

COMPLICATION OF CHEDAN IN VITAP MARMA W.S.R. EPISIOTOMY (VITAPCHEDH)

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ABSTRACT

Marma (vital point) is actually the *Prana* (life). As *Acharya Sushruta* has stated that *Marma* points are juncture on the body where two or more types of tissue meet. Such As *Mamsa* (muscle), *Sira* (vein, arteries), *Snayu* (ligaments) *Asthi* (bone) and *Sandhi* (joints). These are mostly accepted as 107 points that are present in anterior and posterior aspects of body. The word *vitap* is formed from '*Vitam Vistaramva Paati Pibati*' or '*Vetatishabdayateti*' its meaning is branch of tree or brush or new seed. The *Vitap Marma* described under *Snayu marma* by *Acharya sushruta* and *Sira Marma* by *Acharya vagbhata* with dimension of 01 Angula. episiotomy is a commonly performed procedure at the time of vaginal delivery to prevent perineal lacerations. A study was conducted to evaluate the complications of

episiotomy these included perineal tears, postpartum haemorrhage, extended episiotomy perineal pain inability to pass urine or stool and vaginal haematoma early complication including wound were reported.

KEYWORD: Episiotomy, Vitap marma, Perineal tear, Vaginal heamatoma.

INTRODUCTION

The *Marma* alarming points communicate the information about the vital sites, when pressure is applied over these points. The human body consists of an intricate network of channels, organs circuits and tissues on many levels from the blood to the most refined nerve tissue of the brain. The total of 107 *Marma* points in the body is broadly classified into two categories

as lethal or as therapeutic regions. The term Marma is derived from the root 'Mrung Pranatyage' meaning, that which cause Pranatyaga or death.^[1]

It is Snayu Marma in nature^[2] among these vital areas one of the position of *Vitap Marma* is lies in between the *Vankshana* and the *Vrishana* at this site injury to it gives rise to Infertility in female.^[3]

Vaikalykara Marma are points where injury causes structural or functional deformity which are 44 in number. In each lower limb six *Vaikalykara Marma* are present *Vitap, Lohitaksha, Urvi, Aani, Janu, Kurcha*.^[4]

The Marma and Their effect of fatility after injuiry

Sadhyapranahara: Marmas to which injury may causes death within a week.

Kalantarapranahara: Marmas to which injury may causes death within a month.

Anatomical structures related to vitap marma

Dr. ghanekar interpreted *Vitap Marma* at the site of inguinal canal and its content i.e terminal part of round ligament of uterus. The injury in this region may produce obstructive pathology or vascular damage may cause indirect effect in entire reproductive scenario; the result is infertility.^[5]

MATERIALS AND METHODS

Literature review regarding the *Vitapa Marma* (Structural and Applied aspect related) was done through various authorized text book, journals published articles, and then the critical analysis was done to evaluate the possible structural entity of the *Vitapa Marma* on the basis of classical information.

Review of literature

Marma point is defined as an anatomical site where muscle, veins, ligaments, bone, and joints meet togtherther (*Mamsa, Sira, Snayu, Asthi, and Sandhi*) They are also site where not only *Thridosha* (*Vata, Pitta, and Kapha*) are present but their subtle form *Prana, Ojus (soma)* and *Tejas (agni)* are also present with *Satva, Rajas* and *Tamas*.^[6]

Vitap marma

Measure- 1 *Anguli*

Type of *Marma*- *Snayu Marma*

Site-one inch lateral to symphysis pubis in the superficial ring through which the spermatic cord passes, controls *Shukravaha Strotus*. Tissue involved anatomical structures in women terminal part of round ligament of uterus and labium and labium minus injury can cause impotency.^[7]

According to *Vagabhata*, *Marma* are those *Sthana s* where *spandana* occur and the site which pressurised gives pain^[8] Any trauma on *Marma* point can ultimately lead to death of a person.^[9]

The *Panchbhautic Sanghatana* of *Vaikalyakar Marma* is of *Soma Guna*^[10] according to *Sushruta* there are 107 *Marma* in human body.^[11]

Vaikalyakar Marma is said *Jalpradhanam* by Acharya.^[12]

Episiotomy

An episiotomy is a surgical incision of the perineal body. The perineum is evaluated prior to the time of delivery to determine whether or not an episiotomy is indicated and if so, what kind of episiotomy .the perineum is evaluated for its length, thickness and distensibility. A short perineum may indicate performing a mediolateral episiotomy rather than a median episiotomy in order to avoid injury to the rectal sphincter and wall.^[13]

DISCUSSION

As per Ayurveda Text, *Marma* are vital points which get injured either by trauma or by disease condition cause severe pain, deformity or even death. *Acharya Sushruta* said that *Vitapa Marma* is situated between *Vankshan* and *Vrushana*. It may be region of the round ligament in the female, ilioinguinal nerve, genitofemoral nerve which are contents of canal. injury in this region may produce perineal tears, postpartum haemorrhage, perineal pain inability to pass urine or stool and vaginal haematoma early complication, therefore the knowledge of *Vitapa Marma* is necessary for a surgeon to conduct episiotomy.

CONCLUSION

The dominant structure at this site of *Vitap Marma* is considered as round ligament of uterus in female along with other recessive structures of *Mamsa*, *Asthi*, and *Sandhi*, And the different opinions of both *Acharya Sushruta* and *Vagbhata* can be justified on the basis of functional and structurally, looks like cord; hence it is considered as *Snayu Marma* by *Acharya Sushruta* and *Sira Marma* by *Acharya Vagbhata* and its co-related with round

ligament of uterus is constituent of spermatic cord and its function is conduction of *Artava*, And Injury to the *Vitap Marma* results to perineal tears, postpartum haemorrhage, perineal pain inability to pass urine or stool and vaginal haematoma early complication including wound were reported.

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