

Clinical Importance of Lohitaksh Marma

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Abstract-

The concept of marma persists from vedic period. Although it is very much old by time frame, but its principles are applicable even today like earlier era. Understanding the marma type and its exact location is very important in clinical practice. Lohitaksh marma is located near the shoulder joint in the upper limb and near the hip joint in the lower limb. Injury at the site of lohitaaksh marma leads to heavy blood loss, pakshaghat (paralysis). Hence marma is very important for diagnostic, therapeutic and surgical purpose.

Keywords- marma, vital point, lohitaaksh marma

Introduction-

Knowledge of marma allows the practitioner to influence the flow of prana through both the gross and subtle bodies for the purpose of restoring health and mind. The concept of marma also given by acharya charak but has focused mainly on Tri marmas (Shir, Hriday, Basti). Acharya sushrut and acharya vagbhat have described in detail about each marma in their respective sharir sthan. Acharya sushrut was the first scholar provided detailed knowledge of marma in the sharirasthan under the pratyekmarmanirdesh sharir adhyay. Acharya sushrut has described the locations of these marma points, as well as how these influence prana. He stated that it is important for the surgeon to have knowledge of these vital points for the purposes of avoiding them, as to cut into them could result in a harmful outcome. Union of the mansa, sira, snayu, asthi, sandhi is called marma and the prana resides in that marma.

Acharya have broadly classified the 107 marmas based on the region such as extremities, abdomen, chest, back, head, neck.

Discussion

Concept of lohitaaksh marma –

Lohitaaksh marma is one of the delicate and vital points of the body located at the root of arms and thighs.

Location-Lohitaaksh marma is located near the shoulder joint in the upper limb and near the hip joint in the lower limb.

In the upper limb – The lohitaaksh marma is located exactly above the baahvi marma (located above the elbow joint) and below the kaksha sandhi (shoulder joint) and the root of the upper limb.

In the lower limb- The lohitaaksh marma is located exactly above the aurvi marma (located in the thigh, above the knee joint) and below the vankshana sandhi (hip joint) and at the root of the thigh.

Categories –

- 1) Shakha gata marma - marmas located in the limbs.
- 2) Sira marma – Lohitaaksh marma is predominantly made up of sira i.e. blood vessels, which form the structural component of this marma. Therefore, it is classified under the sira marma. The other tissues are recessive and are present in less proportion, namely snayu (ligament, tendons and nerves), asthi (bone), sandhi (joints) and mansa (muscles).
- 3) Vaikalyakar marma – (vaikalya deformity, kara-forming)-Lohitaaksh marma on getting injured causes vaikalya or deformity of the arm or upper limb. Since lohitaaksh marma causes deformity, it is classified under vaikalyakara marma.

Measurement-

Lohitaaksh marma occupies a space of 1/2 angul dimension (1 angul is approximately equal to the horizontal dimension or breadth of middle segment of one's own middle finger)

Modern perspective-

Structure falling in the area of lohitaksh marma-
In the upper limb-

- Axillary artery
- Brachial artery
- Venae comitantes of brachial artery
- Median nerve
- Ulnar nerve
- Pectoralis major muscle
- Pectoralis minor muscle

In the lower limb-

- Femoral triangle and its contents

We can see the muscles, ligaments, tendons, and other tissues too being present in this area comprising of lohitaksh marma but it is a sira marma.

Conclusion-

By considering the above said facts and reason it can be said that Lohitaksh marma is vaikalyakara marma and when the lohitaksh marma

is injured, all the structures involved in any place of marma i.e. snayus (ligaments, tendons, nerves), asthi (bones), mansa (muscles) and sandhi (joints) may be susceptible to get damaged but the sira (blood vessels) which chiefly make up the structure of lohitaksh marma tends to get injured to a severe extent in comparison to other structures. The impact of injury too will be chiefly due to the effect of injury to the sira component. Injury to the Lohitaksh marma leads to pakshaghat or paralysis of limb due to loss of blood. If the lohitaksh marma is injured in the lower limb, it leads to paralysis of lower limb due to blood loss.

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