

A CONCEPTUAL STUDY OF PRISHTHA GATA MARMA**Dr. Arvind Kumar*¹ and Dr. Pankaj Kumar Rajvanshi²**

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ABSTRACT

The term marma means pran, jiva or life. It can be explained as sandhistanam or jeevasthanam. Marma are the meeting place of five elements of the body namely- Mamsa, Sira, Snayu, Asthi and Sandhi. These are the vital areas avoided during surgical procedures due to its fatality. Acharya sushruta explained 107 marma and classified them in different ways. Acharya susruta described the number of marma in different anatomical parts of the body and also identified individual marma sites in six parts namely- sakthi, antaradhi, prishtha, bahu and urdhava jatru. Prishtha gata marma are the marmas located in the back of the body. These marmas are located all along the length of the spine and on either side of it. It is said that injury to spinal cord or its

supporting structure can cause permanent change in strength, sensation and other body function. Here our attempt is to clarify the concept of prishtha gata marma and correlate these marmas point with modern.

KEYWORDS: Marma, vital points, prishtha, jeevsthan.

INTRODUCTION

Ayurveda means 'the science of life'. The science of Ayurveda is an ancient health science devoted to cure on human sufferings. The term marma was initially used in atharvaveda during vedic period. The science of marma sharir was well known to the warriors and kings of those times. The knowledge of marma was applied while fighting with the enemy to inflict fatal injury on enemy's body. The anatomical points are having all the five structures(mamsa, sira, snayu, asthi, sandhi) near by the marma point. But the individual structure which is

predominantly important from clinical point of view is given the name of that marma point. The marma are identified region namely- sakthi, antaradhi, prishtha, bahu, urdhava. Prishtha marma are located on the back region of the body. They are located along the length of the spine and on either side of it. There are 14 marma of the back namely- katikataruna, kukundara, nitamba, parsva sandhi, brihati, ansa phalaka, ansa.^[1]

AIM- To explore the anatomical manifestation of prishtha gata marma in contemporary science.

MATERIAL AND METHOD

The Literary material related to prishthagata marma has been collected from different parts of all ayurvedic samhita and contemporary science. The sign and symptoms which occurs due to injury on that marmas in prashthagata marma (marma of back) in ayurvedic literature that in contemporary science which structure are found on that marmas area which will generate same sign and symptoms critically reviewed and correlated with contemporary science.

Review of Prishthagata Marma

Acharya shushruta describe marma detail in a chapter “pratyekmarmanirdeshshareer” chapter sixth of shareer sthan. Acharya classify marma on various basis like on the basis of structure, parinaam, parimaan, and on the basis of shadang shareer i.e. shakhagata marma, Madhya shareer gata marma and shirogreeva marma.^[1] Prishthagata marma comes under Madhya shareer gata marma which are further classified as udar and vaksh gata marma and prishthagata marma. Prishtha gata marma are important marma which are located on the back on each side of the spine. There are total seven pair of marma on the back these are katikataruna marma, Kukundara marma, Nitamba maram, Anshphalak maram, Ansha marma, Brahata marma, Parsawa sandhi maram.

TABLE SHOWING THE PRASHTHAGATA MARMAS^[2]

MARMA	No.	STRUCTURAL CLASSIFICATION	REGIONAL CLASSIFICATION	PARINAAMANUSAR CLAASIFICATION	PRAMAANUSAAR CLASSIFICATION
Katikataruna	2	Ashthi	Prashthagata	Kaalaantar praanhara	Ardh angula
Kukunder	2	Sandhi maram	Prashthagata	Vaikalyakara	Ardh angula
Nitamba	2	Ashthi	Prashthagata	Kaalaantar praanhara	Ardh angula
Ansh phalak	2	Ashthi	Prashthagata	Vaikalyakara	Ardh angula
Ansha	2	Snayu	Prashthagata	Vaikalyakara	Ardh angula
Brahati	2	Sira marma	Prashthagata	Kaalaantar praanhara	Ardh angula
Parsawa sandhi	2	Sira marma	Prashthagata	Kaalaantar praanhara	Ek angula

DISCUSSION

1-Katikataruna marma^[3]

Katikataruna marma situated on both sides of the prishtha vansa (vertebral column) In each shroni kanda (hipbone). According to dalhana this marma is asthi marma, kalantara pranahara and half anguli pramana. Injury to this marma gives rise to palour, discolouration, and disfiguration of the body and ultimately leads to death.

According to modern anatomy^[4] this marma is the point of sacroiliac joint where internal iliac vessels passes down. Trauma like fracture and dislocation of sacroiliac joint cause's distortion of normal contour of pelvis and rupture of vessels leading to hemorrhage which may ultimately leads to death of a person.

2- Kukundara marma^[5]

Kukundra marma situated on both sides of prishtha, vamsa and the lateral sides of the outer part of jaghana asthi. According to dalhana it is a sandhi marma, vaikalyakara in consequences, half anguli pramana. injury to this marma causes loss of sensation and movements in lower part of the body.

In modern anatomy^[6] this marma is located at posterior pelvic bone (ischium bone) on both sides of lower spine where many structure like Inferior gluteal artery and veins, inf pudendal artery and veins, sciatic nerve, gluteal Maximus muscle and levator anni muscle lies. Injury to this point especially sciatic nerve cause's paralysis of gluteus muscles which ultimately leads to loss of sensation and movement of lower extremities.

3- Nitamba marma^[7]

Nitamba marma is situated above the shronikanda (hip bone) which covers the ashaya (viscera) and connects lateral part of the vertebral column. According to dalhana it is asthi marma, kalantara paranahara, half anguli pramana. An injury to this marma leads to shosha(atrophy)in lower extremity and weakness which ultimately cause death.

In contemporary science^[8] nitamb maram is the site on lateral wall of pelvis especially Ilium and sacrum bone where sacroiliac joint, anterior and posterior sacroiliac ligament, sacral plexus of nerve, psoas major muscle and iliacus muscle lies. Injury to lateral wall of pelvis involving the iliac bones may cause disruption of pelvic nerves and vessels leading to

disability to stand or walk results to disused atrophy of muscles of lower limbs and inability to bear weight.

4- Parshva sandhi marma^[9]

These are two sira marmas situated in the lumbar area, above the gluteal region. Tied up with lower parts of the hip bones, oblique and upwards and in between the hip bones. Injury to these marma leads to blood filled cavities of the body and consequent death in a gradual way. It is kalantara pranahara marma.

In modern anatomy^[10] this point is at the level of first lumbar vertebra where renal vessels and common iliac artery lies which are branch of abdominal aorta. Injuries to these vessels cause severe bleeding which fills the pelvic cavity (lohitpuran koshttha) and ultimately leads to death.

5- Brihati marma^[11]

These are two sira marmas situated to the both sides of the vertebral column. These are of half an inch in extent and are kalantara pranahara. An injury to this cause bleeding which leads to death. These are situated on the back in the straight line of the stanamula marma of the chest.

Anatomically^[12] this point is on the right side is the level of hepatic artery and on the left is splenic artery these are two important major blood vessels and injury to them can cause heavy bleeding leading to death.

6- Amsaphalaka marma^[13]

These are two in number. It is located in the upper part of the back, on both lateral sides of vertebral column and at the place of union of three bones namely- scapula, humerus and clavicle. Injury to this marma leads to emaciation of upper limb. It is a type of asthi marma and it is vaikalyakara marma.

Anatomically^[14] muscles and nerve associated with the bone especially scapula can cause loss of sensation in the scapular area and atrophy of these muscles causes the loss of sensation and loss of function of upper limb.

7- Amsa marma^[15]

It is located between the junction of arm, head and neck, attached to the scapular region and shoulder. These are two in number. Injury to these marma leads to rigidity of the arm. It is a type of snayu marma and vaikalyakara marma.

Anatomically^[16] these are the point of ligaments which keep the scapula and clavicle together and provide the stability of shoulder. Injury to this point causes loss of function in upper limb.

Traumatic manifestation of prishthagata marma

Maram	Ayurvedic Manifestation	Probable Modern Correlation
Katikataruna maram	Ashthi Marma Ardhangulimpramana It is kalantara pranahara type of marma.	Post. aspect of ileum, sacroiliac ligaments, superior gluteal artery and veins, sacral plexus of nerves, gluteal maximus muscle.
Kukunder maram	Sandhi Marma Ardhangulimpramana It is vaikalyakara type of marma.	Ischium bone. Inferior gluteal artery and veins, inf pudendal artery and veins, sciatic nerve, gluteal maximus muscle and levator ani muscle.
Nitamba maram	Ashthi Marma Ardhangulimpramana It is kalantara pranahara type of marma.	Ilium and sacrum bone, sacroiliac joint, anterior and posterior sacroiliac ligament, sacral plexus of nerve, psoa major and iliacus muscle.
Ansh phalak maram	Ashthi Marma Ardhangulimpramana It is vaikalyakara type of marma.	5 th , 6 th , 7 th cervical and 1 st thoracic vertebra, subclavian artery and vein, 5 th , 6 th , 7 th thoracic nerve, trapezius and rhomboidus major muscle.
Ansha marma	Snayu Marma Ardhangulimpramana It is vaikalyakara type of marma.	Trapezius and levator scapulae muscles, sub scapular artery and veins, drainage to the subscapular axillary group of lymph nodes, scapula bone and coraco acromian and supra scapular ligament, phrenic nerve and 3 rd , 4 th cervical nerve.
Brahati marma	Sira Marma Ardhangulimpramana It is kalantara pranahara type of marma.	Subscapular artery and veins, drainage to the sub scapular group of axillary lymph node. Suprascapular and circumflex nerve, infraspinatus, trapezius and teres minor muscle.
Parsawa sandhi maram	Sira Marma Ardhangulimpramana It is kalantara pranahara type of marma.	Common iliac artery and drainage of veins from left and pelvic area. Drainage of common iliac group of lymph node, hypogastric plexus of nerve, lumbosacral joint.

CONCLUSION

The functional and traumatological importance of prishtagata marmas is very useful for diagnosis and treatment of various injury of back. Back is more vulnerable part of body for trauma during accidents and war. Trauma of back leads to damage of various blood vessels and nerves which may lead to death and deformity of body part. By knowing the anatomical structures related to these points, a surgeon or physician can make proper diagnosis and treatment.

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