



## A REVIEW CONCEPT OF THE RUJAKAR MARMA

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## ABSTRACT

*Ayurveda* is one of the most ancient medical sciences in the world. *Ayurveda* is known as the science of life. It is not only medical science, but it is also a way of living life. In *Ayurvedic* literature many *Aacharyas* like *Atreya Punarvasu*, *Dhanvantari*, *Sushruta*, *Charaka*, *Vagbhata*, and other commentators of *Samhitas* have made, importance the knowledge of *Sharir* 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 is very important during surgery and understanding the injury at the *Marma* site, their prognosis, and possible prevention is necessary. Inside the body, there is a specific anatomical location which are called vital points.

**Keywords:** *Rujakar Marma*, *Jivsthan*, *Parinama*, *Parimana*

## INTRODUCTION

Marma is the site or point where trauma or injury causes death, or is nearer to death. In "*prateykmarmam-nirdeshsharir*" *Sushruta* has advocated *Saptotaram*

*Marma Satam*" i.e., the Number of *Marmas* is 107. *Marma* point or site is also called *jivsthan*<sup>1</sup>. It means that Pran 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 four groups on the basis of regional classification (Shadang bhed), structure, *Parimana* and *Parinama*. Structural Marmas are *Mamsa* (muscle), *Sira* (artery/vein), *Snayu* (ligament), *Asthi* (bone), and *Sandhi* (joint)<sup>2</sup>. On the basis of traumatic results of the *marma parinama* such as *Sadhya Pranhar Marma*, *Kalantar Pranhar*, *Vaikalyakara Marma*, *Vishlyaghna* and *Rujakar Marma*. *Rujakar Marma* is constituted by *Vayu* and *Agni Mahabhuta*<sup>3</sup>. If this *Marma* is injured *Vayu* and *Agni Mahabhuta* is unbalanced causing pain and rigidity loss.

रुजाकराण्यन्निवायुगुणभूयिष्ठानि विशेषतश्च, तौ रुजाकरौ;

पाञ्चभौतिकी च रजामाहुरेके || (Su Sha 6//17)

Now I will discuss the *Rujakar Marma*. It is eight in number Gulph 2, Manibandha 2. and Kurchshira 4

गुल्फौ द्वौ मणिबन्धौ द्वौ द्वे द्वे कूर्चशिरसि च /

रुजाकराणि जानीयादष्टावेतानि बुद्धिमान् || ( Su. Sha 6/14)

Here I will discuss only *Rujakar Marma*. *Rujakar Marma* is responsible for the pain that is concerned with a sensory nerve in the modern view and *Vataj dosha* in *Ayurveda*.

*Rujakar Marma* is made up of *Vat* plus *Agni Mahabhuta*.

#### AIMS AND OBJECTIVES-

- There is no sufficient knowledge of the modern point of view in *Ayurveda*.
- In the present study, it is necessary to get a clear concept of *Rujakar Marma* of the body in terms of

the modern view. So, I will try to compare *Rujakar's Marma* of *Ayurvedic* knowledge to the modern view.

#### MATERIAL AND METHODS

The sign and symptoms of *Rujakar Marma* which occur due to injury or trauma may or may not be similar. So, I have chosen the topic of *Rujakar Marma* to compare *Ayurvedic* knowledge with modern science.

#### DISCUSSION

*Rujakar Marma* is eight in numbers such as

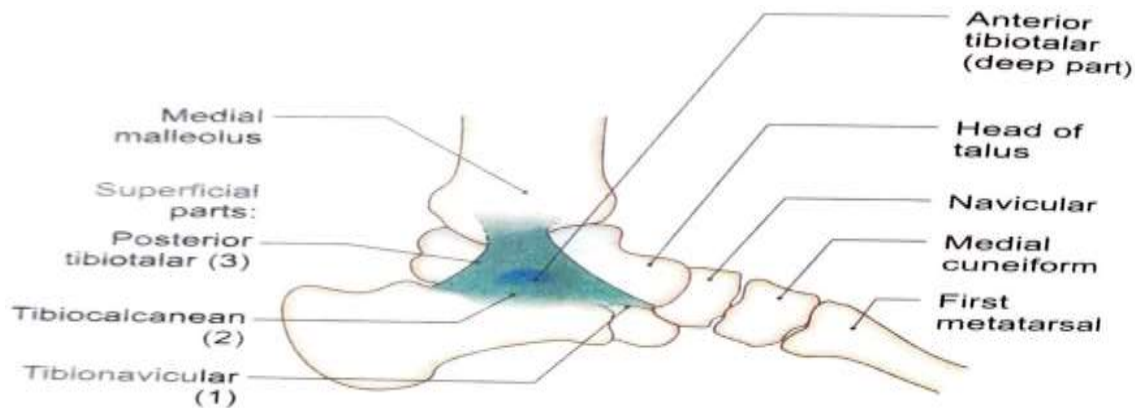
1. *Gulpha* (2), 2. *Manibandha* (2), 3. *Kurchashira* (4)

#### (1) *Gulph Marma* (Ankle joint)

*Gulpha Marma* is situated at the junction of the *pada* (foot) and *jangha* (leg)<sup>5</sup>. It is *Sandhi Marma*. Its *Parimana* is two *anguli* and the number is two. It is *Rujakar marma*. If *Gulpha Marma* is injured, results may be pain, rigidity-loss or limping foot<sup>6</sup>. Anatomical structure – Many anatomical structures are present at this *Marma* such as deltoid ligament, talofibular ligament .and calcaneofibular ligament<sup>7</sup>. Anteriorly- From medial to the lateral side--Tibialis anterior, The extensor hallucis longus, The anterior tibial vessels, The deep peroneal nerve, The extensor digitorum longus, The Peroneus tertius.

Posteromedial-From medial to the lateral side, The tibialis posterior, The tibial vessels and The flexor hallucis longus.

Posterolateral –The peroneus longus and the peroneus brevis.



Ref 11. Fig.1 Medial side of Ankle joint. Showing ligament

**(2) Manibandha Marma-**

It is situated at the junction of the hand and forearm (Agrabahu). Also known as wrist joint or Manibandha 2. It is Sandhi Marma. Its Parimana is two anguli, Its number is two. It is Rujakar marma. If Marma will injured, the results may be a pain, strength loss and movement loss.

**Anatomical Structures-**

1. Ulnar and radial collateral ligament, palmar radial and ulnar ligament., Fibrous capsule, Dorsal radio carpal ligament. The articular capsule ligament, attached above to the lower ends of the radius and

ulna<sup>8</sup>, Below to the proximal row of the carpal bones.

2. On the palmar aspect -- (a) The palmar radiocarpal ligaments and (b) The palmar ulnocarpal ligaments.

3. On the basis of the dorsal aspect – (a)The one radio carpal ligament –Weaker, Extends from the tip of the styloid process of radius to the lateral scaphoid bone.

(b)The ulnar collateral ligaments -Extends from the tip of the ulna to the triquetral and pisiform.



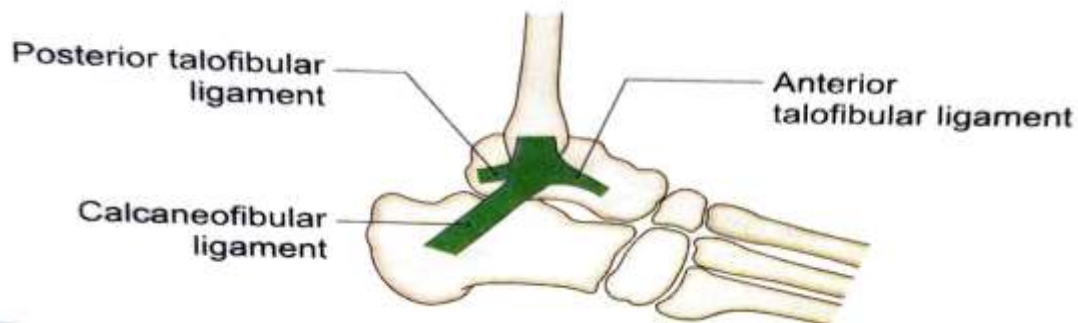
Ref 12. Fig,2 Some ligaments of the Wrist (showing Rujakar Marma)

**(3) Kurchshira Marma**

It is situated below the Gulph Marma in the lower limb and below Manibandha (wrist joint) in the upper limb<sup>9</sup>. Its Parimana is one Angul and the number is four in limb. It is Rujakar Marma. If an injury to this, gives rise to pain and swelling of the affected part.

**Anatomical structures -**

Lateral ligament of Ankle and lateral ligament of wrist joint, Ulnar collateral and Radial collateral ligament, Extensor retinaculum, Talocalcaneal ligament. Interosseous talocalcaneal ligament, Calcaneofibular ligament<sup>10</sup>.



Ref 13, Fig 3. The lateral side of the Ankle joint showing ligaments.

## CONCLUSION

*Marmasthan* in the body is also called a vital weak spot<sup>11</sup>. *Jivsthan* is that site that includes *Pran*. *Pran* is life. There are 12 in number in *Ayurveda* as *Agni, Som, Vayu, Satwa, Raj, Tam*, five (*Shabda, Sparsh, Rupa, Rasa, Gandha* related) sense organ and *Bhutatma*. If the contents of the body are damaged or changed, man will die or be nearer to dying. *Rujakar Marma* is one of the classifications of *Parinama* (traumatic result). Classification of *Marma* as *Gulph, Manibandha* and *Kurchshira* causes pain, and pain ends in death. *Rujakar Marma* is constituted by *Agni* and *Vayu Mahabhuta*. If *Rujakar Marma* is injured, *Vayu* is increased causes pain in joints and *Agni* is also loss, in modern view sensory nerve damage causes pain and pain end into rigidity loss and death. Therefore, this *Marma* is strictly prevented from injury. It is concluded that *Rujakar Marma* is a very important structure for us. We should prevent from any injury to *Rujakar Marma*. which causes pain, strength loss, limping of joints, severe pain and shock may cause death.

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