

## CLINICAL SIGNIFICANCE OF KSHIPRA MARMA AND ITS CORRELATION WITH SIRAVEDHA (VIDDHAKARMA)

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### ABSTRACT

The human body contains 107 vital points known as Marma, which are the seats of Prana (vital energy). Due to their close association with Chetana (consciousness), any injury to these points can result in severe complications. Kshipra Marma is one of the Shakhagata Marmas, located in both the upper and lower extremities, with a total of four points in the body. Specifically, it is situated between the great toe and the second toe of the foot, with a size of half Angula. Structurally, it is classified as a Snayu Marma. Based on the effects of trauma, it is categorized as a Kalantara Pranahara Marma, as injury to this point may lead to death due to convulsions. Understanding Marma points is crucial in the clinical practice of Ayurveda, as they play a significant role in diagnosis, prognosis, and treatment. This review focuses on Kshipra Marma, detailing its location, structural classification, and clinical relevance. Viddha Karma is one among the Shastra Karma as explained in Brihatrayee, Laghutrayee and other classics. It is the

treatment of puncturing or piercing certain points that reduce pain. It removes the obstruction of the blood vessels and establishes the circulation by clearing Srotas and stimulation to sensory fibers from peripheral receptors reduce the transmission of irritating signals from the affected area is the main mechanism of action of Viddha Karma.

### INTRODUCTION

Marma Sharir is a unique and significant concept explained in Ayurveda, particularly emphasized in ancient times when emergency treatments were unavailable. Acharya Sushruta

has described marma from the perspective of injuries, emphasizing that knowledge of marma is essential for performing skillful surgeries<sup>[1]</sup> (Su.Sha.6/44). According to Acharya Sushruta, marma are vital points where mamsa (muscle), sira (vessels), snayu (ligaments), asthi (bones), and sandhi (joints) form an inseparable union.<sup>[2]</sup> These points are naturally the abode of prana (the life element) (Su.Sha.6/22). On the other hand, Acharya Charaka has described only three marma points, focusing on the diseases associated with them. Therefore, these vital points must be protected from injuries, as their damage can have significant consequences. Site of Kshipra Marma is given in Sushruta samhita as.<sup>[3]</sup>

“तत्र पादस्याङ्गुष्ठाङ्गुल्योर्मध्ये क्षिप्रं नाम मर्म, तत्र विद्धस्याऽक्षेपकेण मरणं” (सु. शा. 6/25)

The word Kshipra means Quick. Literally it means “fast” the marma which has fastest action or the marma which provides the fastest relief is called the Kshipra Marma. In human body it is 04 in number 02 in upper limb and 02 in lower limb. It is situated in between the Great Toe and second Toe of the plantar side of the foot injury to it may leads to Convulsions leading to the death in due course of time.<sup>[4]</sup>

Musculoskeletal disorders, causing pain in muscles, bones, ligaments, tendons, and nerves, are prevalent worldwide. Ayurveda classifies these under Vatavyadhi. Viddha Karma, an ancient Ardh Shalya Chikitsa, has been practiced to relieve pain and stiffness.<sup>[5]</sup> It involves puncturing specific points to clear Srotas, improve blood circulation, and reduce pain by stimulating sensory fibers and blocking irritating signals. This Ayurvedic technique, performed with proper aseptic measures, remains effective for managing musculoskeletal issues.

## MATERIALS AND METHOD

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Clinical Significance of Kshipra Marma

Siravedha is regarded as one of the most effective therapeutic measures in Shalya Tantra, much like Basti is in Kayachikitsa.<sup>[6]</sup> Acharya Sushruta highlights its importance, particularly in cases where diseases do not respond promptly to treatments like Snehana or Lepana. In such situations, Siravedha serves as an emergency intervention to deliver better results.<sup>[7]</sup>

Siravedha is a method of Raktamokshana (bloodletting), extensively described by Sushruta in the eighth chapter of Sharir Sthana. This description includes the appropriate timing, method,

indications, and contraindications for Siravedha. It is particularly useful in managing conditions related to skin disorders, tumors, swellings, and diseases caused by vitiated blood.<sup>[8]</sup>

तत्र पाददाहपादहर्षचिप्पविसर्पवातशोणितवातकण्टकविचर्चिकापाददारीप्रभृतिषु  
क्षिप्रमर्मण उपरिष्ठाद् हृद्यङ्गुले ब्रीहिमुखेन सिरां विध्येत सु. शा 8/17

For ailments such as

Padadaha (burning of soles)

Padaharsha (tingling in the soles)

Chippa (whitlow)

Visarpa (erysipelas)

Vatashonit (gout)

Vatakantaka (ankle sprain)

Vicharchika (eczema or other skin diseases)

Padadari (cracked soles)

Siravedha is performed two angula (approximately 4 cm) above the Kshipra Marma using the Vrihimukha Shastra.

The image shows the position of kshipra marma.<sup>[10]</sup>



Although Marma Sthanas are generally contraindicated for Siravedha, Kshipra Marma is an exception due to its immediate therapeutic effects. Siravedha alleviates avarodha (obstruction), which restores the normal function of Vata Dosha. Since pain is considered result of vitiated Vata Dosha in Ayurveda, Siravedha relieves pain and stiffness by promoting Vatanulomana (regulation of Vata).

Furthermore, Siravedha detoxifies the blood, making it highly effective in treating skin disorders. It is also employed in managing certain systemic disorders when combined with internal medicines. The procedure ensures symptomatic relief by breaking down obstructions and improving circulation, thus enhancing overall therapeutic outcomes.

### MODE OF ACTION

Viddha Karma works over Tridosha and Rakta.<sup>[11]</sup> it opens the route of entrapped Vayu by clearing Srotas and helps to remove freely in the body. On removing the obstruction of the blood vessels, establishing the circulation and stimulation to sensory fibers from peripheral receptors, to reduce the transmission of irritating signals from the affected area is the main mechanism of action of Viddha Karma. Due to Viddha Karma large sensory fibers from peripheral tactile receptors including the nerve endings become clear and it helps to reduce the transmission of pain signals from a local area or sometimes even a diffuse area located in many segments. The immune system responds to this treatment by releasing endorphins which help to reduce the pain and also initiates the body to secrete chemicals like opioids etc. Thus Viddha Karma therapy helps to maintain balance between Vatta, Pitta and Kapha in the body.

### DISCUSSION

The word "Kshipra" literally means "fast," and Kshipra Marma refers to the Marma that has the fastest action or provides the quickest relief. It is classified as a Kalantara Pranahara Marma, where an injury may result in gradual loss of life, often after some time. Injury to Kshipra Marma can lead to fatal convulsions, emphasizing its critical importance.

### Siravedha (viddhakarma): A Therapeutic Tool

Siravedha is a significant therapeutic measure in Ayurveda, particularly in Shalyatantra, and is considered as impactful as Basti in Kayachikitsa. Half of the health issues can be managed by Siravedha, as Rakta (blood) is the chief causative factor in many diseases. Siravedha falls under the category of Shodhana (purificatory) therapies, where vitiated Doshas are expelled through the nearest route.

According to Acharya Sushruta, the sites for Siravedha are carefully chosen to ensure that the vitiated blood (dushit Rakta) is expelled through the nearest route to the site of the disease (roga adhisthana). The specific site-based bloodletting aids in resolving the pathology of the

disease, while also normalizing physiological mechanisms through various changes in the body.

### **Clinical Applications of Siravedha (viddhakarma)**

#### **Siravedha is effective in**

Stimulating large sensory fibers of peripheral tactile receptors, thereby reducing pain intensity in local and distant areas through lateral inhibition.

Clearing obstructions in blood vessels and improving blood circulation.

Reducing the load of circulating pathogens and vitiated Doshas (Vata).

This makes Siravedha highly beneficial in managing chronic lifestyle disorders and various disease conditions.

### **Modern Perspective and Marmas**

From a modern scientific perspective, Siravedha works by enhancing blood flow, regulating circulation, and alleviating pain through neurophysiological mechanisms. The therapeutic effects include the removal of toxins, reduction of inflammation, and relief from symptoms caused by vascular or neurogenic obstruction.

### **Importance of Marmas in Surgery and Medicine**

Marmas serve as critical anatomical landmarks and are vital in Ayurveda's therapeutic framework. Knowledge of Marmas is essential for understanding vital areas of the body. Surgical interventions require careful consideration of anatomical frameworks, as any miscalculation regarding these vital points can lead to complications or failure of the procedure.

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