



Review Article

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REVIEW OF TALAHRIDAYA MARMA WITH THE HELP OFCADAVERIC DISSECTION: A REVIEW ARTICLE

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ABSTRACT

Ayurveda is an ancient system of medicine. It is accepted as the oldest science of medicine as the description of ayurveda medicine is found in Vedas (5000 B.C.). "MARMA" is one of the important subject of Ayurveda, Acharya Charakhas delt its clinical significance in "Trimarmeeeya Siddhi Adhyaya" under three headings "Vasti, Shira and Hridaya. In olden days Vaidya had to deal with more emergencies during the time of war and it might have been the reason why Marma was given outmost importance in our Samhitas. Marma are the vital points when affects, leads to termination of life. Thus from surgical point of view knowledge about Marma is highly important. The details of Marma are present not only in our scriptures but also in Vedas, Upanishad, Itihaasa and Purana as. Talhridaya Marma is a type of Mansa Marma which is situated at the centre of Hastatala and Paadatala. They are four in number which is located one each in all four limbs. It is also included in Sakhagata Marma and KalaantaraPranahara Marma. Any injury to Talhridaya Marma leads to Ruja (severe pain) and Marana (death) over a period of time gradually. In this present paper, an attempt is made to explore the concept of talharidyamarma is an introductory from with special reference to cadaveric dissection in a systemic and well organized manner to know its importance in human body and in rachana sharer.

KEYWORD: Marma, Talhridaya marma, Cadaveric dissection.

INTRODUCTION

Talhridaya Marma is a Mansa Marma which is situated at Hasta(hand) and Paada(foot). The etymology of the word Talhridaya can be assumed that it means Hridaya (According to Acharya Sushruta they are four in number, one each in all four limbs. Acharya Vagbhata also stated the same. The exact location of Talhridaya Marma in the upper limb is in the middle of the palm, on the line of middle finger in both hands and in the lower limb it is located in the middle of sole, on the line of the middle toe in both foot. Sushruta Acharya explained Marma is aggregation of Mansa, Sira, Snayu, Asthi, Sandhi in which Prana dwells by nature. The redactor of Sushruta Samhita, Dalhana has opined Marma is the one which cause death. After injury the pain sensation will be very high when compare with other parts of the body, as because it is Chethana Sthana, told by Acharya Charaka. Vagbhata in Astanga Hridaya has defined Marma is the site where Mansa, Sira, Snayu, Asthi, Sandhi and Dhamani confluence. He also said that the sites which are painful, tender and show unbearable throbbing after getting afflicted with an injury should be considered as Marma.

Talhridaya marma is included into various categories as

- 1-Shakhagata marma
- 2-Mansa marma
- 3-Kalantra pranahara

MEASUREMENT

Talhridaya Marma occupies a space of $\frac{1}{2}$ Angula Pramana which is approximately equal to the horizontal dimension or breadth of middle segment of one's own middle finger.

EFFECT OF INJURY

Marmas are said to be "SHALYA VISHAYAARDHA" By Acharya Sushruta because persons die immediately if they are injured; even if some of them survive due to surgeon's efficiency, they definitely become victim of disability.

Any injury to Talhridaya Marma leads to Ruja followed by death which happens gradually in due course of time. If the injury is in the upper limb, the symptoms may be predominantly seen in the upper portion of the body. If the injury is in lower limb the symptoms are seen predominantly in the lower portions of the body.

DISCUSSION

The etymology of the word can be assumed that it means “Hridaya”(center) of the Hastatala and Paadatala. So derived as Talhridaya Marma. Talhridaya Marma are four in number. The region of this Marma is the centre of palm in straight line with the middle finger and the centre of sole in straight line with the middle toe in both hand and foot respectively. It occupies a space of $\frac{1}{2}$ Angula dimension.

Talahridaya Marma is included in Mansa Marma because the structures passing through the region are mainly muscle even though there are so many nerves, vessels, tendons & ligaments. Clostridial infection can cause gas Muscle tissue is the best culture media for growth of bacteria but here, ischemic muscle favors the bacterial growth being anaerobes which produces the severe painful condition and its fatal as it leads to shock. After certain period of time, the injury to the region of Talhridaya Marma can also cause sepsis and other infections.

CONCLUSION

In hand, the region of Talahridaya Marma is the center of the palm in straight line the middle finger which contains the superficial palmar arch, tendons of the muscles of flexor and extensor compartment of forearm, oblique head of adductor pollicis, second and third lumbricals, second and third palmar interossei and nerves of the hand shielded by palmar aponeurosis, superficial fascia and a thick layer of skin.

In foot, the region of Talahridaya Marma is the centre of the foot in straight line with the middle toe which contains the muscles of flexor, extensor compartment of sole and oblique head of adductor hallucis and nerves of the foot shielded by plantar aponeurosis, superficial fascia and a thick layer of skin.

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