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Trimarma Ka Rachnatmak Adhyan and their clinical aspect - A Literary Review

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ABSTRACT

The one and only purpose of Ayurveda is maintaining the health of healthy person while treating the diseased individual by maintaining the state of health (mentally, physically and spiritually). In *Ayurveda*, concept of *Marma* is of utmost important concept of applied or surgical anatomy. *Marma* is defined as the anatomical area where the five principle anatomical structure *Mamsa*, *Sira*, *Snayu*, *Asthi* and *Sandhi* are present; thereby are critical points in body with different organs, structure and nerves lying underneath. In *Charak Samhita*, *Chikitsasthan* chapter 26, *Trimarma* i.e., *Shir*, *Hridayam* and *Basti* described by *Acharya Charak* possesses significant clinical importance. This review will provide a complete summary of *Trimarma* regarding its location, structural entity and clinical importance.

Key words: *Trimarma*, *Basti*, *Hridya*, *Shir*, *Prana*, *Marma Abhighata*

INTRODUCTION

Knowledge of *Marma* is considered essential in Ayurveda. Explaining the importance, *Acharya Sushrut* defined *Marma* as the vital points of the body which shows various fatal signs and symptoms on traumatic injury.^[1] *Marma* are termed as anatomical positions which are either superficially or deeply seated points in the body which is juncture of *Sira* (vein), *Asthi* (bone), *Mamsa* (muscle), *Snayu* (ligament) and *Sandhi* (joint). Thereby as per *Sharir Rachna*, *Marma* can be divided into *Sira Marma*, *Asthi Marma*, *Mamsa marma*, *Snayu Marma*, *Sandhi Marma*. *Marma* are also called *Jeevasthan* and *Pranayataana* where *Prana* (vital

energy) resides or flows through.^[2] In *Sushrut Samhita*, depending upon traumatic effects and prognosis *Marma* are classified into following 5 categories.^[3]

1. *Sadhyapranahar* (causes immediate death)
2. *Kalantarpranahar* (Death occur within short period)
3. *Vaikalyakar* (Any trauma to this cause the deformity)
4. *Vishalyaghna* (causes death as soon as foreign body is removed)
5. *Rujakar* (Trauma causes continuous pain)

Marma are of utmost importance in *Samhita* and their concept developed during the times of war.^[4] The utmost importance of *Marma* due to pain/deformity or even sudden death on trauma lead to the development of *Marma* therapy, which involves the utilization of the *Marma* points during *Abhyanga* (to relief pain/stiffness at particular point) and *Mardana*. To achieve the state of wellness, balanced *Tridosha* at physical levels and balanced *Triguna* at mental levels are essential. With respect to *Triguna* and *Tridosha* imbalance, the injuries to these *Marma* lead to complications and sometimes sudden death of the person.

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Marma are considered as the site of *Prana*, the vital energy considered equivalent to subtle life force energy for existence. *Prana* are considered to be present all over the body but still its pedigree being present at some specific regions like *Snayu*, *Mansa*, *Sira*, *Asthi* and *Sandhi* are termed *Marma* which are explained in detail in *Sushrut Samhita* by *Acharya Sushrut* in *Marma Shareer*.

Amongst 107 *Marma*, *Acharya Charak* has considered three *Marma* as *Trimarma* as *MUL* in *Chakitsasthan (Tanmulatwashareerashtha)*. As per *Acharya Charak*, "*Trimarmas*" lie in "*Skandha*" (*Skandhashrit*). It means the part of body excluding the four limbs. Amongst these "*Skandhashrit*" *Marma* only *Trimarma* are having clinical significance than other *Marma*. So in *Chikitsa*, these *Trimarma* must be protected from *Dosha* imbalance and from injury / trauma. *Trimarma* are included in *Sadyahpranahara Marma*.

AIM AND OBJECTIVES

1. To explain the conceptual aspect of *Trimarma*.
2. To explain the anatomical position and structural entity around *Trimarma*.
3. To explain clinical knowledge of *Trimarma* in *Ayurvedic* literature with respect to modern science.

MATERIALS AND METHODS

Literary review regarding *Rachnatmak* (anatomical) constitution and clinical aspect of *Trimarma* was done through various *Ayurvedic* classical texts, journals and research papers. The collected references are critically assumed to frame the conceptual aspect. Since this is not a clinical trial, no clinical data is collected.

Trimarma

Since extremities are connected and dependent on trunk thereby *Marma* of trunk are more vital than *Marma* of extremities, amongst the *Marma* of trunk, *Trimarma* are utmost important.

1. *Shir*

Shir word is derived from root *Sru* with *Asun Dhatu* meaning the one that is full of *Guna*^[5](best qualities),

indicating the superiority of *Sira* and dependency of other body parts for functionality on *Sira*. *Acharya Charak* in *Sutrasthana* chapter 17 has defined *Sira* as that part of body where the *Prana* resides along with all the sense organs and is considered as supreme organ.^[6] Thereby *Shir* contains "*Panchdnyanedriya*" i.e., sense organs and "*Indriyapranvah Strotas*".

Anatomical considerations and clinical importance

Charak Samhita considered *Shir* as "*Surya*" (Sun) where the *Panchindriya* and their channels send impulses like the rays emitted from sun thereby significantly implying *Shir* (including all the *Urdhwajatrugata Marma* excluding the neck) as the upper most part of body i.e. brain controlling CNS.^[7]

As *Shir* is considered as center for all *Panchindriya* thus it can be correlated to vital centers (Vagal centers respiratory centers) and centers of 12 cranial nerves, all responsible for body functioning.

Shir is considered as important *Marma*, injury to whom may lead to fatal consequences. *Acharya Sushrut* also quotes that injury to *Shir* may lead to death of the patient. According to *Acharya Charak*, it may lead to facial paralysis, Eye agitation, neck-rigidity bilaterally, facial paralysis, stupefaction and constricting pain in the head, dyspnoea, loss of movement, cough, trismus, dumbness, stuttering speech, closed condition of the eyelids, twitching of the cheeks, yawning fits, ptyalism and aphasia.

2. *Basti*

Basti refers to urinary bladder which stores urine secreted by kidneys and transmitted by ureters. *Basti* is related with reproductive organs, which, lies in pelvic cavity. *Basti Marma* is like *Alabu* being supported by *Sira* and *Snayu*.^[8] *Basti Marma* is related to *Jala Mahabhuta*.

Anatomical consideration and clinical aspect

Basti Marma is 4 *Anguli* (Approx. 7 cm) in *Parmana* thus a *Basti Marma* is situated within the semicircle arch of 7 cm radius considered above from the inferior border of pubic symphysis. *Basti Marma* is situated in *Kati Pradesh* (pelvic region) & is surrounded by

Sthoolguda (rectum), *Mushka* (scrotum), *Sevani* (perineal sutures), *Shukravaha* (seminal vesicle) & *Mutravaha Nadi* (urinary channels).^[9]

Basti flushes the *Mala* (Urine) and *Kleda* (unwanted water or fluid components of the body)

Acharya Sushrut has mentioned that any injury to *Basti Marma* can cause immediate death, except for those caused by *Vrana* (wounds) and *Ashmari* (renal calculi). In case of severe injury, *Basti* can break bilaterally causing immediate death while in case of urine leakage only through one side, with prompt measures, the person can be saved. Trauma causes immediate death in following cases :-

- Mutra Sanga* (urine obstruction)
- Mutrajanya Udavarta* - obstruction of urine flow due to *Vata* vitiation leading to tilting of the urinary bladder upside thereby discharging the urine in upward direction (*Udavarta*), eventually leading to pressure over abdominal organs and heart, flooding the pelvic cavity with urine, ultimately causing the death.
- Mutra Ati Pravritti* - Injury causing the bladder ruptures leading to the urine discharge or internal bleed into pelvic cavity that leads to death.

3. *Hridaya*

Acharya Charak has included the *Hridaya* into *Trimarma* and is a sight for *Prana*, *Budhi*, *Chetan* and *Oja* thereby indicating *Hridaya* as a vital organ in body. *Hridaya Marma* is 4 *Anguli* in *Pramana* and is considered as a *Sira* and *Sadyapranhar Marma*. It is considered as site of *Triguna*.

Anatomical consideration and clinical aspect

Hriday Marma lies in thoracic cavity (*Urobhag*) in between two "*Stana*" (breast) above "*Amashaya*" (stomach), thereby the heart can be related to *Hriday Marma*. *Acharya Charak* has mentioned *Hriday* as a chief organ of the body.

In case of acute injury, internal *Dosha* disarrangement may lead to cardiac attack and eventually can be fatal. Cardiac diseases may lead to acute myocardial

infarction and massive thrombosis on coronary artery leading to sudden death.

DISCUSSION

Amongst other qualities of a good physician, the utmost quality is that he should have the clinical knowledge of *Marma* in order to protect *Marma* from trauma or during surgical procedures and thus, in case of injury they should be resuscitated as soon as possible.

In ancient times, *Marma Abhigata* during war while in present era, *Marma Abhigata* during road accident and sports injury can be fatal, thereby any trauma or chronic diseases to these vital organs should be protected with prompt measures. Thus a better understanding of *Sadyapranhara Marma* and detail evaluation of structural entities underlying these sites can be used to avoid the serious injury, permanent deformity and even death, thereby can also be used in *Marma Chikitsa*.

CONCLUSION

The *Ayurveda* focus on cure to acute to chronic disorders along with treatment of medical emergencies caused due to external trauma at the times of war. The knowledge of vital organs can be correlated with *Trimarma* in *Ayurved* explained by *Acharya Charak* in detail. These are called *Sadyapranahar Marma* and are considered as important and delicate body parts. So these *Marma* should always be protected from any type of trauma or any internal diseases in all the situations.

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