



**IJAYUSH**  
*International Journal of AYUSH*  
AYURVEDA, YOGA, UNANI, SIDDHA AND HOMEOPATHY  
<http://internationaljournal.org.in/journal/index.php/ijayush/>

International Journal  
Panacea  
Research library  
ISSN: 2349 7025

Review Article

Volume 11 Issue 6

Nov-Dec 2022

## **A CRITICAL REVIEW ON MARMA VIJNANA-VERMOLOGY W.S.R TO CLINICAL MANIFESTATION AND MANIPULATION IN GRIDHRASI:**

### **A REVIEW ARTICLE**

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#### **ABSTRACT**

Marma is a vital point where pranais situated. It is an anatomical area where the five anatomical structures are collectively present. Acharya Susuthahas explained 107 Varma is available which is like that of toning of body that means that regulates the air, blood and heat flow in the body. Which is performed on these varmapoints for the proper functioning of Marmaare similar and the functioning is also same. In plained in detail. Ultimately this leads to there is no explanation regarding marmagridhrasi are adopted from siddha system of medicine is discussed.

**Keywords:** Marma, Varma, Siddhasystem of medicine,

## INTRODUCTION

Marma is a vital point where prana or vital energy is located. It is an anatomical area where the five anatomical structures Mamsa (muscles), Snayu (ligaments), Asthi (bone) and Sandhi (joints) are collectively present. Variably made of Panchamahabhutas, these are said to be constituted by 3 important vital elements teja, and soma they also contain. It is an anatomical area where the five anatomical structures are has explained 107 Marmas. In Siddhasystem of medicine explanation of that of marma points. Varmas is a subtle energy which helps in proper functioning of body that means that regulates the air, blood and heat flow in the body. Varma kalaipoints for the proper functioning of the body. Explanation about Varma and are similar and the functioning is also same. In ayurveda Marmabhigatai.e. injury to the plained in detail. Ultimately this leads to vataprakopathereby abnormalities and fatal condition. In our marma manipulation, hence manipulation of ayurveda marmasystem of medicine is discussed.system of medicine, Ayurveda, Gridhrasi.or vital energy is located. It is an anatomical area where the five ana-(muscles), Sira (vessels), (bone) and (joints) are collectively present. Marma is in-, these are said to be constituted by 3 important vital elements maruta, trigunas namely satwa, rajo, tama and bhutatmas condition of body, mind and soul. In Siddhasystem of medicine explanation of available which is similar to that of Varmamkalai is a divine art procreated by Siddhars. Varmamis a subtle energy which helps in the proper functioning of the body, blood and heat flow in the body.

These points where there are more energy accumulation is termed as Vaasalgala and Mudichu by Siddhars. These Varmam points are the locations where the mixture of Panchamahaboota, Dasavayu, Naadis, Vaasi and Kundalini are found in abundance. There are different nomenclatures of Varmam such as Varmam, Kaalam, Puravi, Yogam, Saram, Praanam, Swaasam, kalai, Sivam, Vaasi.<sup>2</sup> Hence there is similarity between Marma and Varman. Both consider subtle energy for the proper functioning of the body. There is a similarity in Panchamahaboota, Energy flow, Kundalini. Most of the Marma points are similar to Varma with different names but some vary anatomically. In Ayurveda samhita only anatomy of Marma and symptoms of Marmabhigata and therapeutic importance has been explained.

There is no explanation regarding Marma manipulation. Hence in this study controlled, safe technique of manipulation of marma points in gridhrasi is discussed.

### **PATHOGENESIS OF MARMABHIGHATA RELATED TO DISEASE:**

Injury to Marmasthana is of 2 type's external (bahya) and internal (abhyantara). Bahya injury is by direct trauma over these points where as abhyantara is due to the vitiated doshas. Many diseases are manifested due to injury to the vital points. Injury to these are very fatal. Hence Acharya Charaka advices to follow proper daily regimens, do's and dont's, and all protective measures to protect these vital points. Shiras, Hrudaya and Basthi are considered as 3 important Marmas in Ayurveda. Any injury to the Shiras will lead to Murcha or death or Pakshaghata (paralysis), to the heart causes death or Hrudroga, and to Basthi it causes Udavarta and many other diseases. Any injury to Sandhi leads to Sandhigatavata. The disease Gridhrasi involves many such vital points which are not life threatening but cause permanent damage to the body. Vitals points involved in Gridhrasi and their marmabhigatalakshanas are explained here. Kshipramarma-Injury to these marma causes death from convulsions

**Talahridayamarma**-Injury to these marma causes death from pain. Kurchamarma-Injury to these marma produces difficulty for walking and bending the foot.

**Kurchasirsa**-Injury to these marma produces pain and swelling.

**Gulpha**-Injury to these marma gives rise to pain, stiffness of foot, and limping.

**Indrabasthi**-Injury to these causes death by loss of blood.

**Urvi**-Injury to these marma causes wasting of thigh from loss of blood.

**Katikataruna**-Injury to these leads to death from loss of blood produces anaemia and loss of complexion.

**Kukkundara**-Injury to these marma leads to loss of sensation and function of the lower part of the body.

**Nitambha**-Injury to these leads to death due to wasting of the lower body and debility. In Gridhrasi mainly **Kukkundara** and **Nitambhamarmabhigata** is involved, hence these marmabhigatajalakshanas are seen.

The Gridhrasilakshana reference says pain radiates along kati(low back) prushta (back) uru (thigh) jaanu (knee) janga (calf muscle) pada (foot)<sup>4</sup> which means the marmabhigatajalakshanas of all these sthanas are involved in Gridhrasi.

Therapeutic use of Marma in Gridhrasi Managing Marmaabhigata by protecting or correcting the Marma and bringing the flow of prana to normalcy, is achieved by externally manipulating the Marma points. In Ayurveda Samhita Acharyas mention Mardana and Bhandhana in the management of Snayu and Sandhigatavata. Siddha system of medicine utilizes marmachikitsa very effectively and has detailed description about Marmachikitsa and manipulation method. Marma points explained according to Siddhas are similar to Marma points explained in Ayurveda. But in Ayurveda detailed description about Marmachikitsa is not available. So adopting the manipulating techniques of Siddha system requires the knowledge of the finger measurements and the amount of pressure to be applied.

## **DISCUSSION**

Acharya Charaka mainly concentrated on internal medicines has explained 3 Marmas (Shiras, Hrudaya, Basthi) in general as fatal. Whereas Acharya Sushruta mentioned 107 Marmas in detail even Ashtanga hrudayakara explains the same. This shows Sushrutacharya has concentrated more on Marmas in his period. Similarly in Siddha system of medicine, Kalari martial arts mainly focused on the Varmas. There is more similarity between Marma points and Varma points. Many of the Vatavyadhis are caused due to Marmabhigata. Gridhrasi is one of the Vatavyadhi where the symptoms of Kukkundara and Nitambhamarmabhigata are seen. In the management of disease along with internal medication; manipulation is first line of management before adopting panchakarma procedure. In Panchakarma therapy abhyanga is performed over an area without the knowledge of marma. Along with panchakarma therapy knowing proper anatomical position of Marma the manipulation technique yields better result.

## CONCLUSION

Marmachikitsa is cost effective, time saving and safer treatment for the management of pain. By adopting the manipulation technique of Siddhas over Ayurvedamarma points with some modification in the management, we can establish an independent Ayurveda marmachikitsa, which even may help to get better results with panchakarma therapies like abhyanga and swedana in the management of pain, hence further detailed study is going on by adopting Verma chikitsa over Ayurveda Marmapoints in Gridhrasi.

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