

**A Study Of Marma With Special Reference To Trimarma**

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**Abstract**

Marmas are the vital parts of the body. Marmavidnyan is an important and specialized part of Ayurved. According to Acharya Sushrut Marma is defined as a junction of five structure i.e. Asthi, Sandhi, Sira, Snayu and Mansa. As per Ashtaag hriday sharir Sthan 4/39. Marma is "Pranayatana". It means it is a vital part of body. There are 107 marmas in body and are situated in the various parts of body as below.

Sr. No.	Part	Number
1)	Upper and Lower limbs	44
2)	Prusht (Back)	14
3)	Ura and udar (Thorax and abdomen)	12
4)	Urdhvajatrugat (Head and neck)	37
	Total	107

**Types of Marma**

1) According to dominance of the structures, marmas are classified into 5 types (Rachanatmak) These five types and its number is as below.

Sr. No.	Type	Number
1)	Asthi	8
2)	Sandhi	20
3)	Sira	41
4)	Mansa	11
5)	Snayu	27

2) According to traumatic effects or prognostic effects marmas are classified into 5 types (Parinamanusar). These types and its number is as below.

Sr. No.	Type	Number
1)	Sadyapranhar	19
2)	Kalantar pranhar	33
3)	Vaikalykar	44
4)	Vishalyghna	3
5)	Rujakar	8

And the traumatic effects (Viddha Symptoms) are as below.

Sr. No.	Types	Effects / Parinam
1)	Sadyapranhar	Death- Sudden or within 7 days
2)	Kalantar pranhar	Death- Within 15 days to 1 month
3)	Vaikalykar	Disability
4)	Vishalyghna	Death -After removal of foreign body (Shalya)
5)	Rujakar	Severe and stabbing pains

In this way 107 marmas lie in the respective regions of the body and produce the effects after injury according to its type or the dominance of "MAHABHUTA" in it. now it is important to note that after reviewing Sushrut Sharir Sthan regarding Marma, we come to know the importance of Marma Vidnyan.

Acharya Charak Mentioned in Cikitsa Sthan that there are 107 Marmas in body but out of these 107 marmas only three marmas are very important as they contain "PRAN" and are affected by " Vatadi dosh" and Acharya Charak tells to keep protected these three marmas from "Maharoga" (Acute, serious diseases) and from Injury. These three marmas are called as "Trimarma" and it contains

**1) Hridaya 2) Shir 3) Basti.**

**Key words :-** Marma, Snayu, Sira, Sadyapranhar, Pran, Trimarma.

**Aim and objective :-**

- There are 107 marmas in body. Acharya Charak described Trimarmas (Hriday, Shira, Basti) The aim of this article is to study the importance of these Trimarma, its significance and clinical approach.

**Material :-**

- Literature on Marma and Trimarma
- Sushrut Samhita Sharir Sthan.
- Charak Samhita Chikitsa Sthan.
- Grays Anatomy.

Acharya Charak described Trimarma as a "Mul" i.e. vital parts of body. (Tanmulatwashareerashtha) in chikitsa sthan. Acharya tells that these "Trimarmas" lie in "Skandha" (Skandhashrit). It means the part of body excluding the four limbs. Out of these "Skandhashrit" marmas only trimarma are having vital significance than other marmas. So in chikitsa, these trimarma must be protected from dosha and from injury. Acharya Charak described each of these trimarma as below.

**1) Shir :-** Shir contains "PANCHDNYANEDRIYA" i.e. sense organs and "indriyapranvah strotas". Acharya compared shir as "SURYA" (Sun) it indicates that shir or head contains parts of central nervous system. Shir (Head) contains the centers of these five sense organs and also other vital centres (Vagal centres respiratory centres) and centres of 12 cranial nerves. So all the important centres of the 12 cranial Nerves are present in various parts of Brain. These 12 cranial nerves carry the concerned functions of the body. (periphery). Medull oblongata contains Vital Centres.

So Shir is an important part / marma of the body and the trauma on Shir (Head injury) may result into fatal conditions.

**2) Basti :-** Acharya Charak included basti into Trimarma Acharya says that Basti is main organ related to Antra, Guda, Seevani, Shukravaha and Mutravaha nadi. Basti is a basic organ which provides support to these Antra, Guda, Seevani and Shukrvah mutravaha strotas. It is situated in pelvic cavity and its type is snayu and sadya pranhar marma. Its pariman is 4 digits. So Basti is related with Jala Mahabhut. Actually Basti refers to urinary bladder which stores urine secreted by kidneys and transmitted by ureters. Basti is related with Reproductive organs which also lie in pelvic cavity. Traumatic injury to urinary bladder may result into rupture of bladder which is a fatal condition. So basti is a delicate and important organ of the body which is included in Trimarma.

**3) Hridaya :-** Commonly it is taken as Heart. Acharya Charak includes Hridaya into Trimarma. It lies in Thoracic Cavity (Urobhag) in between two "Stana" (Breast) above "Amashaya" (Stomach) Pariman of Hridaya is 4 digits and type of Hridaya is Sira and sadyapranhar and it results into death due to acute injury or internal dosh as it is a site of Trigun. Charak says Hridaya is a sight of prana, Buddhi, Chetana, oja. In brief hridaya is a chief organ of the body. In day to day practice also the diseases of Heart are acute and serious. Heart is supplied by two coronary arteries and massive Thrombus in coronary artery may result into acute myocardial infarction which results into sudden death.

So from above descriptions it is obviously clear that "Hridaya Marma" is a vital and important and delicate marma or organ and it must be protected from injury and mainly from coronary artery diseases which leads to infarction of myocardium.

**Conclusion :-**

Acharya Charak mentioned the concept of Trimarma i.e. Hridaya, Shir and Basti. These three marmas are the important and delicate parts of the body. According to effect manifestation these trimarma are sadya pranhar. So these Trimarma should always be protected in any situation either from external injury or internal diseases.

**References :-**

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