A LITERATURE STUDY OF STRUCTURAL DEFICIENT IN URDHVA SHAKHAGAT KALANTAR PRANHAR MARMA W.S.R. TO AYURVEDIC & MODERN VIEW.

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ABSTRACT
Vital points over the body are called as marma injury to them cause pain, abnormality or death. These marma contain five structure mamsa, sira, snayu, asthi & sandhi. In some marma only three or four structure are present. Kalantar pranhar marma are explained with presence of any four structure, one structure is absent among the five. This study has aim to find out structural deficient in urdhwa shakhagat kalantar pranhar marma. Objectives are to find out normal anatomical structure among kshipra, talahruday & indrabasti marma at upper limb. Another objective is to find out modern terminology for marmagat structure like mams, sira, snayu, asthi, sandhi. Primarily literature study for marma was done from the ayurvedic text then their modern structures are studied at that particular marma point from modern literature. Observation & results are compared for deficient structure among these three marma. Kshipra & indrabasti are found to be deficient in asthi component in them.

KEYWORDS: Vital points mamsa, sira, snayu, asthi & sandhi.

INTRODUCTION
Marma are the vital points over the body which are vayu and agni predominant in nature.\(^1\) Any internal disease or external trauma at these particular marma points leads to abnormality, pain or death of a person. Also marma plays key role in surgical operation. Initially marma points are use in war medicine. During the vedic period marma are mentioned first in Atharva veda. Diseases which occur at marma are difficult to treat.
Marma points in the body are found where the following five anatomical structure meets together. 1. Mamsa 2.Sira 3.Snayu 4.Asth 5.Sandhi. [1]

Marma are the point where prana concentrated. Marma didn’t contain all the above mention five part always. Even when any two or single of them are present at a point, this point is called as marma. Sadya pranhar marma contain all the five of them making these points deadliest in nature.

Kalantar pranhar marma contain only four structures. One structure is devoid in them. Vishalyagha are with only three structures, Vaikalyakara marma with two structures and Rujakar marma with only one structure. [1]

**KALANTAR PRANHAR MARMA**

There are 33 marmas in this group. They show their symptoms after some time not immediately hence called as Kalantar pranhar marma. This marma are devoid of only one structure from mamsa, sira, snayu, asthi and sandhi.

As explained by sushrutacharya these marma cause death in 15 days to one month. These marma are somagnaya in nature. Because of somyatva injuries at this marma take time to show its symptoms. On other hand sadhyapranhar marma which are agney in nature cause early death within 7 days. [2]

**URDHVA SHAKHAGAT KALANTAR PRANHAR MARMA**

1) **KSHIPRA**

This marma found on hand in between thumb & index figure. Injury to this marma causes death with convulsion. [3] On the basis of modern anatomy it contain following structure. [5,6]

1. Flexor pollicis brevis tendon.
2. Abductor policis muscle.
3. Branch of median nerve.
4. Radial artery.

2) **TALAHRUDAY**

It is present in front of middle figure at the centre of the hand. Injury to this marma cause severe pain & death. [3] On the basis of modern anatomy it contain following structure. [5,6]

1. Flexor digitorum profundus tendon.
2. Flexor digitorum superficialis tendon.
3. Lumbrical muscle.
4. Third metacarpal.
5. Sup. palmar arch.
7. Branch of radial nerve.

3) INDRABASTI
It is located at mid way on the anterior aspect of forearm. Injury to it causes death due to over bleeding. On basis of structure it is mamsa marma in nature. This position contain following structure:
1. Pronator teres muscle.
2. Flexor digitorum profundus musculo tendinious junction.
3. Flexor carpi radialis musculo tendinious junction.
4. Ulnar artery.
5. Median nerve.
6. Radial artery & its branches.

TERMINOLOGY
Kalantar pranhar marma are deficient in one structure among mamsa, sira, snayu, asthi, sandhi. To find out marmagat deficient it is necessary to point out exact structure from modern text explained by ayurvedic acharya. These terminologies are elaborated below.

MAMSA
Peshi term is given to the bunch of muscle which is separated producing single muscle. This single muscle tissue is called as mamsa. So mamsa is nothing but a muscle tissue in our body.

SANDHI
When two or more anatomical structure comes together their union is known as sandhi. It is made by two or more artery, muscle, nerve, bone or combination of all of them.

ASTHI
Asthī term is given to toughest tissue of the body on which other all structure of the body make stand. These are nothing but a bone in our body.
SIRA
Sira term is vastly given to blood vessels in the body by acharya sushruta & not only to vein or artery.\textsuperscript{[1]} If we consider sira as only vein then it is impossible in sira marma injury to happen enormous bleeding from vein. Therefore it is logical to consider sira term for all blood vessels. Also the term sira is considered with nerves which transfer vata from one place to other. The sira concerned with nervous system are vatnadivaha sira. So the term sira is applicable for blood vessel & nerves in the body.

SNAYU
Snayu connects muscle with bone this are nothing but a muscle tendon in our body.\textsuperscript{[4]} They tie muscle with bone & prevent them from falling down.

AIM AND OBJECTIVES
AIM- To find out structural deficient in urdhva shakhagat kalantar pranhar marma.

OBJECTIVES
1. Study of normal structure at urdva shakhagat kalantar pranhar marma.
2. Study of mamsa, sira, snayu, asthi, sandhi from modern point of view.

MATERIAL AND METHOD
Primarily literature study for marma was done from the ayurvedic text. Then their modern structures are studied at that particular marma point from modern literature. Observation & results are compared for deficient structure in the marma.

RESULT AND OBSERVATION
On the basis of literature study of ayurvedic terminology their modern structure are tabulated below. This helps us in finding the structural deficient in marma.

Table 1: Ayurvedic terminology & their modern structure.

<table>
<thead>
<tr>
<th>AYURVEDIC TERM</th>
<th>MODERN TERM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mamsa</td>
<td>Muscle</td>
</tr>
<tr>
<td>Sira</td>
<td>Blood vessels, Nerve</td>
</tr>
<tr>
<td>Snayu</td>
<td>Tendon.</td>
</tr>
<tr>
<td>Asthi</td>
<td>Bone</td>
</tr>
<tr>
<td>Sandhi</td>
<td>Union of any two above structure</td>
</tr>
</tbody>
</table>
Below is the tabulation of three *urdhva shakhagat kalantarpranhar marm* with their normal structure & deficient structure.

1. KSHIPRA

Table 2. Normal structure & deficient structure at *kshipra marma*.

<table>
<thead>
<tr>
<th>MODERN STRUCTURE</th>
<th>AYURVEDIC STRUCTURE</th>
<th>DEFICIENT STRUCTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Flexor pollicis brevis tendon.</td>
<td>Snayu</td>
<td>Asthi</td>
</tr>
<tr>
<td>2. Abductor policis muscle.</td>
<td>Mams</td>
<td></td>
</tr>
<tr>
<td>3. Branch of median nerve.</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>4. Radial artery.</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>5. Union of above structure.</td>
<td>Sandhi</td>
<td></td>
</tr>
</tbody>
</table>

2. TALAHURUDAY

Table 3. Normal & deficient structure at *talahruday marma*.

<table>
<thead>
<tr>
<th>MODERN STRUCTURE</th>
<th>AYURVEDIC STRUCTURE</th>
<th>DEFICIENT STRUCTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Flexor digitorum profundus tendon.</td>
<td>Snayu</td>
<td></td>
</tr>
<tr>
<td>2. Flexor digitorum superficialis tendon</td>
<td>Snayu</td>
<td>No structural deficient found.</td>
</tr>
<tr>
<td>3. Lumbrical muscle.</td>
<td>Mamsa</td>
<td></td>
</tr>
<tr>
<td>4. Third Metacarpel bone.</td>
<td>Asthi</td>
<td></td>
</tr>
<tr>
<td>5. Sup. palmar arch.</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>6. Deep palmar arch.</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>7. Branch of radial nerve</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>8. Union of above structure.</td>
<td>Sandhi</td>
<td></td>
</tr>
</tbody>
</table>

3. INDRABASTI

Table 4. Normal & deficient structure at *indrabasti marma*.

<table>
<thead>
<tr>
<th>MODERN STRUCTURE</th>
<th>AYURVEDIC STRUCTURE</th>
<th>DEFICIENT STRUCTURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Pronator teres muscle.</td>
<td>Mamsa</td>
<td></td>
</tr>
<tr>
<td>2. Flexor digitorum profundus musculo tendinious junction.</td>
<td>Mamsa, Snayu</td>
<td>Asthi</td>
</tr>
<tr>
<td>3. Flexor carpi radialis musculo tendinious junction.</td>
<td>Mamsa, Snayu</td>
<td></td>
</tr>
<tr>
<td>4. Ulnar artery.</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>5. Median nerve.</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>6. Radial artery &amp; its branches.</td>
<td>Sira</td>
<td></td>
</tr>
<tr>
<td>7. Union of above structure.</td>
<td>Sandhi</td>
<td></td>
</tr>
</tbody>
</table>
DISCUSSION

Normal structure within these three marma are explained in observation, from them one deficient structure is find out. Study shows that kshipra marma is devoid of asthi component. When we check normal position of kshipra it is present in between metacarpal bone of thumb & index finger. So this point is present in between two metacarpal bones where any other bone is absent which clarify the deficiency of bone or asthi structure at kshipra marma. Talahruday marma found to be no deficient in any component. Acharya sushruta also explain its position at centre of palm directly in front of middle finger, it is the position of third metacarpal bone. Other structure like mamsa, sira, asthi, sandhi are also found. It is notable that this marma may play exceptional role than other kalantar pranhar marma by having all structures within it.

Indrabasti marma is present at mid of forearm here musculotendinous junction of two muscle, flexor digitorum profundus & flexor carpi radialis present which represents two structure mamsa & snayu. Other structures like sira & sandhi also present. This marma is ½ angul in dimension present in between two bone radius & ulna. These bones are not the part of this marma. It lies at the position of interossious membrane of these bones & not on any bony structure hence it is devoid of asthi structure in them.

CONCLUSION

1) Talahruday marm has all its marmagat structure.
2) Kshipra & indrabasti marma are devoid of asthi component in them.

REFERENCES