

A SCIENTIFIC STUDY OF MARMAS W.S.R. TO URDHAVSHAKHAGAT (UPPEREXTREMITIES) VAIKALYA KARMARMAS

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ABSTRACT

Marmas is that vital organs / vital parts of the body where trauma / injury may be cause sudden death and may be deformity in the body. *Marmas* is formed by *mans* (muscles), *sira* (artery/vein/capillary/lymphatics), *snayu* (ligaments), *asthi* (bones) and *sandhi* (joints). Some general and specific symptoms may be seen during injury of that *marmas*. Classification of *marmas* are described in *ayurvedic* literature according to *sadang* (regional), according to *rachana* (structural), according to *parinam* (result), according to *pariman* (measurement). some sign and symptoms may be observed due to injury on that particular areas of that *marmas* in *ayurvedic* literature that sign and symptoms is similar to modern science. We try compare to ayurvedic *marmas* with modern science. So we carefully avoid the injury of *marmas* to save our life^{1,2,6,7,8}

Keywords: *Marmas, Snayu, Sadang, Parinam*

INTRODUCTION

There are two main aim and objects of *ayurveda* i.e. Prevention and to cure the diseases. To achieve both the aim and objects it is very essential to know about the detail knowledge of anatomy (*sharir rachana*) and physiology (*sharirkriya*) for *ayurvedic* physician. So it is very essential for a physician about the knowledge of *marmas* with the knowledge of *sharir*. *Marmas* may be causes of death so a detail structural and pathological knowledge about these *marmas* is very essential for a good physician as described in the *ayurvedic* literature^{3,4,5}.

AIM AND OBJECTIVES

1. There is nothing any clear description of *marmas* which may be comparing to modern science in *ayurvedic* literature.
2. There is a detail description of *marmas* according to their work and importance.
3. It is not a sufficient knowledge for the modern point.
4. In the modern era it is very essential to describe in detail that about the structures on every particular *marmas* area. For example *sira* (vein), *dhamani* (artery), *nadi* (nerve), *manspesi* (muscles) etc. With the pathological abnormalities are generate due to injury on that particular area/*marmas*. So it is more difficult to compare sign and symptoms as described in *ayurvedic* litera-

ture may be comparing according to modern science.

5. To correlate both *ayurvedic* and modern science that subject has been selected^{9,10,11}.

MATERIAL AND METHODS

It is very essential to know about the detail knowledge as described in *vedhas*, *vahritari*, *lagutrihi* and other *sanghita* of *ayurvedic* literature that knowledge may be compared with the modern science. The sign and symptoms which occurs due to injury on that *marmas* in *urdhvaśhakhagat* (upper extremities) in *ayurvedic* literature that in modern science which structure are found on that *marmas* area which will be /will not be generate same sign and symptoms. So to compare in *ayurvedic* and modern science the subject has been selected.

DISCUSSION

1. **Kakshdharmarma:** - According to *rachana* (structural) it is a *snayumarmas*. It may be causes *pakshaghat* (paralysis) that sign and symptoms may be seen due to injury on the brachial plexus with its cords.
2. **Lohitakshamarma:**-According to *rachana* (structural) it is a *siramarmas*. It may be causes *pakshaghat* from excessive bleeding that similarly may be seen due to injury on the axillary artery, vein and nerve.
3. **Urvimarma:**-According to *rachana* (structural) it is a *siramarmas*. It may be causes atrophy in the, muscles of *bhau* (arm) due to loss of blood that sign and symptoms may be seen due to injury on the brachial artery.
4. **Aanimarma:**-According to *rachana* (structural) it is a *snayumarmas*. It may be causes inflammation and stiffness in *bhau* (arm) due to injury that similar

sign and symptoms may be seen due to injury on the biceps brachii and triceps brachii muscles

5. **Kurparmarma:**-According to *rachana* (structural) it is a *sandhimarmas*. It may be causes of lame in the *agrabhau* (forearm) due to injury that sign and symptoms may be seen due to injury on median nerve and tendons.
6. **Kurchamarma:**-According to *rachana* (structural) it is a *snayumarmas*. It may be causes tremor and abnormalities in hand due to injury that similar sign and symptoms may be seen due to injury on intercarpalligament, carpometacarpal ligament and flexor and extensor tendons of upper extremities.

CONCLUSION

1. **Kakshdharmarma:**-It is definite about the sign and symptoms of *pakshaghat* (paralysis) due to injury on brachial plexus and its cords.
2. **Lohitakshamarma:**-It is definite about the sign and symptoms of *pakshaghat* (paralysis) from excessive bleeding due to injury on axillary artery and nerve
3. **Urvimarma :**-It is definite about the deformity of atrophy in the muscles of *bhau* (arm) due to injury on brachial artery.
4. **Aanimarma:**-It is definite about the inflammation and stiffness due to injury on the tendon of biceps brachii and triceps brachii.
5. **Kurparmarma:**-It is definite about the lame of *agrabhau* (forearm) due to injury on the radial and ulnar collateral ligaments.
6. **Kurchamarma :**-It is definite about the tremor and abnormalities in hand due to

injury on intercarpal , carpometacarpal ligament.

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