



# CRITICAL STUDY OF MANSA MARMA W.S.R. TO TALHRIDYA MARMA

**Dr. Ashish Nandal\***

*Assistant Professor, Dept. of Rachana Sharir,  
National college of Ayurveda, Barwala (Hisar).*

## ABSTRACT

*Marmas are the vital part of our body. Injury to the Marmas can causes symptoms like disfigurement, pain, loss of movement and may lead to sudden death or death after the duration of time. Marma Sharir and its practical application is very important during surgery and to understand the injuries at Marma site, their prognosis and possible prevention. Marayanti iti marmani, the meaning of Marma word is vitality, death occur after infliction to these places so called Marma. Inside the body there are specific anatomical locations which are called as vital points. The marma points are the seats of Prana in the body called by Acharya Sushruta and they are the junctions of different channels of Prana movements in the body. In the present study we are going to discuss Mansa Marma with complete elaboration of Talahridya Marma its specifications and clinical importance along with its modern correlations.*

**Key Words:** *Marma sharir, Mansa, Talahridya*

## I INTRODUCTION

Marma is defined as anatomical site where five structures i.e. Mamsa, Sira, Snayu, Asthi and Sandhi meet together. Acharya Vagbhata says that those sites which are painful on application of pressure and shows abnormal pulsation should be considered as Marmas. Marma are the vital points when afflicted can cause death and need serious care while performing surgical procedures. The details of marma are present not only in our scriptures but also in Vedas, Upanishads, Itihaasa and Puranaas. Roman and greek mythology mention warriors who guarded their cardinal points in the body with metal shields. Dalhana, the Commentator of Sushruta Samhita has opined that marma is one which causes death. The vital spots if injured can cause death or deformity in that region. In the chapter no-6 of Sharir Sthan Sushruta has described the detailed description of marmas. Acharya Sushruta also described 107 marma present in our body. Acharya Charak tells in the chapter 26<sup>th</sup> of the Chikitsa Sthan that 107 marmas present in our body. Out of them three marma are pradhan in nature ie Shira, Hriday, Basti. Mainly Prans are retained in these three sites. In Ashtang Hriday marmas are explained in 4<sup>th</sup> chapter of sharir sthan.



Sushruta has opined that marma vasthu or constituting elements of marma are 1-Mamsa (Muscle), 2-Sira (Vessels conveying body fluids), 3-Snayu (Tendons), 4-Asthi( Bone), 5-Sandhi (Bone Joints). He classified marmas according to the predominance of each structures present in that area such as Mamsa marma, Sira marma, Snayu marma, Asthi marma and Sandhi marma.He also said that apart from these 5 types no other types are found.

According to rachana Sushruta classified marma into five types. They are:- Mamsa marma= 11, Sira marma = 41, Snayu marma =27, Asthi marma = 08, Sandhi marma =20

Susruta described 11 mamsa marmas. They are Talahridya = 4, Indrabasti= 4, Stanarohit=2 and Guda marma=1.

Vagbhata mentioned 10 only. He included Guda marma in Dhamani Marma group.

If an injury to the mansa marma occurs it will lead to continuous bleeding, blood resembles like meat washed water, pallor of skin, loss of function of sense organs and instant death. Most vital points come in the category of sudden death (sadhya pranahara marma) due to injury. Marmas are said to be the half part of the surgery because without the knowledge of the marmas a surgeon can't perform safe surgery. Acharya sushrut said if after the injury, patient can be save but deformity (vikalatvam asansyam hi) may be held to the injured part of the body. Acharya vagabhata also described to the marmas but some differences can be seen from the sushruta eg. Dhamani marma. Places for the marma points are located those show some anatomical structure and symptoms of injury to the marma place is also mentioned in Sushrut Samhita. The structure to be identified by the help of "vidh lakshana" describe by Acharya Sushruta. Now we taking detail study of Tlahridya Marma:-

Table No. 1

Position	Upper limb- Hatheli ke madhya me (Center of the palm) Lower limb- Paanv ke madhya me (center of the foot)
Rachana Bed Se	Mansa Marma
Shadang bhed Se	Shakhagata
Parinaam Bhed Se	Kalanter pranhar
Sankhya bhed Se	Chatur sankhya(4)
Parimaan Bhed Se	½ Angula



Viddha Lakshana	Vedana se mrityu(Death due to acute pain)
Modern correlation	In upper limb - Palmar aponeurosis, In lower limb - Long Planter ligament

## II AIMS AND OBJECTIVES

### Aim:

### 1- CRITICAL STUDY OF MANSA MARMA W.S.R. TO TALHRIDYA MARMA

### Objectives:

- 1-To understand mansa marma and its concept in Brahatrayee
- 2-To highlight Talahridya marma
- 3- To understand its clinical and surgical importance along with modern correlation .

## MATERIAL AND METHODS

A-Literature study-Review of literature regarding mansa marma w.s.r. to Talhridya marma is collected from Brahatrayee.

### Conceptual study:

Marma concept in Brahatrayee acharya charak tells about the number of marmas that is 107 and highlight the trimarma only. Sushruta explained the marma sharir in detail manner, later Vagbhata also contributed to it. Sushruta says that marmas are collectively called as meeting point of Mamsa, Sira, Ssnayu, Aasthi and Sandhi but on dominant structure gets the name of marma, Vagbhata added 6th i.e. Dhamanimarma. Both said that there is Pranavayu at marma site, if marma get injured or diseased this Prana leaves the place suddenly or gradually and causes sudden death or functional loss or deformity or pain. So that each marma should be protected and prana should be taken care off. Vagbhata states that marma is a place where special pulsations (Spandanam) can be felt and where shall be the tenderness on pressure. In charak samhita mainly Trimarma is explained and also tell the number of marmas but their details are not available.

Susruta described 11 mamsa marmas.They are 4 Talahridya, 4 Indrabasti, 2 Stanarohit and 1 Guda marma. Vagbhata mentioned 10 only. He included Guda marma in Dhamani Marma group. According to Sushruta the Agni, Soma and Vayu are three main elements contained by marma they are responsible for its specific property and functions, depend upon admixture of above the marma shall pose the features and functions accordingly.



### III DISCUSSION

Marma are the vital points so we have to know about anatomy and physiology, out of 107 Marma mentioned in classics 11 are comes under mansa marma. Talahridya are four in numbers one in each extremity. Talahridya marma lies in center of the palm (in straight line to middle finger palm) in upper limb and center of the foot in lower limb having 1/2 angul praman. According to the effect after injury it comes under classification Kalantar pranahara which means injury to Talhridya cause Maran (Death) due to extrime pain with duration of time.

It can be restored up to certain extent after proper treatment but Saumya+Agney element is present at this marma site. Because Agnya guna which diminished suddenly and saumya guna diminished slowly Pran resides for some duration of time. Pran resides in every marma hence in Talahridya too so we have to protect Pran so that Marma can't be injured or protected during surgery. According to modern aspect the structures passing through this region in the Upper limb are Palmar aponeurosis, Tendons of flexor digitorum superficialis, Tendons of flexor digitorum profundus, Second and third lumbricals, Superficial palmar arch, Medial division of median nerve, Second and third dorsal interossei in upper limb. And in the lower limb the structures passing through region are planter aponeurosis, tendon of extensor digitorum longus, flexor digitorum brevis, Second and third lumbricals, planter arch, common planter digital nerve, Second and third plantar interossei. In Lower limb the Anatomical structure Passing through this region are planter aponurosis, Long Planter ligament, lumbricals, flexor digitorum brevis, adductor hellucis, quadratus plantae Second and third lumbricals, planter arch, common planter digital nerve, Second and third plantar interossei.

### IV CONCLUSION

Marma are the vital sites in which Prana resides so that we have to protect these sites and avoid being get injured or damaged during surgery. Talhridya is Mans marma and comes under Kalanter pranher marma, hence to be protected from injury. Viddha Lakshana of Talahridya marma cause Death due to acute pain (Vedana se mrityu) Marma knowledge is very important in surgery it should be avoided during incision taken. Thus Marma is a very important science should have to be properly understood and taken care off.

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