

AN ANALYTIC ASSESMENT OF VAIKALYAKARA MARMA W.S.R. TO VIDHURA MARMA

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ABSTRACT

‘Marma’ is that vital weak point of the body surface where trauma or injury may lead to sudden death or deformity in the body. The concept of Marma is one element of the divine Ayurvedic system of therapy which is popularised since Vedic era. The Vidhura Marma is explained as Snayu Marma by Acharya Sushruta and Dhamani Marma by Acharya Vagbhata. The location of Vidhura marma is back of the ear. Injury to this Marma leads to Vadhira, means that there is deformity in the tympanic membrane or surrounded structure. Thus, this topic is selected to study its proper location with modern anatomy and also the structural involvement in injury causing Viddha lakshans specifically hearing deformities as per Ayurveda.

KEYWORDS: Marma, Shareer, Vidhura, Vaikalyakara.

INTRODUCTION

Ayurveda is one of the best ancient medical science, and also it is very well known for unique techniques for their magical results medical science, Marma Shareer is one of them. The word ‘Marma’ comes from Sanskrit origin “Mra” means place of Prana (life). Marma in Sanskrit means hidden or secret. By definition, a Marma is a junction on body where two or more types of tissue meet, such as Mamsa, Sira, Snayu, Asthi and Sandhi (Muscles, Veins, Ligaments, Bones or Joints).^[1] Marma is defined as vital point of the body. The Marmas are made up of Soma, Maruta, Teja, Raja, Satwa, Tama, and Bhutatma.^[2] These are special points in human body and any injury to these Marmas leads to disability and if not properly

treated even fatal condition may develop.^[3] During ancient times, knowledge of Marma was known to kings and warriors. It was applied in battle fields to hit and achieve maximum lethal effect on enemies. Knowledge of this science was used both in warfare and surgery and not only is this it also used for treatment purpose. From common ailments to serious neuromuscular diseases, all can be treated by Marma Chikitsa. References of Marma are found in various ayurvedic literatures. First of all, it is described in the Rigveda where warriors in the war zone have been instructed to protect their Marma. Marma are not just superficial landmarks on the surface of the body but these are very important anatomical structures which are deeply seated.

Sadhyopranhar, Kalantarpranhar, Vaikalyakar, Vishalyaghna, Rujakar are Marma described anciently. Dhamani, Sira, Asthi, Mamsa, Kandara, Sandhi and Snayu are the sthana (sites) used for Marma chikitsa where Abhyanga (massage) and Mardana (Acupressure) performed. Marma points also help to balance Tridoshas and Trigunas since it involve various pranas like; vayu, sattva, agni, rajas and atma.^[4]

Vaikalyakara marma

Acharya Sushruta has described Marma shareer in detail in the sixth chapter of Shareersthana which is “Pratyek Marma Nirdesh Shareeradhyay”. All the 107 Marmas are located at different places in all over the body. These 107 Marma are divided on the basis of the outcome of the trauma inflicted upon these points. These are Sadhyapranhara, Kalantarapranhara, Vishalyaghna, Vaikalyakar and Rujakar Marma.

Vaikalyakar Marma are those points that cause deformity when injured. Predominantly composed of Soma tatva. Due to the effect of Sthiratva (stability) and Shaitya (coldness) brought about by the Soma guna, the Jala Dhatu supports the Pranas or vital life forces.

These are.

- Lohitaksha :- Above Bhavi Marma and below shoulder joint. Above Urvi Marma and below hip joint, 2 in numbers.
- Aani :- Above elbow joint in the arm, 2 in numbers.
- Jaanu :- Within knee joint, 2 in numbers.
- Bahvi :- Middle of the arm, 2 in numbers.
- Urvi :- Middle of thigh, 2 in numbers.
- Koorcha :- Proximal to Kshipra marma, 4 in numbers.

- Vitapa :- Between groin and testes, 2 in numbers.
- Kurpara :- Within elbow joint, 2 in numbers.
- Kukundara :- Lateral part of gluteal region on both sides of the spine, 2 in numbers.
- Kakshadhara :- Between thorax and axilla, 2 in numbers.
- Vidhura :- Behind and below the ear, 2 in numbers.
- Krukatika :- Junction of head and neck, 2 in numbers.
- Amsa :- Between arm, head and neck, attached to the scapular region and shoulder, 2 in numbers.
- Amsaphalaka :- Upper part of the back, on both lateral sides of vertebral column and at the place of union of three bones (scapula, humerus clavicle), 2 in numbers.
- Apanga :- Outer angles of the eyes, below the lower limit of eyebrows on either sides, 2 in numbers.
- Neela :- 1 on either sides of trachea, 2 in numbers.
- Manya Dhamani :- 1 on either sides of trachea, 2 in numbers.
- Phana :- On both sides inside the nasal passage, deeply attached to its pathway, 2 in numbers.
- Avarta :- Just above the eyebrow, 2 in numbers.

Vidura Marma

Vidhura Marma is Vaikalyakara Marma which means that is the site where an injury can cause deformity. It is situated slightly below and behind the ear pinna. -“Karnapristto Adhah”; and “Badhirta”- is the result of any trauma over here. Vidhura a Marma is presented by Sushruta as Snayu Marma whereas the Marma site has no structures except facial nerve as Snayu, which itself has very remote relation with hearing. An injury involving facial nerve may only cause hyperacusia only if the branch supplying to stapedius muscle is affected, stretch of the nerve may even cause this. Quoting Vidhura a Marma as Snayu Marma is not very significant. It is particularly because Vagbhata has referred it under Dhamani Marma. Since the trauma is coming from outer side, and the important neural structures dealing with function of hearing are located at deeper level, therefore a trauma involving some vessel like structure i.e. stylomastoid artery can only cause the deafness perhaps this was the observation before Vagabhata. The presence of stylomastoid artery in this account is suggestive to confirm that version of Vagabhata at the point of Dhamani Marma has no controversy. Nerve structure at the level of the site of Vidhura Marma existing in the form of facial nerve is

having a very remote value and the deafness is very rare with this. Therefore the values of Stylomastoid artery are paramount and they only attract to the complication of deafness due to trauma. The amount of deafness and the amount of blockage in the Stylomastoid artery and their correlative significance are important issues which can only be solved after an experimental study.^[5]

Structures at Vidhura Marma

- Posterior auricular vessels,
- Stylomastoid artery,
- Facial nerve

CONCLUSION

The Stylomastoid artery and facial nerve is specially found at the site of Marma passing through the stylomastoid foramen. At remote level under the consideration of anatomical structures vestibulo-cochlear nerve and the mastoid air cells can also be included under this as they have the values in the development of complications. Injury at Vidhura a Marma may lead to deafness.

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