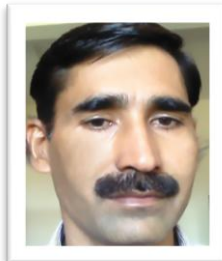


A Dissection Based Study of the “Sakthi Marma”



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Abstract

We did this work by the help of the ayurvedic text books along with the review of basic vedic literature and cadaveric dissection. Which did in our dissection hall. We found many structure during the dissection at the space that mentioned in ayurvedic text books. Knowledge of the structure of particular marma would help to avoid any complication during Shalya Karma (Agni karma, Kshar karma, Sastra karma).

Keywords: “Sakthi Marma” Foot, Leg, Thigh, Growing, Loin.

Introduction

The concept of marma includes a whole range of anatomical structures like the blood vessels, bones, joints, nerves and internal organs. Marmas are defined anatomically according to their physical location, in this regard the therapist should know the structures that define each marma and allow for its easy identification. Marmas are part of a greater “sacred physiology” that maps out the body according to subtle energy and trigger points.

The marmas are broadly classified in two categories as-1. lethal or as 2. Therapeutic regions. Lethal marmas- are points where the life-force can be hit and driven out of the body, causing injury, unconsciousness or even death. The therapeutic- points are regions where the vital force can be treated for healing purposes, like marmas on the arms and legs are most important for treatment purposes.

मर्माग्निनाम मांससिरास्नाय्वस्थिसन्धिसन्निपाताः; तेषु स्वभावत एव विशेषेण प्राणास्तित्थन्ति; तस्मान्मर्मस्वभिहतास्तांस्तान् भावानापद्यन्ते ।।

(सु.शा. 6 / 22)

Areas where Mans (Muscles), Sira (Vessels), Snayus (Ligaments), Asthi (Bones) and Sandhi (Joints) all are present Sannipat (or confluence) are called Marma (Vulnerable areas) which are specially and by virtue of their nature are the seats of Prana (life). Therefore any trauma on any one of these Marma invariably causes death.

Aim of the Study

Aim of the study was to identified the structure of “Sakthi marma” the what kind of structure is involved in particular marma.

Material and Methods

We took adult human cadaver in the in the department of Sarir Rachana university college of ayurved Dr. S.R.R. Ayurved university Jodhpur Raj. Comprised the material for this study. The cadaver was fixed in formalin –phenol –alcohol solution. skin incision was made in the thigh region, gluteal region, leg and foot as mentioned in the Manual of practical Anatomy. After removal of skin we identified the structures that was involved in particular marma. The observation thus made were collected and subjected to analysis.

Sakthi Marma (Marma of Lower Limbs)

तत्रपादस्यांगुष्ठांगुल्योर्मध्ये ‘क्षिप्रं’ नाम मर्म तत्रविद्वस्याक्षेपकेणमरणम् ।

(सु.शा. 6 / 31)

Kshipra

Kshipra marma is situated in between thumb and index finger (lower limb). When this marma is injured, death occurs due to convulsions.

- a) Snayu Marma
- b) Kalantarpranhar Marma
- c) Pariman – ½ Anguli

Structure Find in this Region during Dissection

1. Cutaneous branch of the thumb.
2. Thenar eminence muscles.
3. Branch of the dorsalis pedis artery
4. Flexor pollicis longus tendon.
5. First palmar & First dorsal interosseous muscle.
6. First dorsal metatarsal artery.

मध्यमांगुलीमनुपूर्वेण मध्ये पादतलस्य तलहृदयं नाम
तत्रापि रुजाभिर्मरणम्
(सु.शा. 6/31)

Talahridaya

Talahridaya marma is situated in the middle of the sole of the foot and in a straight line drawn from the root of the middle toe. An injury to this marma results in pain which ends in death.

- Mansa Marma
- Kalantarpranhar Marma
- Pariman – ½ Anguli

Structure Find in this Region during Dissection

- Planter aponeurosis.
- Flexor digitorum brevis.
- Cutaneous branch of medial & lateral planter nerve.
- Tendon of flexor digitorum longus, flexor hallucis longus & peroneus longus with its synovial sheath.
- Flexor digitorum accessories.
- 1st, 2nd, lumbrical, 2nd, 3rd palmar & dorsal interosseus muscle.

क्षिप्रस्योपरिष्ठादुभयतः कूर्चो नाम तत्रपादस्य
भ्रमणवेपने भवतः

(सु.शा. 6/31)

Koorch

Koorch marma is situated in two fingers width above and on both sides of Kshipra marma. An injury to this marma results in shivering and bending deformity of the foot.

- Snayu Marma
- Vaikalyakar
- Pariman-Mushti parimiti

Structure Find in this Region During Dissection

- Tendon of tibialis anterior
- Tendon of extensor digitorum
- Tendon of extensor hallucis longus & brevis
- Inter tarsal & tarsometatarsal ligament

गुल्फसन्धेरघ उभयतः कूर्चशिरः नाम तत्र रुजाशोफौ
(सु.शा. 6/31)

Koorchashira

Koorchashira marma is situated below the gulf sandhi (ankle joint). An injury to this gives rise to pain and swelling of the affected part.

- Snayu Marma
- Rujakar
- Pariman – 1 Anguli

Structure Find in this Region during Dissection

- Tendon of tibialis anterior
- Tendon of extensor digitorum
- Tendon of extensor hallucis longus & brevis
- Peroneus tertius
- Tendon of flexor digitorum.
- Inter tarsal & ligament

पादजंघायोः सन्धाने गुल्फो नाम तत्र
रुजःस्तब्धपादता खजता वा ।

(सु.शा. 6/25)

Gulf

Gulf marma is situated at the junction of the paad (foot) and jangha (leg). An injury to this results in a pain, rigidity or limping foot.

- Sandhi Marma
- Rujakar
- Pariman – 2 Anguli

Remarking

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Structure Find in this Region during Dissection

- Tendon of tibialis anterior
- Tendon of extensor digitorum
- Tendon of extensor hallucis longus & brevis
- Subcutaneous nerve
- Flexor ratinaculum
- Anterior tibial artery
- Superficial and deep peroneal nerve
- Fibrous ligament
- Deltoid ligament & lateral ligament.
- Tendon of tibialis posterior.
- Tendon of flexor digitorum.
- Tendon of flexor hallucis longus.
- Posterior tibial artery and nerve.
- Tendon of peroneus longus and brevis.

पाष्णि प्रति जंघामध्ये इन्द्रबस्तिर्नाम तत्र
शोणितक्षयेण मरणम् ।

(सु.शा. 6/25)

Indrabasti

Indrabasti marma is situated in the middle of the leg. An injury to this result in excessive haemorrhage which ends in death.

- Mansa Marma
- Kalantar pranhar
- Pariman – ½ Anguli

Structure find in this region during dissection

- Gastrocnemius, Soleus, Tibialis posterior, Flexor digitorum muscle.
- Posterior tibial artery.
- Tibial nerve.
- Interosseous membrane.

जंघोर्वाः सन्धाने जानु नाम तत्र खजता ।

(सु.शा. 6/25)

Janoo

Janoo marma lies at the junction of jangha (leg) and uru (thigh). An injury to this results of limping.

- Sandhi Marma
- Vaikalyakar
- Pariman - 3 Anguli

Structure find in this region during dissection

- Articular capsule, ligamentum patellae.
- Tibial & Fibular collateral ligament.
- Anterior & Posterior cruciate ligament.
- Medial & Lateral meniscus.
- Oblique popliteal ligament.
- Transverse ligament.
- Tendone of guy rope.
- Tendon of semitendinosus, semimembranosus, biceps femoris.
- Popliteal artery & peroneal, tibial nerve.

जानुन ऊर्ध्वमुभयतस्त्रयंगुलमानो नाम तत्र
शोफाभिवृद्धिः स्तब्धसविथता च ।

(सु.शा. 6/31)

Aani

Aani marma is situated on both sides above three fingers from the janoo (knee joint). An injury to this marma produces enormous swelling and stiffness of the thigh.

- Snayu Marma
- Vaikalyakar
- Pariman – ½ Anguli

Structure find in this region during dissection

1. Tendon of quadriceps femoris (1.Rectus femoris 2.vastus lateralis 3.vastus medialis 4. vastus intermedius)
2. Femoral nerve & Femoral vessels.
3. Sciatic Nerve.

ऊरुमध्ये उर्वी नाम तत्र शोणितक्षयात्सक्थिशोशः ।
(सु.शा. 6/31)

Urvee

Urvee marma lies in the middle of the uru (Thigh). An injury to this marma results in loss of blood leading to wasting of the Sakthi (inferior extremity).

- a) Sira Marma
- b) Vaikalyakar
- c) Pariman – 1 Anguli

Structure Find in this Region during Dissection

1. Subcutaneous nerve of medial side of thigh
2. Femoral vein
3. Vastus medialis muscle.
4. Adductor longus ,brevis, magnus muscle
5. femora artery its venae comitants
6. branch of femora & obturator nerve

ऊर्व्या ऊर्ध्वमधो वक्षणसंधेरुमूले लोहिताक्षं तत्र
लोहितक्षयेण पक्षाघातः सक्थिशोशो वा ।
(सु.शा. 6/25)

Lohitaksha

Lohitaksha marma is situated above the Urvee marma and below the vankshan sandhi (hip joint) and in the root of the vankshan. (uru). An injury to this causes bleeding, resulting in paralysis or death.

- a) Sira Marma
- b) Vaikalyakar
- c) Pariman – ½ Anguli

Structure Find in this Region during Dissection

1. Subcutaneous nerve
2. Sartorius, adductor longus muscle
3. Pectineus, illicis muscles,
4. Femoral nerve
5. Femora artery and vein.

वक्षणवृशणयोरन्ते विटपं नाम, तत्र भाण्ड्यमल्पशुकता
वा भवति ।
(सु.शा. 6/25)

Vitap

Vitap marma lies between the groin (vankshan) and the vrishan (scrotum). Injury to this resulting in impotence and lake of seman.

- a) Snayu Marma

- b) Vaikalyakar
- c) Pariman – 1 Anguli

Structure find in this region during dissection

1. Medial cutaneous nerve of thigh.
2. Superficial inguinal ring.
3. Spermatic cord.

Discussion

During dissection we observed the specific anatomical structures that involve in particular space of **sakthi marma**. The trauma on the particular structure lead to result that mentioned in ayurvedic text this article. The outcoming of the task emerges as the milestone towards this approach of the clinical symptoms. The specific structure of the particular marma are as follows –

1. Kshipra marma –1st dorsal metatarsal artery
2. Talhriday marma –planter aponurosis
3. Koorch marma –inter tarsal ligament.
4. Koorchshir marma –extensor and flexor ligament
5. Goolf marma –capsular ligament of ankle joint.
6. Indrabasti marma –posterior tibial artery
7. Janoo marma - capsular ligament, tibial & fibular collateral ligament.
8. Ani marma –tendon of quadriceps femoris.
9. Urvee marma –femoral artery
10. Lohitaksha marma – femoral artery and femoral nerve
11. Vitap marma –spermatic cord.

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