

STUDY OF KSHIPRA MARMA W.S.R. TO ITS REGIONAL ANATOMY

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ABSTRACT

Ayurveda is a life science that existed a long time because of its fundamental Principles. It is a science which has been growing fast in the world for treatment of disease and maintaining the health of living being. The uniqueness of Ayurveda is been Scrutinized, analyzed and then researched by its followers from the ancient time up to till date but it's an endless procedure. Acc.to Ayurveda the whole human body is explained by itself but as it's a modern era so we have to correlate each and every ayurvedic concept with the modern science hence this study has been taken to correlate the *Shakhagata Khipra Marma* explained by our Acharyas with its Regional Anatomy Acc.to Modern Science so that we can serve the humanity equally.

Keywords *Shareera, Marma, Kalantara Pranahara Marma, Kshipra, Chikitsa*

INTRODUCTION: Study of *Shareera* is very important for both the physicians as well as surgeons. Because one who don't have the basic knowledge of *shareera* can never achieve his target of *Swastasya Swastha Rakshanam* and *Aaturvikar Prashamanam*. Neither the physician treat the patient with his Shaman *Chikitsa* or *Shodhan Chikitsa* nor a surgeon can perform a surgery. For doing any type of medical procedure one has to undergo the study of Human anatomy. Both the Ayurveda and modern science has its own way to treat but the one thing remains unchanged and i.e. Anatomy. Our ancient acharyaas has explained the *shareera* by its own way and here is a small try to correlate it with modern science.

Acc. to Ayurveda there are 107 vital points¹ (*Marma*) in an human body which has to be protected during any type of procedure because these are the points on which if any injury occurs then it may lead to Death/Trauma/Disability etc. *Marmaani naam*

*Mamsasirasnayuasthisandhisannipataha, Teshu Swabhavataha eva Visheshen Pranatishtanti*² means *Marma* Can be

defined as the Anatomical site where there is confluence of *Mamsa, Sira, Snayu, Asthi* and *Sandhi* and on these site their lives the *Prana*. These all 107 points are divided as per there structure involved, based on consequences, based on site, based on size, etc. different acharyas having different opinion regarding the classification but the number remains same. Among these 107 *Marma* our Acharyas have explained 44 *Marmas* in the *Shakha* (4 Extremity), 22 in upper extremity (11 in each) and 22 in the lower one (11 in each). Acharyas have explained that in the extremity there are following *Marma's* i) *Kshipra* ii) *Talahrudaya* iii) *Kurcha* iv) *Kurchashira* v) *Manibhandha/Gulpha* vi) *Indrabasti* vii) *Kurpura/Janu* viii) *Ani* ix) *Bahavi/Urvi* x) *Lohitaksha* xi) *Kakshadhara/Vitap*. All of these *marma* having their own importance but there is one *marma* which is very important to study for a physician during his studies and i.e. *Kshipra Marma* which is located in the upper and lower limb in between the thumb and index finger in hand and in between the big toe and second toe of the foot. Because it is a

place which frequently gets injured in our day to day working.

OBJECTIVES:

- 1) To Review the *Kshipra Marma*.
- 2) To Know the Location of *Kshipra Marma*.
- 3) To co-relate the Structure comes at the site of *Kshipra Marma*.

METHODOLOGY:

Source of Data: Literary Study was on the data compilation from the Brihatrayees, Laghutrayees and other Classical and Modern books.

Method of the collection of the Data: Books, Thesis, Internet Materials, Journals etc. will be reviewed and related information will be collected and analyzed.

Study of Marma Shareera:

Jeevasthanam tu MarmaSyaat.

Acc.to Raj Nighantu Marma is the seat for *Jeeva.Marayanti Iti Marmaani*.³

Acc. to Acharya Vagbhatta and Susruta, The part of body which on injury causes to death is called as *marma*. *Marma* is the conglomeration of the five Elements as *Mams, Sira, Snayu, Asthi, Sandhi*. As this is supposed to be a site of Prana hence any injury to these place leads to consequences depending on the structures present at that particular site.

These 107 *marmas* are Classified Acc. to *Parinama* as *Sadhya Pranahara Marma* (19), *Kalantara Pranahara Marma* (33) *Vishalghyna Marma*(03) *Vaikalyakara Marma*(44) *Rujakara Marma*(08).

Acc. to Rachana: *Mamsa Marma* (11), *Sira Marma* (41), *Snayu Marma*(27), *Asthi Marma*(08), *Sandhi Marma*(20).

Acc.to Shadanga : *Urdhwa Shakha*(22), *Adha Shakha*(22), *Madhyaanga*(26), *Shirogreva*(37).

Study of Kshipra Marma:

Kshipra Marma- Tatra paadsyaagusthaamanguliymadhye

Kshiora Naam Marma, Tatra Vidhasykshepaken maran.⁴

Etymologically the word *Kshipra* means Quick. Literally it means 'fast' the *marma* which has fastest action or the *marma* which provides the fastest relief is called the *Kshipra Marma*.

In human body it is 04 in number. 02 in upper limb and 02 in lower limb. It is situated in between the Great Toe and second Toe of the plantar side of the foot injury to it may leads to Convulsions leading to the death in due course of time.

Clinical Significance of Kshipra Marma:

Siravedha is a significant therapeutic tool in the emergency management to achieve the better result. *Siravedha* is one of the method of *Raktamokshana*, susrutacharya has given detail description regarding the *Raktamokshana* in his Samhita and said that *siravedha* is the half of the therapeutic measures in *Shalya tantra As Basti* in *Kayachikitsa*. Half of the health hazards can be managed by *siravedha* as *rakta* is being chief causative factor in the disease manifestation. The *shodhan* concept from Ayurveda itself says that the elimination of the aggravated *doshas* can be done from the nearest routes, here *siravedha* is also one of the *shodhana* therapy where the *doshas* are eliminated from its nearest route and in our Samhita we can find no. of diseases treated by *siravedha* in minimum duration.

In diseases such as *Padadaha* (Burning of Soles), *Padaharsh* (tingling in the Soles), *Chippa* (Whitlow), *Visarpa* (Erysipelas), *Vatashonita* (Gout), *Vatakantaka* (Sprain of the Ankle), *Vicharchika* (Skin Disease), etc diseases are cured by the *Siravedha* just 02 *angula* (4cm) above the *Kshipra Marma* by using *Vrihimukha Shastra*.⁵

Surface Anatomy: Situated in between the root of the index finger and the thumb. Better felt when the hand is expanded having the size of Approx.01cm.⁶

Kshipra Marma is classified under;

- 1) Acc.to Rachana – *Snayu Marma*
- 2) Acc.to Parinama – *Kalantara Pranahara Marma*
- 3) Acc.to Pramana – $\frac{1}{2}$ *Anguli*
- 4) Acc. to Panchamahabhota – *Agni* and *Soumya*
- 5) Acc. to Shadanga – *Shakhagata*

As this *marma* comes under the classification of *Kalantara Pranahara Marma* where the predominance of *Jala* and *Agni Mahabhuta* is present in this case where the *Agni* acts faster and *Jala* acts slowly as a result the person may die within a month. Injury to this *marma* may

leads to *Akshepaka* (Convulsions) and ultimately leads to death after some time. Also may cause impairment of the function (Adduction and flexion), damage may also cause severe bleeding, Hematoma inside or Septic toxemia.

Anatomical Structures involved:

In Upper Limb – Dorsal metacarpal Artery, Flexor Pollicis Brevis, Oblique and transverse head of adductor pollicis, branches of median nerve, Superficial and deep palmar arch supplying blood to the finger.⁷

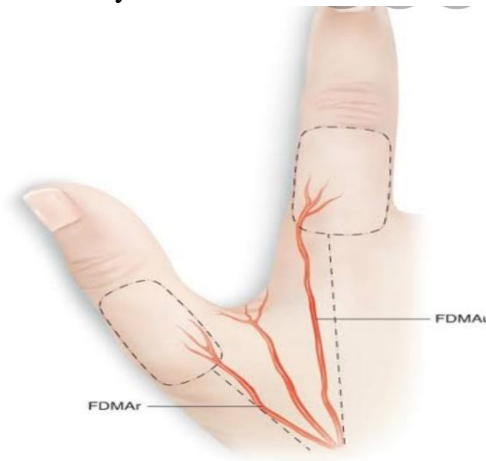


Image .1 Blood vessels present at the site of *kshipra marma* in upper limb

In lower limb – Dorsal Pedis Artery, Adductor hallucis Brevis, lumbricalis muscles, posterior tibial nerve, branch of

deep peroneal nerve going to big toe, plantar arch and medial plantar artery, meta tarso- phalangeal joint.⁹

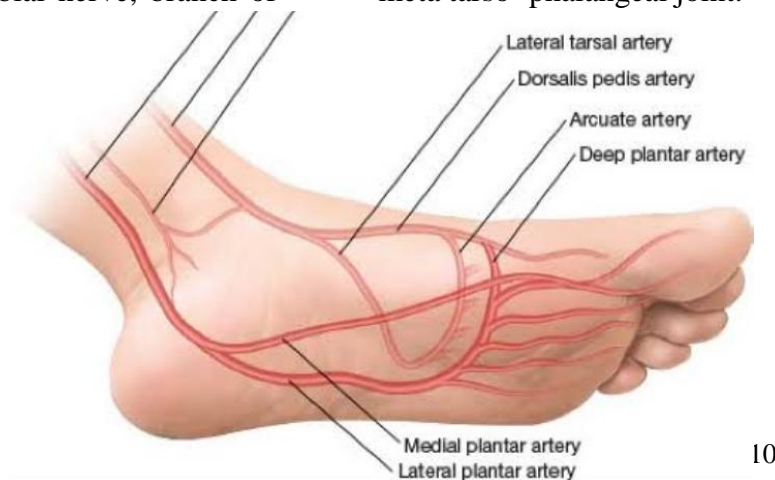


Image .2 Blood vessels present at the site of *kshipra marma* in lower limb

The presence of the dorsal pedis artery and the middle terminal branch of the peroneal nerve favours the condition of the tetanus, since the deep wound after hemorrhage favours the multiplication in devoid of oxygen. the exotoxins travel through this vasculo nervous tissue and get fixed in the anterior horn cells. if injury takes place at this portion of the body the convulsions can be seen predominantly in the lower portion of the body¹¹.

DISCUSSION : After going through the study of *Marma Shareera* one can say that for any Physician who is willing to serve the humanity has to know detail knowledge about *marma sharir* because while serving the people who has to work hard on the field for survival can get injured or diseased. And those people who are working on field with various type of instruments with them can cause injury to their hand or foot more frequently hence we have focused on the *Marma* which are more prone to injury while working and *Kshipra Marma* is one of them which is situated at the palm region and can get injured during working. So we have gone through the Ayurvedic aspect of *Kshipra Marma* and Structures which come across it Acc.to Modern Science.

The *Kshipra Marma* is situated at the root of the thumb and the index finger of the palm which is very prone for injury while working and injury to it may leads to Convulsions leading to the death in due course of time. Injury to the muscle involved here may lead to impairment of the function of thumb or toe. Injury to the dorsal metacarpal artery or palmar arch may lead to the blood loss or synosis. In case of injury to this marma the death

takes place due to Convulsions. The convulsions are produced in the conditions like bleeding or infections like tetanus bacilli. If heavy blood loss occurs then the result will be death but in case of any type of infection it will take few days but the result is unchanged.

CONCLUSION: After going through the above discussion we can highlight the following things; such as The importance of the *Kshipra Marma* while working in day to day Life and its importance while treating a Patient. Also we can conclude that the exact location of *Kshipra Marma* is

- 1) 1st inter metatarsal space in between great toe and 2nd toe.
- 2) Space in between root of the thumb and the index finger can be correlate with *Kshipra Marma*.

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