



## A SYSTEMATIC REVIEW ON MARMA

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**INTRODUCTION**

Marma Sthana are considered as the site of the Prana which are spread all over the body (head, neck, extremities and trunk). These areas are formed at the junction of five important structures i.e. Mamsa (muscle), Sira (vessels), Snayu (ligaments, tendon), Asthi (bones) and Sandhi (joints). According to the Acharya Sushruta, Marma Sthanas are the points where Vatta, Pitta, Kapha, Sattva, Rajas, Tama are present along with Chetana Dhatu and Atma. When any trauma occurs to such points then it results in pain and imbalance in Doshas which can be fatal for the life. Therefore such points are considered as crucial during the surgical procedures. Marma Chikitsa is a method of treatment prescribed by great Ayurvedic Acharyas. According to this Chikitsa, application of slight pressure on specific points on body induces the flow of Prana (vital energy) into the inner body which stimulates the flow of positive energy in the body and also provides nourishment to the organs associated with that Marma Sthana. Marma Sthanas are mentioned in detail in the Rigveda, Atharva Veda, Shushruta Samhita etc. Ayurvedic Acharyas have given prime importance to the Marmasharira in the Shalya Chikitsa.

**Classification of Marmas**

Ayurvedic Acharyas have classified Marma into various types on the basis of their location, anatomy, size etc. There are 107 Marma Sthanas in the body including Shakha (limbs) and Skandha (trunk and neck).

**According to location in the body**

- 1) In upper limbs (Bahu) – 22
- 2) In lower limbs (Sakthi) - 22
- 3) In abdomen (Udara Pradesh)
- 4) Chest (Ura Pradesh) - 12
- 5) Back (Prustha) – 14
- 6) In head and neck (Urdhavajatrugat) - 37

**According to Panchabhautika Guna**

- 1) Sadyah Pranahara Marma - 19
- 2) Rujakara Marma - 8

**Urdhavajatrugata Marma**

According to Ashtang Ayurveda, there are 37 Marma Sthanas present in the head and neck region constituting Urdhavajatruga Marma. According to scholars, Marmasthanas have different Siras for carrying Rakta, Pitta, Vata and Kapha Dosha. These Siras serve the function of nourishing the body. Our universe is made up of Panmahabhuta elements which are balanced by Snigdha and Shita Guna. Ayurveda has considered Tridosha as main factor responsible for any change in our body. The Kapha Dosha helps in maintaining the basic functioning of the body while Vata and Pitta

Doshas helps in carrying the transforming processes occurring inside the body. Marma Sthanas are the points in the body which are rich in Agni and Vayu components. Due to the present of Vayu and Siras, Marma Sthanas become the areas which are prone to the injuries. Any damage to such areas can be fatal due to the excessive loss of Rakta Dhatu from the body and Vayu can increase the Pitta Dosha which can result in intense pain.

Any damage to such points can produce symptoms of weakness, thirst, lack of concentration, severe pain, fainting, delusion, loss of activity of body parts giddiness, delirium, semi-consciousness, increase of body temperature, cessation of activity of all the sense organ, numbness, hallucination, coma, vomiting, restlessness and burning sensation in the heart.

There are total 37 Marma Sthanas which are present in the head and neck region. They are classified under the heading of Greeva Marma (neck area) which are 14 in number depicted in table 1 and

- Vaikalyakara Marma - 44
- Kalantara Pranahara Marma - 33
- Vishalyaghna Marma – 3

Number of Urdhavajatrugata Marma.

Matrakayan/Kantas Present in the neck, 4 on each side of neck 8

Dhamniyan Located in the neck on each side lateral to Matrika 4 (Nila-2, Many-2)

Krikatika Present on the occipital protuberance on both the side 2

### Composition of the Urdhavajatrugata Marma

Urdhavajatrugatabhaga of the body is rich in Marma and these areas contains various anatomical structures therefore any injury or trauma to such sites may be lethal for the body and sensory organs.

- Adhipati - It is the confluence of sagittal, occipital and transverse sinuses. Structures present are occipital, parietal bone, occipito-parietal joint, occipital artery, medulla oblongata and 2nd and 3rd cervical nerve.
- Avarta - It is the junction of frontal, zygomatic and sphenoid bone, frontal lobe of cerebrum where optic nerve, ophthalmic and supraorbital arteries, levator superior and superior rectus muscle, superior ophthalmic vein are present.
- Krikatika - It contains atlanto- occipital joint, articular capsule, anterior and posterior atlantooccipital membrane; rectus capitis muscle, vertebral artery and vein, occipital and 1st cervical bone.
- Neela - Anatomical structure present predominantly is internal jugular vein, recurrent laryngeal nerve, primary rami of 4th, 5th and 6th cervical nerve.
- Manya - It contains external carotid artery, jugular vein, glossopharyngeal, lingual nerve and accessory nerve.
- Matrika - Predominant structures present are branches of common carotid artery, internal jugular vein, vagus and phrenic nerve, thyroid gland, tonsil and tongue.
- Sthapani - Anterior end of superior sagittal sinus attached to the crista galli, supra orbital nerve, frontal bone, supraorbital and supratrochlear artery and anterior facial vein.
- Phana - Sphenopalatine artery, anterior and posterior ethmoidal arteries and vein, olfactory nerve, nasal bone, cribriform plate of ethmoid bone.
- Sringataka - Cavernous and inter-cavernous sinuses, ophthalmic nerve, supra orbital artery are present.
- Apanga - Zygomatic temporal vessels and Zygomatic facial vessels, anterior ciliary arteries-veins, optic and ciliary nerve, lacrimal nerve, sphenoid, maxillary and zygomatic joint.
- Vidhura - It contains facial nerve, great auricular nerve, tympanic branch and auricular branch of maxillary artery, stylomastoid artery and vein; mastoid muscle and middle ear cavity.
- Simanta - Sagittal, parietal, occipital and frontal suture of skull; ophthalmic and maxillary nerve; 2nd and 3rd cervical nerve; occipito-frontalis muscle, epicranial aponeurosis, anterior and posterior superficial temporal and occipital arteries, parietal artery and veins.
- Shamkha - It contains temporal bone, temporal muscle with fascia, superficial temporal artery and vein; middle meningeal artery and facial nerve.

### CONCLUSION

Marma Chikitsa is an important concept of Ayurveda which is mentioned in the ancient books of Vedas.

Ayurvedic scholars have given the prime importance to the knowledge of anatomy in the field of Shalya Chikitsa. Marma Sthanas are considered as the site of Prana where any injury can lead to the death. They are 107 in number, distributed all over the body, out of which 37 Marmas are present above the clavicle termed as Urdhavajatrugata Marma. Urdhavajatrugata Marma is divided into the Greeva and Siragata Marma on the basis of their location on neck and head. This article provides the detail about the classification of Urdhavajatrugata Marma and the anatomical structures present inside them.

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