

# A Study on Marma and Its Clinical Importance

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## Abstract

Marma is extremely important topics. Marma point is as anatomical site where veins, muscle, Ligaments, Bones, and Joints meet together.( su. Sharir 6/16). Acharya Sushruta explained there are 107 marmas in human body. Sushruta states that Marma Sthana , very vital point, should not be injured and should be kept intact even while doing surgeries. According to various ancient Indian scripted, including the Upanishads, Vedas, puranas, Samhitas etc. Mentioned different aspects of science of marma.

**Keywords** - Marma, Ligaments, Bone's, 107 marmas, Upanishads etc.

## Introduction :

Marma is clinically important consideration as per Ayurvedic which play significant clinical role and may correlated with Acupressure or acupuncture. Marma is common topic explained in Sushruta Samhita, Charak Samhita, Vagbhat Samhita. Which provides welth of information on their location, function and application.

Injury to marma points it responsible for serious consequences , use of marma therapy helps to treatment of pathological conditions. Classical texts of Ayurveda classified 107 marmas points.

## Marma Definition <sup>1</sup>

### 1) According to acharya Bhavaprakash -

The meeting point of Joint, Muscle, Veins, Ligaments and bone is called Marma.

### 2) Acharya Ashtanga Sangraha -

Marmas sites where Veins, muscle, ligaments, Bones and Joints meet. They get traumatized, prana get destroyed.

### 3) Acharya Chakrapani -

तचमाससिरास्नायुस्थिसांधीशुःनिविषम्॥

(Acharya Charaka Siddhithana 9/3, chakrapani Tika)

The meeting point of ligaments, bones, and joints, muscle, veins is called Marma. They are dependant on these components.

### 4) Acharya Dalhana

मारयन्तिमर्मनि॥

Injury to marma points may cause to death.

## Classification ( to the size of Marmas) -

Size of marma is different from 1/2 anguli to Hatheli ( palm) or Mushti (fist). Out of 107 marmas, 12 are - 1 finger size, 56 are- half finger size, 4 are - 3 finger size and 29 are one palm or one fist size.

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**Marmaghata ( Injury to Marma Point)<sup>2</sup>**

Injury to marma point that is marmaghata can lead to pain, loss of sensation, disability, loss of function, and death. Shalya tantra deals with knowledge of fatal spots ( marmas) because any injury to these points leads to suddenly death and if anyone survive due to occurrence of deformities is most a certainty.

**Common Symptoms of Marmaghata<sup>3</sup>**

According to Sushruta ( su. Sutrasthana - 25/34-35) common symptoms of Marmaghata as follows. -

Brama (giddiness), Patana (fainting), Pralapa (delirium), Pramoha ( delusion), Vicheshtana (Loss of activity of the body parts. Ushnata ( increase body temperature), Murchha (fainting), Urdhwavata (increased expiration), sarvendri yaarthoparama sthava ( cessation of activity of all sense organs).

**Marma Can helps to Treatment of Following Diseases<sup>5</sup>**

- Respiratory obstruction
- Joint pain
- Muscle pain
- Headache and migraines
- Fatigue
- Mental stress
- Paralysis
- Blood pressure
- Hridaya roga.

**Clinical Role of Specific Marma - Gulpha Marma<sup>6</sup>**

Gulpha marma can used for clinical in the management of pain, muscular sprain, joint injury. Injury of Gulpha marma may cause - Ruja, Stabdha Padata, Khanjata.

**Adhiapati Marma -**

It is sides at top of skull and superior sinus is place of Adhipati marma. It consider as Sandhi marma due abundance of veins. Clinically associated with symptoms such as, pralap, Brama, Murchha etc.

**Urvi Marma<sup>4</sup>**

Urvi marma is clinical responsible for heamorrhage due to injuries. This marma is related to sira and positioned at adductor canal.

**Conclusion -**

Marmas is vital points, centers of Prana, they can used for specific treatment and diagnosis of Disease. Marma are integral to all Ayurveda therapy from self simple treatments to complex clinical procedures. They form one of the main pillars of Ayurved thought and practice.

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