

Anatomical Exploration of Indrabasti Marma and Its Clinical Significance

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ABSTRACT-

The IndrabastiMarma is a KalantaraPranaharaMarma and a MamsaMarma. Gross makes reference to its location, size, and ViddhaLakshana. However, little mention is of the anatomical structures of Indrabastimarma and Marma therapy explain in this article. The Posterior Tibial artery, Peroneal artery, Tibial Nerve, along with superficial group of calf muscles, particularly Soleus Muscle with its venous Sinuses, are structures located at the point of IndrabastiMarma in the lower limb and the Radial artery along with associated neurovascular structures and the overlying Superficial Flexor group of forearm muscles in the upper limb. And it is important Marma as clinical aspect. Identify the exact location of Marma according to Ayurved and modern view.

Keywords- Marma, IndrabastiMarma, Radial artery, Soleus Muscle, Tibial Nerve.

I. INTRODUCTION –

Marma is a concept that has been known since the Vedic period. Marma is a vulnerable-vital spot where biological molecules of life are sensitive and if harmed, has grievous effects over body. In the literatures of Ayurveda, references to 107 Marma, its classification, location, size, harm effect, etc. are known.¹

The science of Ayurveda has numerous branches that promote a healthy way of living. Acharya Sushrut dedicated his writings to the field of ShalyaTantra or RachanaSharir, in which he discussed the human anatomy, surgical techniques, and some important theories like MarmaSharir. Ayurvedic experts developed the name Marmacenturies ago to mean "anatomical place where agglomeration of Mansa, Sira, Snayu,

Sandhi, and Asthi occurred in the location where Chetana or Pranalives.

107 Marmahave been divided into groups depending on factors including structure, region, dimension, prognosis, etc. Indrabasti Marma'shas been characterised as having an anatomical and surgical perspective from both Shakha (extremities). The lower limb aids in movement, balance, standing, and other bodily functions, whereas the upper limb conducts activities to hold, write, grip, and many more.

Hasta and Pada is included in Karmendriya as per Acharya Charak.²ShakhagatMarmaare a total of 11 Marmain each Shakha (with a total of 44 in total limbs). The lower limb's calf and forearm have been identified as the IndrabastiMarmain both limbs (upper limb). It is Mansa Marma structurally, with a prognosis of four Kalantara-pranaharMarma.

They are categorised according to their structure, location, prognosis, size, and number 3. IndrabastiMarmals Shakhagata, Kalanharapranahara, and MansaMarma. There are four of them. The injury impact of this Marma is described as ShonitaKshaya(blood loss), and death will be seen as a result.⁴

1/2 Anguli Pramana measurements were taken of IndrabastiMarmain each limb . Any harm to this Marma results in death within 15 days owing to bleeding.Marmapoint is susceptible to any exposed or open, sensitive body portion, critical organs that need to be concealed, painful, etc.

Marma classification according to degree of Injury -

SadyahPranaharaMarma: Marma was hurt when Prana Vayu was lost.

KalantaraPranaharaMarma:

Kalantarapranahara is the consequence of Marmas.

Vishalyaghna: Marma points are impacted by foreign bodies.

Vaikalyakara: Vikalya or Vaikalyainvolvement denotes deformities.

RujakaraMarma: When Marmasare hurt, rujareresults.

Table 1. Structures include in IndrabastiMarma of upper limb

MANSH	SIRA	SNAYU	ASTHI	SANDHI
All deep and superficial muscle of anterior compartment of forearm	Radial, ulnar, arteries withbranches venous drainagealso.Ulnar, median & radial nerve and its branches	Bicipital aponeurosis	Radius and ulna	Joint between radius and ulna

Table 2. Structures include in IndrabastiMarma of lower limb

MANSH	SIRA	SANYU	ASTHI	SANDHI
Gastrocnemus and soleus	Saphenous vein, and posterior tibial artery, tibial artery	Planteris, interosseous membrane	Tibia, fibula	Tibio-fibular joint

On the basis of literary material from both classical and modern sciences, the observation of Marma has been clarified. The relevant structure is fully researched.

Figure 1. Position of IndrabatiMarma



Marmaand Vata -

Marma is related to Prana which mainly associated with Vata Dosha therefore Marma therapy predominantly dealt with Vata Dosha. Prana Vata, Udana Vata, Vyana Vata, Samana Vata and Apana Vata are considered for Marma since each Vata possess specific Sthana & properties thus different Marma points are recommended for different Vata Vyadhi. The disturbances in Vata Dosha is associated Abhigata of Marma. The Ayurveda mentioned importance of Marma therapy which helps to clear the channels, pacify the vitiated dosha & maintain circulation of Vata. The Marma therapy may involve use of external stimulation, use of medication, pulling techniques, panchkarma and massage technique.

Marma as a Healing Method -

It unblocks clogged srotas, which enhances circulation. It aids in calming down the vata dosha. Since it eliminates Ama and vitiated vata, which can cause rigidity, it increases both physical and mental flexibility. It promotes the deoxygenation and transportation processes.

Marma for disease -

In Marma Chikitsa, pressure is applied on Marma points in order to encourage the beneficial flow of prana through the various channels. Along with Marma Chikitsa, other therapeutic modalities like as Swedana, Abhyanga, Pizhichil, and Kizhi may be used to cure diseases like headache, bodyache, spinal alignment, joint pain and muscular sprain. For example, Kshipra Marma, Manibandha Marma, and Katikatharuna Marma are some of the specific Marma points that are utilised to treat sickness. Kshipra Marma discovered in the hands and legs. Manibandha Marma, which is present in the upper limb and is connected to Sandhi, relieves the vital srotas and promotes both physical and mental relaxation. Marma therapy targets particular bodily parts such as Asthi, Snayu, Sandhi and among others. Marma focuses primarily on disorders affecting the neuromuscular, locomotor, neurological, and circulatory systems.⁵

The following are some effective panchkarma treatments for Marma:

- Abhyanga
- Mardana
- Dharachikitsa
- Shirodhara
- Pinda sveda

- Urobasti
- Pichudharana
- Kati basti.

Indications of Marmachikitsa -

1. Digestive system disorders
2. Cardiovascular disorders
3. Metabolic disorders
4. Musculoskeletal disorders
5. Genito - urinary disorders

Methods of application of Marma therapy-

1. First of all sit in Sukhasana and Padmasana position for pressing Indrabasti Marma of upper limb and in lower limb press the point patient lie in prone position.
2. Take normal breathing.
3. Apply stimulation on Marma point through by gently press 5 times in healthy persons and 15-18 times in affected persons for disease.
4. Press the point for 0.8 sec in one time.

General rule to follow Marma therapy -

1. Cut the figure nail of both hand
2. Don't talk to anyone during the therapy
3. It is sufficient time to cure the disease by therapy twice in a week
4. For indoor patient, administered 4 times daily.
5. Pressure applied should be based on the age and the body condition of the patient.
6. Patient should neither fasting nor full stomach
7. Prefer most of the times in morning time
8. In critical condition Marma stimulation avoided

II. CONCLUSION –

The Indrabasti Marma was discovered to be located on the vascular structure between the midpoint of the lower limb in calf region and in upper limb mid - point of forearm. Studies on conditions like vascular injury leading to bleeding then loss of blood further leading to edema and ischemic changes having an impact on the muscular component of this area leading to further necrosis of the muscles due to reduced capillary permeability and loss of function have confirmed the discussion related to Kalanthara Pranaharata of Indrabasti Marma.

The present paper examined the core ideas of the Marma Science in relation to its application as a therapeutic method (Marma Therapy), as well as the most recent healing technique current studies and historical Indian traditions have been observed that have benefited from the therapeutic use of the

Marmasstimulation therapy. Various techniques have been employed to influence and stimulate the Marmas. The Marmas have been categorised based on their medical application. This article includes a summary of various research papers that show the advantages of Marma Therapy for a variety of diseases.

Marmatherapy is effective for many diseases. Indrabastimarma stimulation can also help of several diseases such as PCOS, Renal calculus, Urogenital problems.

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