

STRUCTURAL COMPOSITION OF KURPAR MARMA- A CADAVERIC STUDYShubham R. Nikam*¹ and Dr. B. C. Vikhe²¹PG Scholar, ²PG Guide, Professor and HOD

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ABSTRACT

Marmas is the vital organ/ vital parts of the body where trauma/injury may be cause sudden death and may be deformity in the body. Total no of marmas is 107. Shushrutacharya have mentioned marma concept in sharirasthan 6th adhyaya. Vagbhatacharya have also elaborated the concept of marma in asthanga Hridaya sharirasthan 4th adhyaya. Marma is formed by mans(muscle), sira(artery/vein/capillary), Snayu(ligament), asthi(bones) and sandhi (joints). The classification of marma is based on four types by shushrutacharya. It is given as marmabhed as per shadanga, rachana, parinam and pariman. Kurpar marma is present in the urdhwashakha of sharir in between arm and forearm. So, it is necessary to see structural composition with the help of cadaveric dissection method.

KEYWORDS: Marma, Kurpar marma, Snayu, Shadang Sharir.**INTRODUCTION**

Ayurveda has its own principle or concepts which stand in modern era also. The concept of marma is one such imperative and unique principle of ayurveda. Marma vijnyana was developed as science of war. There are so many reference from Vedas regarding attack on marmasthanas of enemies and protecting one's marma by wearing metallic protectants.

Marma is the part of body. If injury happens to marma it results into death or fatal complication hence called as marma.

Marma is specific anatomical location where five structures of human body viz. mans(muscle), sira (artery/vein/capillary), Snayu(ligament), asthi(bones) and sandhi(joints) fusion together at one point. Marma are certain vital points spread all over the surface of the human body. These are the place where the prana(life

Force) is said to be situated. Marma, definition of marma, types of marma, symptoms produced after injuries to these marmas and their treatment are described by nearly all ayurvedic texts, especially "Trimarmiya siddhi", "Trimarmiya chikitsa" chapter in charaka samhita, "marma vibhaga" chapter in asthanga sangraha, and "shariravichaya Sharir" chapter in Kashyapa samhita. Kurpar marma is present in the upper limb joining place of arm and forearm. If it gets injured there will be disability. There are many anatomical and surgical structure related with kurpara marma which can be compared with elbow joint injury of which leads disability or loss of function.

Even in today's fast life it is very important to protect our marma sthanas because of heavy road traffic which results in accidents causing injury to marmas. Developing science invents new military armaments increasing severity of injury during war.

Table 1: Information of Kurpar marma.

Name of the marma	Kurpar
Location	Urdhwashakha (upper extremity) Between arm and forearm
Number	02
Rachanatmak	Sandhi Marma
Pariman	3 Anguli (figure breadth)
Parinam	Vaikalayakara marma
Marma viddha laxan	Khanjata (structural and functional deformity of elbow joint)

MATERIAL AND METHODOLOGY

Material

Literary Study

Marma literature available from Ayurvedic and modern texts.

Cadaveric study

Cadaver – 1 male cadaver.

Instruments – Dissection kit.

Methodology

- Literary study of Kurpara marma was done using all the concerned ayurvedic and modern text books.
- Dissection of selected male cadaver was done with the help of dissection instruments of related Kurpar marma (elbow joint).

- From the basis of literary study, identification of Kurpar marma was done on the cadaver.
- On the basis of dimensions given in samhitas, the area was marked around the Kurpar marma point.
- Detailed dissection was done concerned with the marked points.
- With the help of neat and detailed dissection related structure of Kurpar marma In terms of mansa(muscle), sira(vessels), Snayu(ligaments), asthi(bones) and sandhi(joints) was identified as mentioned in hypothesis.
- Concerned observation were correlated with the hypothesis about the ayurvediya rachana of Kurpar marma under the headings of mansa, sira, snayu, asthi and sandhi.

RESULTS

Table 2: Structures seen at the site of Kurpar marma during dissection.

Sr. no.	Ayurvedic view	Modern correlation
1	Mansa	Biceps brachii, Triceps brachii, supinator, pronator teres and extensor carpi radialis
2	Sira	Brachial artery, tributaries of cephalic and median cubital vein, median nerve and its branches
3	Snayu	Capsular ligament, radial and ulnar collateral ligaments of elbow joints.
4	Asthi	Lower end of humerus, upper end of radius and ulna
5	Sandhi	Humero ulnar, humero radial, superior radio ulnar joint constituents Elbow joint.

DISCUSSION

There are many reference available about the marmas by various aacharyas. But shushrutacharya have given more elaborative information about the various marmas. He has given basic definition of marmas as it is the union of mansa(muscle), Sira(vessels), Snayu(Ligaments), Asthi(bones) And sandhi(joints). All above five structures are present in each marmas. Kurpar marma is present in upper limb in between arm and forearm. It is vaikalyakara marma means injury to this marma produces structural and functional deformity. The site of Kurpar marma is at the elbow joint. The structures are seen during dissection is as follows: Biceps brachii, triceps brachii, supinator, pronator teres and extensor carpi radialis which can be correlated with Mansa. Brachial artery, tributaries of cephalic and median cubital vein, median nerve and its branches which correlated with sira. Capsular ligaments, radial and ulnar collateral ligaments of elbow joints which correlated with snayu. Lower end of Humerus, upper end of radius and ulna which correlated with asthi. Humero ulnar and humero radial, superior radio ulnar joint constituents of elbow joints.

So, from above discussion it is clear that Kurpar marma is vaikalyakara marma means injury to above structure can cause structural and functional deformity. So, entirely elbow joints and the structures associated with it can be correlates with the Kurpar marma.

CONCLUSION

Shushrutacharya has given the information and importance of marmas according to shalyatantra (surgical point of view). So, he has given distinctive classification of marmas. Out of 107 total marmas, 44 marmas are vaikalyakara marmas, 6 vaikalyakara marmas are present in the upper extremity. Kurpar marma represent the elbow joint area along with its related structures as, Biceps brachii, triceps brachii, supinator, pronator teres and extensor carpi radialis muscles, brachial artery, tributaries of cephalic and median cubital vein, median nerve and its branches, capsular ligaments, radial and ulnar collateral ligaments of elbow joint, lower end of humerus, upper end of radius and ulna, humero ulnar, humero radial, superior radio ulnar joint constitutes elbow joints.

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