

CONCEPTS OF MAMSA MARMA - A REVIEW ARTICLE

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**ABSTRACT**

Ayurveda is one of the most ancient medical science in the world. *Ayurveda* is known as the science of life. It is not only medical science, but it is also a way of life. In *Ayurvedic literature* many *Aacharyas* (Sage) like Atreya Punarvashu, Dhanvantari, Sushruta, Charaka, Vagbhata and other commentators of *samhitas* (Ancient literature) have made, its importance the knowledge of *Sharir* (*body*) to have undoubtedly for the sake of knowledge. In *Ayurveda*, *Rachana sharir* is a very important part of this science to make a person a good physician or a good surgeon. In *Rachana Sharir*, *Marma sharir* is very important topic. By knowing this, a person may become a good physician or surgeon. *Marma sharir* and its practical application are very important during surgery and to understand the injury at *marma* site, their prognosis and possible prevention is necessary. Inside the body, there is a specific anatomical location which is called a vital point.

Keywords: *Mamsa* (muscle), *marma* (vital part), *jivsthan* (life site), *Parinam* (result), *pariman* (dimension)

INTRODUCTION

Marma (vital part) is the site or point where trauma or injury causes death or is nearer to death. In “*pratyakmarmanirdeshrisha*” Sushruta (father of surgery) has advocated *Saptotaram marm satam*” i.e, the Number of *marma* is 107. *Marma* point or site is also called *jivsthan*¹. It means that *pran* (*life*) is present in *jivsthan*. Being a good surgeon or physician, it is necessary to know a complete and detailed knowledge of *Rachana Sharir* (Anatomy). *Marma* is classified into many groups based on *Shadang* (*six parts*) *Sharir* (body), structure, *parimana* (dimension) and *parinama* (*result*). Structural *marmas* are *Mamsa* (muscle), *Sira* (artery / vein), *Snayu* (ligament), *Asthi* (bone) and *Sandhi* (joint). Here we will discuss the *Mamsa marma*. It is eleven in number as *Talhridaya-4*, *Indrabasti-4*, *Guda-1*, *Stanrohit-2*.

AIMS AND OBJECTIVES -

- (1) There is nothing a detailed description of *Mamsa* (muscle) *marma* in *Ayurvedic literature*.
- (2) There is no sufficient knowledge for the Modern point of view.
- (3) In the present study, it is necessary to get a clear concept of *Mamsa marma* of the body in terms of the modern view. So I will try to do compare of *Mamsa marma* of *Ayurvedic* knowledge to the Modern view.

MATERIAL AND METHODS-

It is necessary to know about the complete and detailed knowledge of *Mamsa marma* as described in *Ayurvedic literature*. That knowledge may be compared with modern science. The sign and symptoms of *Mamsa marma* which occur due to injury or trauma may or may not be similar. So I have chosen the topic of *Mamsa marma* to compare *Ayurvedic* knowledge with modern science.

DISCUSSION

Dalhan (Sushruta’s *Tikakara* or commentator) said *Maryanti iti marmani*³ i.e. *Marma* is a site where an injury causes death. This site is called *jivsthan*⁴ (life site). *Marma sthan* is also called a vital weak spot⁵ of the body. *Jivsthan* (life site or vital part) is that site that includes *pran*. *Pran* is life. There is 12 in number in *Ayurveda* as *agni* (fire), *som* (cold), *vayu* (air), *satv*

(mind), *raj* (royal), *tam* (vengeful) and five senses *shabd* (sound), *sparsh* (touch), *rupa* (shape), *rasa* (plasma), *gandha* (smell) and *bhutatma* (immortal). If the contents of the body are damaged or changed, man will die or nearer to die. *Mamsa marma* is one of the types of structural classification of *marma*⁶ as *talhridaya*, *indrabasti*, *guda* and *stanrohit*. After trauma on *talhridaya marma* causes pain and pain ends into death. If an injury on *indrabasti marma* results excessive bleeding and ultimately death occurs. *Guda* is the root of *Sharir* (body). If an injury is in *Guda*, man will die immediately due to severe bleeding. *Stanrohit* is a type of *Mamsa marma* who lie above the two *angul* pramana from the nipple. If an injury on *stanrohit marma*, blood is deposited in *kostha* (chamber) and thoracic cavity causes death due to *kaas* (cough) and *shwas* (*congestion of the lungs*). Here if pulmonary artery is injured, severe bleeding and lungs may collapse and death occurs. Therefore complete and detailed knowledge of *Mamsa marma* is important for any surgeon or physician.

(1) Talhridaya Marma- It is type of *Mamsa marma*. Its *pramana* (*dimension*) is *ardhangul*. It is *kalantar* (*in future pranhar* (*life end*) *marma* in nature. It is four in number, two in *adhah shakha* (lower extremities) and two in *urdhwa shakha* (Upper extremities).⁷

Locations – It is situated in the middle of the sole of the foot⁸ and palm. It is the centre of the sole and palm in front of the middle finger.

Anatomical structure- In *adhah shakhagat* (*lower extremities*), *talhridaya marma* – some structures are involved there such as⁹- (a) Medial plantar artery (b) Lateral plantar artery (c) plantar nerve (d) plantar aponeurosis (e) Abductor hallucis muscles. In *Urdhwa Shakhagata* (upper extremities), *talhridaya marma* - Some structures are also involved¹⁰ such as- (a) Flexor retinaculum (b) Palmar aponeurosis, (c) Palmaris brevis muscle, (d) interossei palmar muscle.

If an injury occurs in this *marma* area, pain may develop and finally pain ends into the death¹¹.

(2) Indrābasti - It is type of *Mamsa marma*. Its size is *ardhangul* and four in number. Two in the upper limb and two in the lower limb. It occurs in the calf muscles of the leg¹² and flexor muscle of the forearm, where the ulnar and the radial nerve are present.

Location- *Indrabasti marma* is situated in the middle of the *jangha* (leg)³ and the middle of the forearm.

Anatomical structure - It includes many structures such as - (a) pronator teres (b) Flexor carpi radialis (c) Palmaris longus (d) Flexor carpi ulnaris (e) Flexor digitorum superficialis, (f) Radial artery and ulnar artery, (g) Median nerve and ulnar nerve. If Injury occurs in this *marma* area, results in excessive haemorrhage and finally¹⁴ ends into the death.

(3) Guda marma – *Guda* is the terminal portion of the *brihat antra* (large intestine) and is responsible for the evacuation of faeces and flatus from the body¹⁵. It is one in number and four *angul* in size. This is an *udara Mamsa marma* and *sadyah* (immediate) *pranhar marma*. It is the end part of the alimentary canal.

Location- It is situated in between both the lower limbs towards back side. It has a width of four fingers, 4-5 cm in length.

Anatomical structure- *Guda* is very much correlated to the rectum rather than concerned only with the anus. The structure involves which may be (a) Bulks of levator ani muscle (b) Transverse peronei muscle (c) The sphincter ani muscle

Some branches of haemorrhoidal veins are embedded in the mucous membranes of the rectum and related to the anus¹⁶. Injured anus ends into death within twenty-four hours of hurt¹⁷ due to severe bleeding.

(4) Stanrohita marma- It is type of *Mamsa marma*. It is two in number and *ardhangul* in size. It is an *urah mamsa marma*. It is *kalantar pranhar marma*, but sometimes it behaves as *sadyah pranhar marma* due to collapse of lungs and severe bleeding after the damage of pulmonary artery.

Location- It is situated above *stanmool marma* with the length of two fingers of width (2-3cms.)

Anatomical structure – The areolar space is referred for the *stanrohita marma*, this covers the underlying

mammary glands and the surrounding tissues. Despite the adequate vascular supply, this is the less sensitive area than the *stanamool*.

In the modern view, many anatomical structures are involved in this *marma* such as (a) pectoralis minor muscle (b) Intercostal muscle, (c) intercostal nerves (d) Internal thoracic artery.

If trauma occurs on *stanrohita marma* and pulmonary artery is injured, causing severe haemorrhage, the lungs collapse and ultimately death due to *kaas* (cough) and *Shwas*¹⁸ (congestion of the lungs).

SUMMARY AND CONCLUSION

It is concluded that *Mamsa marma* is very important to all physicians and surgeons for treatment. Trauma or attack of *Mamsa marma* can cause pain, severe bleeding or may death. This concept of *Mamsa marma* is more helpful to protect certain parts of the body.

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