



A STUDY OF ADHOSAKHAGAT (LOWER EXTRIMITIES) MARMAS W.S.R. TO VAIKALYAKAR MARMAS

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ABSTRACT

Marma is vital point where injury occur can lead to disability, dysfunctioning or even termination of life. It is not much developed in modern science. Acharya sushruta and vagbhata have explained it in detail in Sharirasthana of their respective samhitas. Almost all the samhitas of ayurveda have mentioned the total number of marma as 107. Marma's are the conglomeration of Mamsa, Sira, Snayu, Asthi and Sandhi. Little injuries to these marma points or anatomical areas can be fetal comparing with major injuries at anywhere else in the body. So detailed knowledge of these marma points is crucial for ayurveda learners. Depending upon after-effect of injury to Marmas, there are five types like Sadhyapranahara, Kalantara pranahara, Vishalyaghna, Vaikalyakara, Rujakara. Out of them Vaikalyakara marmas are the points where injury causes structural or functional deformity. Here we try to compare ayurvedic marmas with modern science with the similarity of some sign and symptoms may be observed due to injury on that marma sthan.^{1,2,3,6,7}

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INTRODUCTION

During Vedic period kings and warriors had a sound knowledge of marmas and this mostly used in the battle fields to achieve a maximum fetal response against enemies. The science of marma was developed by the physician and surgeons of vedic period to prevent death, treat people suffering from trauma and to attach the enemy. The marmas are said to be "Jivasthana" and are 107 in numbers. They are distributed throughout the human body. The marma sharir has been explained by sushruta in "Pratyekamarmanirdesha sharir" and vagbhata in "Marmavibhagam shariram". Depending upon injurious effect marmas are five types like sadhyapranahara, kalantara pranahara, vishalyaghna, vaikalyakara, rujakara. Out of them vaikalyakara marmas are the points where injury causes structural or functional deformity. These are fourty four in number.

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Vaikalyakara marma are dominated by the attributes of jala mahabhuta. Jal mahabhuta is stable and cooling. So, any injury to this marma dose not result in death but always cause a deformity that may persist forever. 12 Vaikalyakara marma are located in adhoshakha(lower limb). They are Kurch, Janu, Aani, Urvi, Lohitaksha, and Vitapa. Marma after trauma or injury is also depending upon its structural type. In this present era, it has been observed that the injuries on these areas produce temporary or permanent structural or functional deformity even after best treatments. So, to clear these doubts in our mind and to find out exact reason for these disabilities or deformities, the detail study of marma science is essential.

Aim and Objective

- To collect the literature of Vaikalyakara marma from ayurved text books.
- To locate the appropriate position of Vaikalyakara marma and study its structure.

- To study Marmaghata signs and symptoms of marma and their Vaikalyakaratra (deformities) formed after injuries or surgical treatment.

MATERIALS AND METHODS

The Literary material related to Vaikalyakara marma has been collected from different parts of all samhita and modern anatomy books. The sign and symptoms which occurs due to injury on that marmas in adhosakhagat (lower extremities) in ayurvedic literature that in modern science which structure are found on that marmas area which will be / will not be generate same sign and symptoms. critically reviewed and correlated with modern science.

DISCUSSION

- **Vitapa marma:** According to rachana (structural) it is a snayu marmas. In male, structure falling in the area of Vitapa marma are inguinal canal and spermatic cord and its contents. In female, it is consider as round ligament of uterus. Injury to the Vitapa marma may be causes impotency or deformities in spermatogenesis that sign and symptoms may be seen due to injury on the spermatic cord and its contents in males and in female incompetence of round ligament of uterus can result in abnormalities of uterus, thus resulting in infertility.
- **Lohitaksha marma:** According to to rachana (structural) it is a sira marmas. Structure falling in the area of Lohitaksha marma are femoral triangle and its contents. Injury to the Lohitaksha marma may be causes paralysis (pakshaghat) of the lower limb due to excessive blood loss that sign and symptoms may be seen due to injury on femoral triangle and its contents.
- **Urvi marma:** According to to rachana (structural) it is a sira marmas. Structure falling in the area of Urvi marma are adductor canal, femoral artery, femoral vein, femoral nerves in middle of the thigh. Injury to the Urvi marma may be causes atrophy in the muscles of thigh due to severe blood loss that sign and symptoms may be seen due to injury on femoral artery.
- **Aani marma:** According to rachana (structural) it is a snayu marmas. structure falling in the area of Aani marma are quadriceps femoris muscle, blood vessels supplying to the knee joint and femoral nerve. Injury to the Aani marma may be causes swelling and stiffness in thigh that sign and symptoms may be seen due to injury on quadriceps femoris muscle.
- **Janu marma:** According to to rachana (structural) it is a sandhi marmas. structure falling in the area of Janu marma are componaents of knee joint like articular capsule, ligamentum patellae, oblique popliteal ligament, medial collateral ligament, medial meniscus, lateral meniscus, anterior & posterior cruciate ligament. Injury to the Janu marma may be causes Khanjata(limping) in thigh that sign and symptoms may be seen due to injury on medial collateral ligament.
- **Kurcha marma:** According to rachana (structural) it is a snayu marmas. Structure falling in the area of Kurcha marma are tarso metatarsal, inter-tarsal ligament and

tendons of extensor. Injury to the Kurcha marma may be causes tremor and abnormalities in foot sign and symptoms may be seen due to injury on tarso metatarsal, inter-tarsal ligament and extensor tendons of lower extremities.

Conclusion

Vitapa marma: It is well defined about the sign and symptoms of impotency or deformities in spermatogenesis due to injury on the spermatic cord and its contents in males and in female incompetence of round ligament of uterus.

Lohitaksha marma: It is well defined about the sign and symptoms of paralysis (pakshaghat) of the lower limb due to injury on femoral triangle and its contents.

Urvi marma: It is well defined about the sign and symptoms of atrophy in the muscles of thigh due to injury on femoral artery.

Aani marma: It is well defined about the sign and symptoms of swelling and stiffness in thigh due to injury on quadriceps femoris muscle.

Janu marma: It is well defined about the sign and symptoms of Khanjata(limping) in thigh due to injury on medial collateral ligament.

Kurcha marma: It is well defined about the sign and symptoms of tremor and abnormalities in foot due to injury on tarso metatarsal, inter-tarsal ligament and extensor tendons of lower extremities.

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