

STUDY OF RELATION BETWEEN AVEDHYA SIRA AND MARMA**¹Dr. Vaishali Ganvir and ²*Dr. Gitika Rahangdale**

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Article Received on
23 August 2018,

Revised on 13 Sept. 2018,
Accepted on 03 October 2018

DOI: 10.20959/wjpr201818-13513

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ABSTRACT

Acharya sushruta described sira after describing marma. Nomenclature of avedhya sira and marma were same indicates that both has close relationship between them.

- The name of some Marma and the name of avedhya sira were same.^[5]

e.g. Urvi sira - Urvi marma Lohitaksha sira- Lohitaksha marma Bruhati sira- Bruhati marma Number of avedhya sira's were named as marma sthanagat sira. e.g Vitap, katikatarun, Parshvasandhigat, Hrudaygat, Stanamo ol, Stanarohit, Apastambh, Apalap, Krukatika, Vidhur etc.

KEYWORDS: Marma, Avedhya sira, viddha (puncture), Lakshana (sign).

INTRODUCTION

Ayurveda is ancient health & lifestyle science. Ayurveda is known for its basic concepts which are unique as well as universal. These concepts are described in Sushruta Samhita Sharirasthanas elaborately, which gives details information of the body. his contribution to dissection of human body has been exemplary. Acharya sushruta was a surgeon. Acharya sushruta described Sharira and other structure very minutely after performing Mritashodhan (dissection). These structures were described as per color, originating point, functions etc. Acharya Sushruta described Sira & Marma in detailed. To avoid complication during surgery. The knowledge of Marmas & sira is much needed and its importance. A single mistake may leads to death or disabilities.^[3]

Marma are vital points situated within the body, where pranatvatva is located. According to Acharya Charak Marmatray are included in pranayatana.^[14] Any injury to such points leads to death or disabilities. Sushruta has managed to identify 107 Marma point in the body. Which is no doubt a very important and useful concept for modern surgeon. The sira is used in different context at different places for any vessels like nerve, artery, lymphatic. Siras at / near Marma nourishes the body and maintains the integrity of body along with these Marma. This is the basic reason behind the vedhya sira and its place. Knowledge of both concepts gives complete success while performing surgery, hence important in practice.

To find out the answer of following questions, the whole study of Marma & vedhya sira was done.

Question

1. What happened after vedh of vedhya sira?
2. Is there any relation of vedhya sira and Marma?

AIM AND OBJECTIVES

Aim: To Study the relation between vedhya sira and Marma.

Objectives

- 1) To study the Marma adhisthana and related vedhya sira.
- 2) To study the viddha lakshan of Marma and related vedhya sira.

MATERIAL AND METHODS

- Literature study of Sushrut Samhita Sharirsthan.
- Literature study of Pratyekmarmanirdesh shariropakrama.
- Literature study of Siravyadha shariropakrama.

This is a study of two basic concepts of Acharya Sushruta. The literature study of different Samhitas as well as available ancient books and online sources related to topic was done.

Classical Review

SIRA- It is found that there are 700 sira^[8] which are responsible in nourishing the body like the garden is nourished by water through irrigating channels.^[8] There is four type of sira's vatavani sira, pittavahi sira, kaphavahi sira, raktavahi sira. Acharya Sushruta told there is 40 moola sira's and 44 its branches. Again on the basis of siravedha, siras are divided into

vedhya and vedhya sira's. There are out of 700, 98 siras are vedhya sira. If accidentally these vedhya siras are incised/ punctured then cause disability or death.^[4]

Avedhya sira distribution

Shakhagat-16. Koshthagat-32. Urdhavjatrugat-50.

Marma:- Marma means vital points that hold life force energy. Marma are also known as vulnerable spots. Marma point is a junction in the body where two or more types of tissue meet such as muscles, veins, ligaments, bones or joints.^[1] Although Marma points are much more than a casual connection of tissue and fluid. They are point of vital life.

OBSERVATIONS AND RESULT

- Observations of relation between Avedhya sira and Marma with its adhisthana.^[5]

Avedhya sira	Related Marma	Marma praman	Marmavidha lakshan
Jaladhara	Kurchashir	1 anguli	Ruja, Shoph
Urvi	Urvi	1 anguli	Shonitakshay, Sakthishosh
Lohitaksha	Lohitaksha	½ anguli	Lohitakshay, Pakshaghat
Vitapagat	Vitap	1 anguli	Shandhya, Alpashukrata
Katikatarungat	Katikatarun	½ anguli	Shonitakshay, Pandu
Urdhvag parshvastha	-	-	
Parshvasandhigat	Parshvasandhi	1 anguli	Lohitapurna koshtha, mrutyu

Avedhya sira	Related Marma	Marma pramana	Marmavidha lakshan
Rasavahi	-	-	
Vagvahi	-	-	
Aupanasikastha	-	-	
Talustha	-	-	
Apangastha	Apang	½ anguli	Aandhya, Drushtivikruti
Shabdavahini	-	-	
Keshantanugastha	-	-	
Avartastha	Avarta	½ anguli	Aandhya, Drushtivikruti
Sthapani	Sthapani	½ anguli	Jivet sashalya
Shankhasandhigat	Shankha	½ anguli	Sadyamaran
Utkshepastha	Utkshep	½ anguli	Jivet sashalya
Simantastha	Simanta	4 anguli	Unmad, Bhay, Chittanash, mrutyu
Adhipatistha	Adhipati	½ anguli	Sadyamaran

Avedhya sira	Related Marma	Marma pramana	Marmavidha Lakshan
Urdhvagamini	-	-	
Bruhati	Bruhati	½ anguli	Shonitativravrutti, Mrutyu
Medropari	-	-	
Hrudayastha	Hruday	4 anguli	Sadyamaran
Stanamoolastha	Stanamoola	1 anguli	Kaphapurn koshtha, mrutyu

Stanarohitastha	Stanarohit	½ anguli	Lohitpurn koshttha, mrutyu
Apalapastha	Apalap	½ anguli	Rakta+ Puya
Apasthambhastha	Apastambha	½ anguli	Vatpurna koshttha, kas, shwas, maran
Matruka	Matruka	4 anguli	Sadyamaran
Nila	Nila	4 anguli	Mukata, swarvikruti, arasagrahan
Manya	Manya	4 anguli	Same as above
Krukatikastha	Krukatika	½ anguli	Chalamurdhata
Vidhuragat	Vidhur	½ anguli	Badhirya
Hanusandhistha	-	-	

RESULT

- According to above observations the whole length of sira is not Avedhya, but it is Avedhya at Marma place within Marma pramana.
- Sira's present at the site or nearer to Marma adhisthana maintained the integrity of Marma Pranayantana.^[2] Hence the vedh of avedhya sira's were unable to maintain the integrity of Marma structure and Marmaghat lakshanas were developed.

CONCLUSION

- 1) There is close association between Avedhya sira and Marma.
- 2) Avedhya sira maintains the integrity of Marma Adhishthana (Pranayatana).
- 3) Marma vidhha lakshanas are also the Avedhya siras viddha lakshana.

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