

An Ayurvedic Concept On Apastamba Marma - A Review Article**1) Bhumika Bhimrao Thorat**

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Abstract

Ayurveda is an ancient science. In ayurvedic samhita there is lots of description about anatomy and physiology of sharira (body). koshta, aam ,marma are the special point mentioned in ayurvedic samhita. According to Acharya, there are 107 marma. Marma point (Vital point) is defined as the site where there is confluence of structures like Mamsa (Muscular component), Sira (Vascular component), Snayu (Neuroconnective tissue component), Asthi (Sclerous component) and Sandhi (Articular component) and Prana (Life force) resides making it as its specific place. There are two Apastambha Marma, it is located in the front of the chest there are two vatavaha nadies. It is Dhamni marma According to Vagbhata and sira marma according to sushruta and Kaalantar pranahara marma. This article is highlight the anatomy, position and importance of the apstamba marma in ayurveda.

Keywords :- Apstambha Marma , Ayurvedic concept ,Anatomy, Position,

Introduction

The Marma sharir is explain in all samhitas. The total number of Marma as 107. According to dalhanacharya “*maryanti iti marmani*” this unique line explain the importance of *marma* this means where there is trauma, death is achieved that point is called as *marma*.⁽¹⁾ Out of these Apastambha Marma is considered under the Urogata Marma (vital points of the chest region). The concept of Marma is important in the clinical and surgical point of view. Acharya has described about marma which literary means “vital region” of body. Any direct or Indirect Trauma to these sites may prove fatal or can result disability of the person. The marmas are juncture (anatomical site) place of Mansa, Sira, Snyau, Asthi and Sandhi. The pranas are specifically situated in this Marmas by the virtue of their nature , hence a trauma to any one of this Marmas invariably causes physical disturbances in accordance with their particular types.⁽²⁾ According to charaka marmas are vital parts and seats of Pranas or Chetana in the body.⁽³⁾ And Acharya Vagbhata says that those sites which are painful on application of pressure and shows

abnormal pulsation should be considered as marmas and said it as seat of jiva⁽⁴⁾

The marma sharir is that section in Ayurveda which brief about concept of Trauma logy but there is a need of understanding these concept with present day trauma situations. Important knowledge of Marmas are considered as the half of the surgery subject as any injury to Marmas can prove to be fatal so if patient is promptly treated by a skilled doctor even through the patient will suffer from excessive pain . Any trauma to marma will surely produced pain or can cause death and if any disease occurs on the site of the marma and it will always be difficult to treat.

Marmas are classified on different basis on structure or body organs involved consequences (prognosis) of Trauma over the marma Area, sites and locations of Marmas, dimension of the Marma on Sankya (number) of Marma.⁽⁵⁾

Classification of sankhya of the Marma

Table no.1: shows classification of sankhya (numbers) of the marma

	Body Organ	Locations	prognosis	Diamention
1	Masa Marma -11	Shakhagat a Marma-44	Sadhya-Pranhara-19	½ Anguli - 56
2	Sira Marma - 41	(Each Shaka - 11)	Kalantara Pranhara-33	1 Anguli - 12
3	Snayu Marma -27	Kosthagat a Marma 26	Vishalyagh n - 03	2 Anguli - 06
4	Asthi Marma -08	(Madhya Sharer)	Vaikalyaka r 44-	3 Anguli- 04
5	Sandhi Marma - 20	Shiro Griva gata -37 (Shirogata 23, Grivagata - 14)	Rujakar-08	4 Anguli - 29

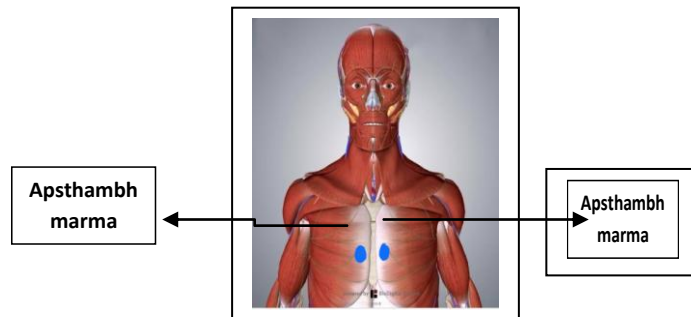


Table No.2 :Classification Of Apstambha Marma

sr.no.	classification
1	Dhamni marma (Vagbhata) sira marma (sushruta)
2	Kaalantar pranhara marma
3	Two in number
4	madhyasharigata marma
5	Dimension - ½ Anguli

Apastambha Marma -

अभयत्रोरसो नाड्यौ वातवहे अपस्तम्भौ नाम , तत्र वातपर्कमुकोष्ठतया कासश्वासाभयां च मर्म ।

स.ुशा.६/२५ (4)

There are two *Apastambha Marma*, it is located in the front of the chest there are two *vatawaha nadies* (6), which caused death on injury due to *Kasa* and *Swasa* by filling up Thorax with *Vyau*,but in *Asthang hridaya* the situation of the marma has been mentioned bilateral to the *urrah*.and also said that an injury to this *Marmas* thorax fills up with Blood which produces *kasa* and *swasa* (7). There is a different of opinions on its structure classification as *Dhamni marma* According to *Vagbhata* (8) and *sira marma* according to *sushruta* and *Kaalantar pranhara marma* (9) as per prognosis status (*parinam bhed*) and it is *Urogat* and *Madhyasharigata* as per *Sthanbheda*. Its Dimention mentioned as ½ *Anguli Parimap* (*parivistar*) (9).The available literature of *Apastambha* about the exact structures involved in it.

Aim And Objective

Aim : To do detail study of *Apastambha Marma* w.r.t Modern Anatomy

Objective :

- 1) To Study the literary review of Marma and Structure involved in *Apastambha marma*.
- 2) Exact location of *Apastambha marma* .
- 3) To verify the dimension of Marma and literary review of *sira* and *Dhamni marma*.

Material And Method

Material:

Source of data

- ▶ It is literary review article literature can be reviewed from two sources
- ▶ primary and secondary data
- ▶ For this study we used Secondary Data that is ayurvedic *samhitas*, books,Web search, Journals, articles. etc.

Method :

- ▶ Type Of Study : It is fundamental qualitative study

Result

The result of this study which is useful to understand the ayurvedic concept of marma in various ayurvedic literature, The detail study about anatomy, position and importance of the apstamba marma. That can be helpful for the clinical diagnosis, and surgical procedure.

Discussion

The location of Apastambha Marma is considered as in the chest bilaterally. The number of Marma mentioned are two and that which conduct Vayu (air). Hence this description goes in favor of principle bronchus carrying the respiratory air to the lungs. The trachea cannot be considered because the number of trachea is only one. The Vata Nadi needs consideration in other ways pulmonary arteries and veins as they carry deoxygenated and oxygenated blood towards and from the lungs respectively, as the Apastambha Marmais considered structurally under Sira/damani Marma. Here the Sira/damani has been considered commonly as blood vessel. As the Marma includes many structures the above mentioned structures are to be considered. The Viddha Lakshana of the Apastambha Marma is mentioned as Vata Purna Kosta (Pneumothorax) in Susruta Samhita and as Rakta Purna Kosta (Haemothorax) in Astanga Hridaya. But the symptoms like Kasa (Cough), Swasa (Breathlessness) and Marana (Death) are similar in both the texts. These injury effects can be proved by considering case reports and literary review.

Conclusion

By this study we will conclude that it was an attempt to elaborated the detail structure of Apastambha Marma It will be helpful in management or prognosis of clinical and various surgical Methods.

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