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## A conceptual review on *Vitap Marma*

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### ABSTRACT

The term *Marma* (vital point) is defined as "*Maryanti iti Marmani*" that spot when injured kills the person. The *Vitap Marma* is considered as *Snayu Marma* by *Acharya Sushruta* and *Sira Marma* by *Acharya Vagbhata* with dimension of one *Angula*. The effect of injury in *Vitap Marma* is infertility or deformities in spermatogenesis and Oogenesis. According to WHO infertility is defined as failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. Infertility affects millions of people of reproductive age worldwide and has an impact on their families and communities. Estimates suggest that between 48 million couples and 186 million individuals live with infertility globally. *Vitap Marma* is situated between pelvis and scrotum. *Vitap Marma* should be identified as inguinal canal consisting of spermatic cord.

**Key words:** Ayurveda, Vaikalyakara Marma, Vitap Marma, Inguinal canal.

### INTRODUCTION

Ayurveda is the science which deals with the knowledge of life or else longevity can be achieved through it, so it is called the science of life.<sup>[1]</sup> *Marma* are the vulnerable areas where muscles, vessels, ligaments, bones and joints meet together which by virtue of their nature are specially the seats of life.<sup>[2]</sup> There are 107 *Marma*. Different *Acharyas* have classified *Marma* depending upon their *Rachna* (structure), *Sthana* (location), *Viddha Lakshana* (traumatic effect) and *Parimana* (dimension). Depending upon *Viddha Lakshan Marma* are categorized into 5 groups - *Sadhyapranahara*,

*Kalantarpranahara*, *Vishalyaghna*, *Vaikalyakara* and *Rujakara*.<sup>[3]</sup> *Vaikalyakara Marma* are the points if injured at the periphery would trouble the patient after some time and give rise to pain also.<sup>[4]</sup> When *Vaikalyakara Marma* are injured the person suffers deformities only, if the body is protected by the efficiency of the physician.<sup>[5]</sup> The *Vaikalyakara Marma* possess *Saumya* properties. The *Soma* maintains life by virtue of its stable and cooling qualities.<sup>[6]</sup> The *Vaikalyakara Marma* are 44 in number which are *Lohitaksha* (4), *Ani* (4), *Janu* (2), *Urvi* (4), *Kurch* (4), *Vitap* (2), *Kurpar* (2), *Kukundra* (2), *Kaksadhara* (2), *Vidhura* (2), *Krikatika* (2), *Ansa* (2), *Ansaphalaka* (2), *Apanga* (2), *Nila* (2), *Manya* (2), *Phana* (2) and *Avarta* (2).<sup>[7]</sup>

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### MATERIALS AND METHODS

#### Ayurvedic Review

According to *Acharya Sushruta*, the *Vitap Marma* is situated between the *Vankashan* (groin) and the *Vrishan* (testis) and injury to this leads to *Shandhata* (impotency) or *Alpa Shukrata* (Oligospermia).<sup>[8]</sup> According to *Acharya Vagbhata*, *Vitap Marma* is located between *Mushka* and *Vankshana* and injury to this leads to *Shandata*.<sup>[9]</sup> *Vitap Marma* is mentioned as

*Snayu Marma* by Sushruta<sup>[10]</sup> and *Sira Marma* by Vagbhata.<sup>[9]</sup> The dimension of *Vitapa Marma* is one *Angula*.<sup>[11,12]</sup>

### Modern Review

**Inguinal canal**<sup>[13]</sup>- It is an oblique passage through the lower part of the anterior abdominal wall. In the males, it allows structures to pass to and from the testis to the abdomen. In females it allows the round ligament of uterus to pass from the uterus to the labium majus. The canal is about 4cm long in the adult and extend from the deep inguinal ring to the superficial inguinal ring.

### Structure beneath inguinal canal

- 1) Spermatic cord in males and round ligament of the uterus in females.
- 2) Ilioinguinal Nerve.

### Contents of Spermatic Cord

- 1) Vas Deferens
- 2) Testicular Artery
- 3) Testicular Veins
- 4) Testicular lymph vessels
- 5) Genital Branch of Genitofemoral nerve.

### Covering of spermatic cord

- 1) External Spermatic fascia.
- 2) Cremasteric Fascia
- 3) Internal spermatic fascia.

### DISCUSSION

*Vitap Marma* is situated between *Vankshan* and *Vrishana*, *Vankshan* is *Adhoshakhagata Sandhi*<sup>[14]</sup> which is the hip joint. The midinguinal point is the indicator for the hip joint.<sup>[15]</sup> The *Vitap Marma* is situated between the mid inguinal point and lower part of pubic symphysis in the groin region at level of superficial inguinal ring. The dimension of *Vitap Marma* is one *Angula*. One *Angula* is approximately 2 cm. The average dimension of the superficial inguinal ring is 1.95cm. The *Angula Pramana* of *Vitap Marma* and dimension of superficial inguinal ring is approximately equal to each other. *Vitap Marma* is

bilaterally situated *Snayu Marma*, *Snayu* are the binding structure in the body which binds the *Mamsa*, *Asthi* and *Meda*.<sup>[16]</sup> The corresponding structures in this *Marma* are the content of Superficial inguinal ring. They are ilioinguinal and genitofemoral nerve with spermatic cord. *Vagbhata* included this in *Sira Marma*. The *Sira* are the structure which allows the continuous flow through it.<sup>[17]</sup> The superficial and deep external pudendal vessels, artery to ductus deferens, testicular artery, cremasteric artery are seen along the region of *Vitapa Marma*. These may be the *Sira* component of the *Vitapa Marma*. An injury to these structures may cause impotency. The ductus deferens in the spermatic cord are in charge of transporting the sperm.<sup>[18]</sup> If it is injured, the sperm flow is obstructed which leads to decreased sperm count or absence of the sperm in semen during ejaculation that affect reproduction. Interruption of testicular artery in the region of the spermatic cord and artery for ductus deferens and other arteries and pampiniform plexus of vein are in charge of maintaining the tissue perfusion with nutrition and oxygen. The impact of injury in these particular vessels result in the ischemic condition of the testis, ductus deferens, even the structures of spermatic cord etc. followed by infarction and necrotic changes which ultimately lead to infertility or sterility.

### CONCLUSION

*Acharya Sushruta* contemplated *Vitap Marma* as *Snayu Marma*, so we can take spermatic cord in male and round ligament in the female, which are the contents of inguinal canal. *Acharya Vagbhata* contemplated it as a *Sira Marma*. So, we can take testicular arteries and cremasteric arteries which are also a part of inguinal canal.

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