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A Critical Analysis of *Vaikalyakara Marma* w.s.r. to *Vitap Marma* and its *Viddha lakshana*

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ABSTRACT

'*Marma*' is that vital weak point of the body surface where trauma or injury may lead to sudden death or deformity in the body. The concept of *marma* is one element of divine Ayurvedic system of therapy which is popularised since *Vedic* era. Although the concept of *Marma* was first documented by *Acharya Charak* but the most famous text to explore the subject is *Sushruta Samhita*. They have explained 107 such *Marmas* (vital points), which are classified in different types according to the various aspects. Depending upon injurious effect, *Marmas* are of five types like *Sadyapranahara*, *Kalantara pranahara*, *Vishalyaghna*, *Vaikalyakara*, *Rujakara*. Out of them *Vaikalyakara Marma* are the points where injury causes structural or functional deformity. The *Vitap Marma* is explained as *snayu Marma* by *Acharya Sushruta* and *sira Marma* by *Acharya Vagbhatta*. Thus, this topic is selected to study its proper location with modern anatomy and also the structural involvement in injury causing *Viddha lakshans* specifically reproductive deformities as per *Ayurveda*.

KEYWORDS

Marma, *Vaikalyakara Marma*, *Vitap Marma*, *Viddha lakshana*



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INTRODUCTION

Ayurveda which means ‘the science of life’ has become recognized today for its wonderful dietary, herbal, life style therapies that help us to live longer, happier and more in harmony with the greater universe of life and consciousness. According to the *Ayurveda*, the knowledge of position of *Marma* and *Marmabhighata* (injuries to vital points) symptoms is essential before performing any surgical treatment¹. The concept of *Marma* forms a part of *Sharir*. The direct understanding of the word ‘*Marma*’ in ancient sciences was evident, but there were no sufficient technique to make out their original structural aspect involved. To extend the knowledge of *Marma* in clinical fields, it is necessary to know the actual structures present at those sites. *Marmas* are certain vital points that are spread all over the body surface of human body. These are the places where the ‘*Prana*’ (life force) resides.

Marma is defined as anatomical site where five structure i.e. *Mamsa*, *Sira*, *Snayu*, *Asthi* and *Sandhi* meet together. These points are seat of life². There are 107 numbers of *Marma* on human body. *Marmas* are classified in various types depending upon their *Sthan* (position), *Rachana* (constituent), *Viddha Lakshana*(traumatic

effect), *Parinam* (prognosis), *Sankhya* (number), *Pariman* (dimension). Depending upon after-effect of injury *Marmas* are classified as *Sadyapranahara* (causes death), *Kalantara Pranahara* (causes delayed fatality), *Vishalyaghna* (causes harmful effect or death on removal of *shalya*), *Vaikalyakara* (causes debility), and *Rujakara* (causes pain)³.

Out of them *Vaikalyakara Marmas* are the points where injury causes structural or functional deformity in the human body. These are 44 in numbers, such as *Lohitaksha* (4 in numbers), *Ani* (4 in numbers), *Janu* (2 in numbers), *Urvi* (4 in numbers), *Kurcha* (4 in numbers), *Vitap* (2 in numbers), *Kurpara* (2 in numbers), *Kukundara* (2 in numbers), *Kakshadhara* (2 in numbers), *Vidura* (2 in numbers), *Krikatika* (2 in numbers), *Amsa* (2 in numbers), *Amsaphalaka* (2 in numbers), *Apanga* (2 in numbers), *Nila* (4 in numbers), *Manya*, *Phana* (2 in numbers), *Avarta* (2 in numbers)⁴. Depending upon the structural classification, the *Vitap Marma* is explained as *Snayu Marma* by *Acharya Sushruta*⁵, and *Sira Marma* by *Acharya Vagbhatta*. Thus, this topic is selected to study actual area containing *Vitap Marma* with references to modern anatomy so that actual structural involvement in injury can be assessed to



elaborate the concept of *Viddha Lakshana* in *Ayurveda*.

DISCUSSION

Nowadays deformity of extremities is a curse to human society. *Ayurveda* is a holistic science. Its main aim is to maintain homeostasis and to cure disease; *Prayoyanamasya Swasthasya Swaathya Rakshanam Aturasya Viakara Prashamanam cha*⁶. To fulfil the above aim, various basic concepts related to health are mentioned by *Acharyas*. They also elaborate a very special concept in *Ayurveda* i.e. '*Marma sharir*'. If we observe the references, it is seen that *Acharya Sushruta* has given emphasis on surgical point of view. He clearly mentioned that *Marmas* are the structure that should be preserved during surgery to save the life of person.

The word '*Vaikalyakara*' is derived from '*Vaikalya*' means deprived of some part or abnormality or deformity or disability to do something. *Vitap Marma* are of two types as described under *Snayu Marma* by *Acharya Sushruta*. *Sthana* of *Vitap Marma* mentioned by *Acharya* is the joining area of *Vankshan* and *Vrushan*⁷. In males injury on *Vitap Marma* leads to *Sandhata* (sterility) or *Alpasukrata* (oligospermia)⁷. The dimension of this *Marma* is 1 angula⁸. The

location of *Vitap Marma* is compared with inguinal region. In males, the structures present in the inguinal region are skin, superficial fascia and inguinal canal⁹. Inguinal canal extends from deep inguinal ring to the superficial inguinal ring. Spermatic cord and ilioinguinal nerve are chief components of inguinal canal in case of males where as in females round ligament of uterus is present. Structures present in spermatic cord are –

- i. Ductus deferens- it transfer sperm from epididymis to ejaculatory duct.
- ii. Testicular artery, Cremasteric arteries and the artery of ductus deferens.
- iii. The pampiniform plexus of veins.
- iv. Lymph vessels from the testis.
- v. Genital branch of genitofemoral nerve.
- vi. Remains of the processus vaginalis.

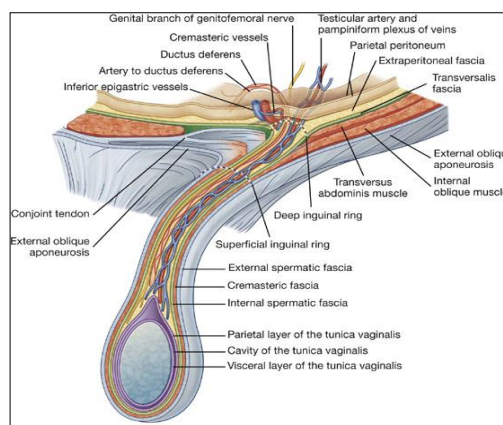


Fig 1 Contents of Inguinal Canal

Testicular artery is the branch of abdominal aorta, supplies blood to testis. Cremasteric arteries is the branch of inferior epigastric artery, supplies blood to cremasteric muscle



and covering of spermatic cord. The function of pampiniform plexus is venous return from testis, which helps to regulate the temperature of testis. This is essential for sperm formation¹⁰.

If we assume the area of *Vitap Marma* as mentioned by *Acharya* i.e. joining area of *Vankshan* and *Vrushana*, it is area of spermatic cord as per traumatic effect i.e. *Sandhata* (sterility) or *Alpasukrata* (oligospermia). Vas deferens injury during herniorrhaphy leads to obstruction and thus sterility. Pressure exerted by varicocele is responsible for sterility. Inflammatory pathogenesis of cord also cause sperm flow obstruction. Torsion or twisting of cord leads to sterility because of obstruction in the pathway of sperm flow¹¹.

The involvement of ductus deferens which is affected by surgical procedure or above pathogenesis may lead to reduction in flow of sperm. Thus it may cause *Alpasukrata* i.e. oligospermia or *Sandhata* i.e. sterility¹².

CONCLUSION

From the above discussion it can be concluded that the *Vitap Marma* is situated within inguinal region in which inguinal canal is present just above the medial half of inguinal ligament. Trauma to the inguinal canal can cause injury to the

contents in the spermatic cord which leads to sterility or oligospermia.



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