

**STUDY OF AANI MARMA IN UPPER EXTREMITY**

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**ABSTRACT**

Marma is important spot in the body. Total numbers of marmas are one hundred and seven. Acharya Sushrut have explained perception of marma in Sushrut Samhita Sharirsthan sixth adhyaya. Acharya Sushrut has mentioned a multiplicity of marma. The range is based on 4 types by Sushrutacharya. It is given as Marmaprakar (types of marma) as per Shadanga, Rachana, Parinam and Pariman. Rachanatmak (Structural) association of marma is based on five basics as Mansa, Sira, Snayu, Asthi and Sandhi. According to the basic meaning of marma as per Sushrutacharya, the marma is the site where mansa, sira, snayu, asthi and sandhi are communally present. Aani marma is present in the Urdhwashakha (Upper extremity) and in Adhoshakha (Lower extremity). In upper extremity, it is present in the medial aspect of the arm, 2 inches above the medial epicondyle of the humerus. So, it is

necessary to see the basic structures as per the meaning of marma given by Sushrutacharya with the help of cadaveric dissection process. So this can in point of fact identifies the modern correlation of these five basic structures.

**KEYWORDS:** Marma, Rachanatmak association, Aani marma in upper extremity.

## INTRODUCTION

Ayurved show a diversity of vital points is explained which are significant to distinguish. In Rachana Sharir (Anatomy) subject, many principal concepts related to human body are explained. Primarily in this view, Sushrutacharya has explained Marma topic in his relevant samhita in Sharirsthan. Amongst all those points, Marma is one of the key aspects. Marma is the essential aspect in human body. Sushrutacharya mentioned this concept in Sharirsthan 6<sup>th</sup> adhyaya. He defines marma as the location in which there is subsistence of Mansa (muscles), Sira (vessels), Snayu (ligaments/tendons), Asthi (Bones) and Sandhi (Joints).<sup>[1]</sup> The merger of all these five structures include the marma sthan. These points are seats of existence. In each marma one of the components is classically present and others present in traces. Also, arrangement of marma is mentioned under certain grouping. Such as types of marma according to Shadang (Location), Rachana (Structure), Pariman (Measurement) and Parinam (Injury outcome)<sup>[2]</sup>. Out of this, as per Rachana, above mentioned five types are present. The details of Aani marma are as follows,

**Table No. 1: Information of Aani marma<sup>[3]</sup>**

Name of the marma	Aani
Location	Urdhwashakha (Upper extremity) in the medial aspect of the arm, 2 inches above the medial epicondyle of the humerus.
Number	02
Rachanatmak	Snayu marma
Parinam	Vaikalyakara
Pariman	1/2 anguli ( figure breadth)
Marma viddha laxan	Shophabhivruddhi (Swelling) and Stabdhasakthi (pain and loss of function of forearm).

Whereas doing any surgical process, a surgeon must have the essential acquaintance of the structures which are present at the operational spot. For this, the knowledge of marma is important. So, it is vital to see the five basic structures present in it with the help of modern anatomy by using cadaveric analysis study method.

## MATERIAL AND METHODOLOGY

### MATERIAL

#### Literary Study

- a. Marma literature available from Ayurvedic and modern texts.

**Cadaveric study**

- a. Dead body – 1 male cadaver.
- b. Instruments – Dissection instruments as scalpel with blade and forceps

**METHODOLOGY**

- a. Literary study of Aani marma in upper extremity was done using all the concerned Ayurvedic and modern text books.
- b. Dissection of selected male cadaver was done with the help of dissection instruments related to Aani marma (in upper extremity) at the dissection hall of Dr. J. J. Magdum Ayurved Medical College, Jaysingpur, Maharashtra, India.
- c. From the foundation of literary study, detection of Aani marma was done on the corpse.
- d. On the basis of extent given in Samhitas, the area was marked around the Aani marma point.
- e. Complete analysis was done concerned with the marked points.
- f. With the help of precise and systematic dissection, associated structures of Aani marma in terms of Mansa (muscles), Sira (vessels), Snayu (ligaments/tendons), Asthi (bones) and Sandhi (joints) was documented as mentioned in proposition.
- g. Concerned revelation was interconnected with the hypothesis about the Ayurvedic Rachana of Aani marma in upper extremity under the title of Mansa, Sira, Snayu, Asthi and Sandhi.

**RESULTS AND DISCUSSION****RESULTS****Table No. 2: Structures seen at the site of Aani marma during the dissection**<sup>[5,6,7]</sup>

Sr. No.	Ayurvedic View	Modern Correlation
1	Mansa	Biceps brachi and Coracobrachialis Muscle
2	Sira	Brachial Vessels
3	Snayu	Tendon of Biceps brachi muscle
4	Asthi	Lower end of Humerus
5	Sandhi	Humeroulnar joint



**Photo 1: Biceps Brachi Muscle with tendon and Coracobrachialis Muscle.**



**Photo 2: Brachial Vessels**

## **DISCUSSION**

A range of references are available about the marma by various Acharyas. But Sushrutacharya has given elaborative information and facts about the marmas. He has given the indispensable sense of marma as it is the deviation of Mansa (Muscles), Sira (Vessels), Snayu (Ligaments/Tendons), Asthi (Bones) and Sandhi (Joints). All above five structures are present in each marma. The high quantity of each structure varies in particular marma. Association of marma is explained as Shadangbhed (Location), Rachana (Structure), Pariman (Measurement) and Parinam (Injury effect). In this study, more stress is given on the arrangement of marma as per Rachana (Structure). Aani marma is present in upper extremity in the medial aspect of the arm, 2 inches above the medial epicondyle of the humerus. It is vakailyakara marma means injury to this marma can produce any deformity in affected area.

The five comparative structures seen during the dissection are as, Mansa - Biceps brachi and Coracobrachialis Muscle, Sira - Brachial Vessels, Snayu - Tendon of Biceps brachi muscle, Asthi- Lower end of Humerus and Sandhi - Humeroulnar joint. Along with Aani marma there are other marmas which are called as vakailyakara in the lower extremity such as, Koorcha, Bahvi, Koorpar and Lohitaksha<sup>[8]</sup>.

## CONCLUSION

Sushrutacharya have given the information and importance of marmas according to surgical point of view. So, he has given elite organization of marmas. Out of one hundred and seven total marmas, 44 marmas are vaiklyakara marmas. Ten vaiklyakara marmas are present in the upper extremity. Aani marma present in upper extremity, in the medial aspect of the arm, 2 inches above the medial epicondyle of the humerus with its related structures as, Biceps brachi and Coracobrachialis Muscle, Brachial Vessels, Tendon of Biceps brachi muscle, Lower end of humerus and humeroulnar joint.

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