



VITAP MARMA: AN EXCLUSIVE OVERVIEW

Suneet Roy^{1*} and Jitendra Kumar²¹Medical Officer Community Health UP state Government,²Assistant Professor, Department of Rachana Sharir Govt. PG Ayurveda College and Hospital, Varanasi.

*Corresponding Author: Dr. Suneet Roy

Medical Officer Community Health UP state Government, PG Ayurveda College and Hospital, Varanasi.

Article Received on 06/04/2025

Article Revised on 26/04/2025

Article Accepted on 16/05/2025

ABSTRACT

Ayurveda identifies 107 marma points, with Vitapa Marma located between the groin (*Vankshana*) and Testis (*Vrishan*). It is associated with tendons (*Snayu*), though vessels (*Sira*), bones (*Asthi*), joints (*Sandhi*), and muscles (*Mamsa*) are also involved. According to *Acharya Sushruta*, it is a *Snayu Marma*, while *Acharya Vagbhata* considers it a *Sira Marma*. Injury to this marma leads to *Shandata* (impotence) or *Alpa Shukrata* (oligospermia), and it is classified under *Vaikalyakara Marma*, as damage may result in deformity or dysfunction of lower limb structures. In modern medicine, this area corresponds anatomically to the inguinal region, which includes critical reproductive and vascular structures like the spermatic cord. Disorders such as varicocele, cord torsion, hydrocele, inguinal hernias, and male infertility (e.g., oligospermia) are associated with this region. The area is also surgically important in vasectomy and hernia repairs (herniorrhaphy or hernioplasty).

INTRODUCTION

Ayurveda mentioned various concepts including *Marma Sharir* and there are 107 *marma* points described in body. *Marma* comes from the root "*Mrung Pranatyage*," which means "that leads to *Pranatyaga* or death." Marma points are seen as very sensitive and important parts of the body. These spots are made up of a mix of different structures and are considered vital. If any of these points are hurt, it can lead to loss of feeling or movement in that part, cause deformity, heavy bleeding, or even lead to serious problems like collapse or death, either right away or later on.

Mamsa, *Sira*, *Snayu*, *Asthi*, and *Sandhi* are all anatomically collectively associated with *Marma*.

Sadyo-pranahara, *Kalantara-pranahara*, *Vaikalyakara*, *Vishalyagna* and *Rujakara*. *Vaikalyakara*, derived from *vaikalya*, denotes anomaly, deformity, or disability. It refers to locations on the body where injury might cause a structural or functional anomaly. Ayurveda describes several kinds of *vaikalyakara marmas* in the lower limb, which comprises *Kurch*, *Janu*, *Aani*, *Urvi*, *Lohitaksh*, and *Vitapa*.

Ayurvedic review

According to *Acharya Sushruta*, the *Vitap Marma* is located between the *Vankashan* (Groin) and the *Vrishan* (Testis). *Acharya Sushruta* refers to *Vitap Marma* as *Snayu Marma*, while *Acharya Vagbhata* refers it as *Sira Marma*. Injury to this causes *Shandata* (Impotency) or *Alpa Shukrata* (Oligospermia).

According to *Acharya Vagbhata*, *Vitap Marma* is positioned between *Mushka* and *Vankshana*, and injury to this causes *Shandata*.

The length of *vitap marma* is 1 Angula according to *Acharya Sushruta*.

The number for *vitapa marma* in the body is 2, one on either side.

Categories

The *Vitapa Marma* is grouped in the following categories:

Shaka Gata Marma (*Shaaka* = Limb) is situated in the lower limbs.

Snayu Gata Marma: Since it is made up primarily of tendons and nerves.

Other tissues, such as *Sira* (Blood vessels), *Asthi* (Bone), *Sandhi* (Joints), and *Mamsa* (Muscles), are present in smaller quantities.

Vaikalyakara Marmas: An injury to the *Vitapa Marma* might result in malformation of the lower-limb components.

Modern review

Vitapa Marma in the lower limb is classified as inguinal canal and connected with the spermatic cord. The inguinal canal is located above the inner portion of the inguinal ligament. It starts at the deep inguinal ring and ends at the superficial inguinal ring.

The inguinal canal is approximately 3.75cm long and formed during embryonic development as a result of testicular descent.

The Important components of the spermatic cord

1. The ductus deferens
2. The arteries of the ductus deferens, testicular, and cremasteric.
3. The plexus of Pampiniform veins. (Produced by the veins that emerge from the testis.)
4. The testis' lymph vessels.

Any damage to the vitap marma may lead to several consequences depending upon the intensity the impact to the marma points.

1. A mild injury may partly block sperm, causing oligospermia (a low sperm count).
2. A severe injury can tear or rupture the spermatic cord altogether, leading to complete sterility.

DISCUSSION

Vitap Marma is Located in vankshan region (shroni pradesha). It is known as a Vaikalyakara Marma, which means that injury to this point can cause deformity or loss of function.

In modern terms, this Marma can be related to the inguinal canal and the spermatic cord, because injury here can affect male fertility. This is due to the important structures inside the spermatic cord. Vitap Marma is also classified as a Snayu Marma, meaning it involves ligaments or tendons. The superficial inguinal ring, which is a triangular opening in the external oblique muscle, lies in this region. The Vitap Sira, as mentioned by Sushrutacharya, refers to the testicular veins, which form the Pampiniform plexus.

CONCLUSION

Vitapa marma is composed of all the structures which surround the groin area stretching from *vrishan* to the inguinal area. In Ayurveda *Acharya Sushrut* and Acharya Vagbhatta stated that any injury or *marmaghata* in this area will lead to *Shandata* and *Alpshukrta*. As we go through the modern point of view, the structures present have many anatomical and clinical importance. Starting from part of reproduction like spermatic cord contents, many infertility and subfertility conditions in male persons, like varicocele, cord torsion, tubal blockage, oligospermia, can be diagnosed. Vasectomy in male persons is also performed in this *marma* area. Now heading towards the second part, the inguinal canal itself has its importance backed with many commonly found diseases like direct and indirect inguinal hernias and in surgical procedures like in hernioplasty or herniorrhaphy. It also helps in differentiating hydrocele/ varicocele in males. Knowing about the *vitap marma* is very much helpful in making an accurate diagnosis.

REFERENCES

1. Singhal, G.D. Sushruta Samhita Ancient Indian Surgery with English Translation. Delhi: Chaukhamba Sanskrit Pratishthan, 2007; 2: 6-15.
2. Tripathi, Brahmananda. Astang Hridayam of Srimadvagbhata, Edited with Nirmala Hindi commentary. Delhi: Chaukhamba Sanskrit Pratishthan, 2012; 4: 7.
3. Gray, H. Gray's Anatomy- The Anatomical Basis of Clinical Practice. Elsevier Churchill Livingstone, 2006; 38: 1557.
4. Chaurasia, B.D. Human Anatomy - Regional and Applied Dissection and Clinical. New Delhi: CBS Publishers and Distributors Pvt. Ltd, 2009; 5: 61.
5. Bhaskar Govind Ghanekar, Sushrut Samhita (Sharir sthana), Chapter, Citation no., Reprint, Nov., Meharchand Lachhmandas Publications, 2008; 6, 2-4: 183-184.
6. Anatomy and physiology in health illness, Ross & Wilson, Churgill Livingstone, 2016; 367: 11.
7. Marma Vigyaan, Ram Raksh Paathak, Chaukhamba Amar Bharati Prakashan, Varansi, 1938; 34.
8. Madhavanidanam of Sri Madhavakara with Sanskrit Commentry Madhukosa by Vijayrakshita & Srikanthadatta Edited by Dr Brahmananda Tripathi, Chaukhamba Surbharati Prakashan, Varanasi, Edition, 2018; 2.