 'Marma' also called 'Fatal Spots' and its application exist since ancient period. The fear of death is a common feature of living being whether human or animal. Marma point has been considered as the Prana – 'Seats of Life' or Vital 'force' and it also consists of Agni, Soma, Vayu, Satva, Rajas, Tamas, and Bhota atma.<sup>[1]</sup> There are 107 Marma's in our body. One of them is 'Kshipra Marma' present or situated in both Adhosakhagat and Urdhavsakhagat. On the basis of its Parinaam, it comes under kalantarpranahar Marma. This article will give a complete

summary about Kshipra Marma along with its Location, Anatomical structural entity, symptoms after get injured or damaged.

**KEYWORDS:** Marma, Prana, Kshipra, Kalantarhar.**INTRODUCTION**

There are important anatomical structure or landmarks in our body called Marma's which is having surgical importance as its own. Prana is said to be 'seat of life' resides in Marma only. Many references from Vedas regarding on attacking at Marma sthan of enemies and one protecting one Marma by wearing protectants. The knowledge of the Marma exists from the ancient time but it has come forward after Indus valley civilization to the time period of Acharya Charak, Sushruta, Vagbhatt. Acharya Sushruta has classified according to its anatomical structure such as Mamsa Marma, Sira Marma, Snayu Marma. Acharya Vagbhatt mentioned one additional Marma as Dhamani Marma Respectively.<sup>[2]</sup> Marma Sharir is said to be half shalya tantra (knowledge of Marma is half of the knowledge of surgical Science).<sup>[3]</sup> As

Injury to the Marma, one suffers from one of other type of deformity and pain. Hence, Marma plays an important role in surgical science.

**AIM:** To conduct the study of Kshipra Marma on the basis of its anatomical structure and Location.

## REVIEW OF LITERATURE

**HISTORICAL REVIEW:** Man is always exposed to the risk of injuries from different kinds of weapon. Wars were frequent in ancient times in India. Hence kings were taking surgeons to the battle field to treat the wound. Acharya Sushrut and surgeons like him in that period. There is a view that ancient treatises on warfare especially Dhanurveda contain more information about Marma than described by Acharya Sushruta.<sup>[4]</sup> Some Ayurveda scholars is an attempt to equate and correlate knowledge of Marma with the ancient method known as Accupuncture.<sup>[5]</sup> Vishwakarma sharpened Ayudh (weapon) for Indra which was known as 'Vajra' to be used. God Indra tormented Vratra (demon) with the help of same by attacking on Marma Asthal. The plastic surgery was practiced by Ashwany on shayava at three cut places and made him to move fire was used to be the greatest weapon to destroy Marma.

**AYURVEDIC REVIEW:** In our ancient text, Marma plays a very vital role in human body. Marma is made up of five elements as Mamsa, Sira, Snayu, Asthi, and Sandhi. According to Acharya Sushruta and vagbhatt, any injury or damaged at any part of the body, which leads to ultimate death, is called Marma.<sup>[6]</sup> All the Acharya's has stated that 107 Marma's are present in our body. In Samhita kaal, all the classical text or writings mentioned the number of Marma's structure involved, their position and area, as well as full detailed explanation of Marmaghata or its viddhlakshan.

According to Acharya Charak, he has mentioned Trimarma's i.e Basti, Hridya, and Sira. He also mentioned 10 seats of Prana and the first six of them is considered as Marma i.e Sankha, three Marma's (Heart, Bladder, Head), Throat, Rakta, Shukra.<sup>[7]</sup> As we know that Acharya Sushruta is the 'The Father of Indian Surgery'. He provided a thorough and full explanation in his text about the Marma. He includes its Type, Location, measurement, anatomical structure, Pancha Mahabhoot, symptoms and signs of injury.

**ACCORDING TO PARINAAM<sup>[8]</sup>**

1. **Sadhyo Pranahar** – 19 – causing death quickly
2. **Kalantar Pranahar Marma** – 33 – causing death after sometime
3. **Vishalyoghan Pranahar Marma** – 03 – causing death after removal of foreign body
4. **Vaikalyahar Pranahar Marma** – 44 – causing deformity
5. **Rujakarhar Marma** – 08 – causing severe pain.

**ACCORDING TO ANATOMICAL STRUCTURE<sup>[9]</sup>**

1. **Mamsa Marma** – 11
2. **Sira Marma** - 41
3. **Snayu Marma** - 27
4. **Asthi Marma** - 08
5. **Sandhi Marma** - 20

According to Acharya Sushrut, there is 11 pair of Marma in both Urdhav shakha gat and Adho sakha gat. One of them is Kshipra Marma. Kshipra word 'Sheegra' which meant to be 'Fast' and 'Twarit'<sup>[10]</sup> means throw, cast, send or dispatch.<sup>[11]</sup> Kshipra Marma comes under the structure of Snayu Marma and according to prognosis of injury it comes in Kalantar prana har Marma. If Kshipra Marma get injured it leads to death due to Akshepak (convulsions). When Vata dosha is aggravated, it permits all the Dhaman's leading to convulsions which come frequently and repeatedly and also cause spasm of muscle. Acharya Dalhana also involved the Nervous System in this Vyadhi. Acharya Dalhana considered Dhamani as Nadi.

As Kshipra Marma comes under kalantarpranahar Marma. According to this parinaam, it has saumyagneya (Saumya and Agneya) guna, having qualities of water and fire mixed together, hence with their Fire quality, this kills debilitated person quickly and by their watery/ cold qualities kill others after sometime.<sup>[12]</sup> When Kshipra Marma gets injured, large quantity of blood flows out and Vata produces pain. When these fatal spots are injured just like tree when its roots are cut off by instrument, similarly whom this spot get injured, their hand and feet should be cut off quickly at the wrist and ankle respectively.<sup>[13]</sup>

When Kshipra Marma got injured, both Convulsions and Tetanus occurs. In this, continuous blood flow cause convulsions and leading to death.<sup>[14]</sup> And if there is some infection i.e Tetanus bacilli then death takes place after few days i.e 4 – 14 days. First meta tarsal artery

which is a branch of Dorsal Pedis artery can be taken as an anatomical structure which represents Kshipra Marma.

**MODERN LITERATURE:** According to Modern Science Kshipra Marma is situated in first inter meta carpal space. Upper limb structure which are involved and surrounded the Kshipra Marma are.S

- Tendon of Adductor Pollicis
- First dorsal interosseous muscle.
- Flexor Pollicis Longus
- Digital branches of Median Nerve
- First Palmer interosseous muscle
- 03 Thenar muscles
- Abductor Pollicis Brevis muscle
- Flexor Pollicis brevis.

### **ARTERIES**

- Radial artery supply thumb and lateral side of the index finger.
- Radialis Indicis Artery
- Princeps Pollicis Artery
- Dorsal Meta Carpal Artery

**VEIN** – Cephalic Vein

**NERVES** – Recurrent branch of Median Nerve Superficial branch of Radial Nerve.

**INJURY MAY CAUSE** – Loss of function of Abduction of Index and Thumb.

Loss of function of Abducts of Meta carpal phalangeal joint.

Severe bleeding from the Palmar Arch.

### **LOWER LIMB**

**Muscles attachment** – Abductor hallucis

- Extensor Hallucis longus
- Flexor hallucis brevis
- First Dorsal Interosseous Muscle
- Adductor Hallucis Brevis
- Extensor Hallucis Brevis

**ARTERIES** involved – Medial Plantar Artery

Dorsalis pedis artery branch of anterior tibial artery.

Posterior Tibial Artery

First Dorsal Meta Tarsal Artery

Deep Plantar Artery

**VEIN** involved – Medial Malleolus Vein

**NERVES** - Deep fibular Nerve

Superficial Fibular Nerve

**INJURY MAY CAUSE** – Injury may impair the functions of abducts and flexion of greater Toe. Loss of function of flexion of Meta tarsal Phalangeal joint.

- Adduction disfunction

According to location as described here it can be located in first inter meta carpel space. In this space two important anatomical structure are seen. First in dorsal Meta tarsal artery and a branch of the deep peroneal nerve going to big toe. In case of injury to this Marma, the death takes place due to convulsions. The convulsions may be toxic in nature and occurs in the condition like bleeding or in the Tetanus Bacilli Infection. The immediate death, generally occurs in severe bleeding but in case of Tetanus it takes place within few days. First Dorsal Meta Tarsal Artery, a branch of the Dorsalis pedis Artery can be taken as an anatomical structure which represents Kshipra Marma.

## DISCUSSION

1. Kshipra Marma is one among the 27 Snayu Marma. As Acharya's mentioned in the classical text about its structure involved, Dosha's involved, site of the Marma, Prognosis of Injury, symptoms after injury, we will relate them with the structures which is similar to it.

2. According to anatomical structure it comes in Snayu Marma. Need of study of anatomy particularly the area or site between the Big Toe and Second Toe in foot and Thumb and Index finger in hands which we can correlate it with the Kshipra Marma. And on the dorsum of foot, there is the presence of dorsal pedis artery and the middle terminal branch of Peroneal Nerve cause the condition of Tetanus.

3. Convulsions in which loss of blood significantly and very similar to the tetanus (locked jaw). Akshepak symptoms are much similar symptoms to the 'Opisthotomus' which is described in Tetanus also.

4. In Kalantarpranahar Marma, incubation period and Tetanus incubation period are similar i.e 4 -14 days or one month. So, we can correlate Tetanus comes in Kalantarpranahar Marma.

5. In these days, Accu puncture Therapy is common in which surgeons compressed the points, pressure point of Kshipra Marma in 1<sup>st</sup> and 2<sup>nd</sup> meta carpel bone of hands. Many of the diseases like Thyroid, Dysphonia, Dysphagia get relief or treated. We should not press excessively, because excessive stimulation damages the Kshipra Marma.

## CONCLUSION

From the above discussion that Kshipra Marma plays a vital role because if this Marma get injured or damaged it gives dual results i.e sudden death due to blood loss significantly or take some time due to infection. This can be correlated with the excessive blood loss occurs from the first Dorsal Meta Carpel Artery and Median Plantar Artery in the modern science. This cause lack of oxygen due to blood loss. It has to be compensated by which the patient breaths rapidly with the great force and dies from convulsions at last.

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