

A Study Of Janu Marma And Its Relation With Knee Joint**Dr. Bidve Anil Balasaheb (B.A.M.S.)**

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Abstract

Janu Marma is Vaikalykar Marma. Marmas are the Vital Points in the body. There are 107 Marmas in body. According to sushrut Marma is a junction of Mansa, Snayu, Sandhi, Sira and Asthi. Marmas are classified according to the dominance of structure present in it. According to structure the marmas are classified into 5 types

1) Asthi, 2) Sandhi 3) Snayu 4) mansa 5) Sira.

And according to traumatic effects (Parinam), Classified in to 5 types

1) Sadyapranhar 2) Kalantarpranhar 3) Vaikalykar 4) Vishalyghna 5) Rujakar

According to Sushrut Sharir Sthan 6/31 the description of Janu Marma is as below.

1) Location :- At the junction of Uru and Jangha (junction of thigh and leg)

2) Type :-

a) Sandhi (According to structure)

b) Vaikalykar (According to effect)

3) Pariman :- 3 digits

4) Viddha Lakshan (Prognostic effect), Khanjata disability, limping, wasting of muscles unable to walk.

After reviewing Acharya Sushrut's description of Janu Marma and its pariman and prognosis after injury it can be compared with Knee Joint. From above description it is clear that Janu Marma lies at the junction of thigh and leg and the structures Present in the area of 3 digits of Janu Marma are the ligaments of Knee Joint and muscles surrounding the Knee Joint. Injury to Snayu marma and Sandhi Marma produces pains and disability in the movements.

Knee Joint :-

It is a joint of lower limb. It is the largest and complex joint in the body. It is compound joint incorporating two condylar joints between femur and tibia and one saddle Joint between femur and patella. It is hinge variety of synovial joint. It is provided by strong collateral ligaments and cruciate ligaments which is a strong bond of union between femur and tibia. Also this joint is supported by number of ligaments including fibrous capsule, ligaments patellae, menisci. It is surrounded by 13 bursae. This joint is related with quadriceps femoris, hamstring,

popliteus, gastrocnemius and plantaris muscle. Being the hinge joint the chief movements of this joint are flexion and extension and rotatory movements of a small range. Knee joint is a massive joint but structurally it is a weak joint. The stability of joint is maintained by cruciate ligaments and collateral ligaments and iliotibial tract. The common diseases of knee joint are osteoarthritis, injury to cruciate ligaments, collateral ligaments due to accident and overuse.

Key Words :-

Janu, Marma, Knee, Joint, Sandhi, Vaikalykar

Aim and objective :-

- 1) To confirm the relation between Janu Marma and Knee Joint.
- 2) To apply this relation in the treatment of Knee Pains.

Materials and Methods :-

Literature of Ayurved, Bhurtrayee, Human Anatomy Vol. 2 by B.D. Chaurasia, Cunningham's manual of practical Anatomy Vol. 1

Clinical Importance :-

Stimulation of Janu Marma may improve the symptoms of the disease of Knee Joint

Conclusion :-

Marmas are the vital points in the body. Janu Marma is Sandhi and Vaikalykar Marma situated in

the area of 3 digits at the junction of thigh and leg. So it includes medial and lateral collateral ligaments of Knee Joint and the popliteus muscles which lies in between these collateral ligaments in popliteal fossa. So this study came to conclusion that Janu Marma is situated in Knee Joint and is related with the ligaments and muscles of Knee Joint. So after reviewing Acharya Sushurt's description of Janu Marma and its pariman, location and Viddha lakshan (Prognostic effects) as mentioned in sharirsthan. Janu Marma can be compared with Knee Joint.

References :-

- 1) Sushrut Samhita
- 2) Human Anatomy – B. D. Chaurasiya Vol.2
- 3) Cunninghams manual of practical anatomy-1

