

Relevance Of Marma In The Etiopathogenesis Of Vata Vyadhi – A Conceptual Study

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Abstract:

Many a times we come across references in the classical texts, stating Marmaghata as a contributory factor in the etiopathogenesis of a Disease, also application of our knowledge in understanding Marmabhigata also restricts to Trimarma mostly, i.e. Shira, Hridaya and Basti. In this article I have dealt with VataVyadhi and the role of different marmas in the formation of different types of vata vyadhi. Also if exact cause of a Disease cannot be traced, the involvement of Marma can pave the way for a better cure.

Keywords: -Shira, Hridaya, Basti, Marma, Vata Vyadhis

Aims and Objectives: To study the Significance of Marma in the Etiopathogenesis of VataVyadhis

Materials and Methods: Literature of Charaka Samhita and Susruta Samhita

Introduction:

The measures to be taken care of for the protection of the Marma as explained by Charakacharya (Cha. Chi. 9/10) are as follows-

Avoidance of the cause of injury to the Marma, following the rules and regimens of Swasthavritta (maintenance of positive health and prevention of disease) constantly, Prompt treatment of the disease of the vital organs immediately after their onset.

While explaining about the etiological factors of the vata vyadhi, Charakacharya has identified Rukshasheetadi Ahara, Vyavayaatiprajaagara langhanaplavanaadi Vihara, Chintashokadi Manasika karana and Marmaghata. (Cha. Chi. 28/15-18)

Among the Marma, Charakacharya has given much importance to Hridaya, Shira and Basti and has elaborated about abhigata in Trimarmiyasiddhi adhyaya. Among them in Shirasthabhigata, he has identified Manyasthambha, Ardita, etc. 17 features; among which 14 features directly suggest the involvement of the Central Nervous system and remaining 3 are indirectly related to Neurological disorders.

Sushrutacharya has identified 107 vital points in the body in Marma Shareera and has explained about the features that are produced due to the Marmaghata, where few of them suggest the involvement of Central Nervous system.

Some of the major effects are like Pakshaghata, Khanjata, Adhahkaya chesta upaghata, etc. some of the minor effects are like Padasya

bhramana, vepana, etc. depending upon the site, like the Bahvo svapashoshi, sthabdha bahu, mukata, etc. and according to the intensity of abhigata like Akshepakena marana, Rujabhirmaranam, etc.

The lakshanas as explained by Sushruta (Su. Sha. 6) and Vagbhata (As. Hr. Sha. 4) can be grossly divided into different types. These are explained below along with their effects:

i) Neurological disorders leading to Fatality:

<i>Marma</i>	<i>Lakshan</i>
Kshipra marma	Akshepakena maranam
Tala hridaya	Rujabhirmaranam
Lohitaksha	Pakshaghata maranam
Nitamba	Adahkaya shosha-dourbalya-maranam

ii) Neurological disorders involving increased and decreased movements:

A: Increased movements:

<i>Marma</i>	<i>Lakshan</i>
Krukatika	Chalamurdhata, Shira chala
Kurcha	Pada kampa

B: Decreased movements:

<i>Marma</i>	<i>Lakshan</i>
Lohitaksha	Pakshaghata
Kakshadhara	Pakshaghata

iii) Neurological disorders affecting the Limbs:

A: Upper Limb:

<i>Marma</i>	<i>Lakshan</i>
Manibandha	Kuntata
Kurpara	Kuni
Amsa	Stabdha bahuta
Bahvi	Panipanyanguli kubjatvam
Kakshadhara	Bahupanyanguli Kubjatvam
Amsaphalaka	Bahu svapashoshau

B: Lower Limb:

<i>Marma</i>	<i>Lakshan</i>
Kurcha	Padasya Bhramana vyapana, Kampa
Gulpha	Stabdhapada, Khanjata
Janu	Khanjata
Ani	Stabdha Sakthi
Kukundara	Adahkaya chesta upaghata
Urvi	Sakthi shosha

iv) Neurological disorders having sensory impairments:

<i>Marma</i>	<i>Lakshan</i>
Kukundara	Sparsha ajnana

v) Neurological disorders involving the special senses:

<i>Marma</i>	<i>Lakshan</i>
Dhamani	Mukatva, Swarapranaasha vaikrutya, Rasa ajnana
Vidhura	Badhirya
Phana	Gandha ajnana
Apanga	Drushti upaghata

Conclusion:

Certain Vata Vyadhis are having presentations in which definite Nidana are not seen, until and unless the Marmas are not identified. Hence in such condition the treatment is less fetching. If the concept of Marma is applied in the Diagnosis then it yields for fetching results.

Reference:

1. Charaka Chikitsasthana 9th chapter 10th shloka;
2. Charaka Chikitsasthana 28th chapter 15th -18th shloka;
3. Susruta Sharirasthana 6th chapter; Ashtanga Hridaya Sharirasthana 4th chapter

