STUDY OF ANSA MARMA WITH SPECIAL REFERENCE TO TRAPEZIUS MUSCLE

Dr. Chopde Sarika Siddharth*

Associate Professor, Department of Rachana Sharir, Tilak Ayurved Mahavidyalaya, 583/2, Rasta Peth, Pune.

ABSTRACT

Snayu, sira, peshi are described in Rachana Sharir. These represent the anatomical structures in Ayurved. Marma is a special concept described in Susrut Samhita. It elaborates certain vital points in the body which if injured lead to death or certain symptoms as per the anatomical constitution. These marma are divided into various types as per the ayurvedic anatomical structure. Snayu marma is one such type. Ansa marma is one of the snayu marma situated in the shoulder region. Its covers an area of half finger breadth. If injured it leads to non-functioning of upper limb. There are different modern anatomical structures in this region. However only the definite anatomical structure will give rise to related symptom. Trapezius covers the maximum part of shoulder. Hence this study was carried out to find whether trapezius can be considered under the anatomical structure related to ansa marma. And whether affected trapezius gives rise to such symptom.

KEYWORDS: Snayu, Ansa, Marma, Trapezius.

INTRODUCTION

Marma is a unique concept described by Acharya Susruta. There are some vital points in the body which if injured can lead to death or cause deadly symptoms. These marma are divided into certain types as per the anatomical composition or symptoms. Snayu marma is the type of marma as per the composition. It involves snayu as a main structure at that site. Ansa marma is one of the snayu marma. There are different modern anatomical structures at the given site. In this article an effort has been made to find out the exact anatomical structure at the site of Ansa marma.
MATERIALS AND METHODS
This is a literary type of study.

Review of ayurvedic literature
Definition of marma: Marma is a point, where mamsa, sira, snayu & sandhi come together. This union is inseparable. There is also Prana (the element of life) residing here. Due to this arrangement, this particular point becomes vital. If it is injured, certain signs or symptoms are seen depending on the anatomical structure lying underneath. There are total 107 marma. Out of which 27 marma are snayu marma. It is one of the main constituents of structures forming marma.

Snayu marma: There are total 27 snayu marma in the body. These are namely, aani, vitapa, kakshadhar, kurch, kurchshir, basti, kshipra, ansa, vidhura & utkshepa.

Ansa marma
1. Total number-02.
2. Type- Vaikalyakar as per symptom-Snayu as per composition.
3. Position- Between the root of arm & neck.
5. Dimension- ½ anguli.

In Vaikalyakar type of marma, there is some form of deformity that remains if the marma is injured. In this marma, the deformity is stabdha bahuta (the upper limb become motionless & numb). The dimension here specifies the area covered by this particular marma. The symptoms are dependent on this dimension or area. Hence, it becomes important to find out the exact location of marma. Ansa marma is ½ anguli (half finger breadth) in dimension. For fixing this term, middle finger of the individual is considered. The measurement should be taken at the middle phalanx of middle finger. It varies in different individuals as the breadth of finger will be different in each person.

Review of modern literature: Between the root of arm & neck, there is shoulder region. This part is covered by trapezius muscle. The fibres passing from cervical vertebrae to the clavicle & spine of scapula can be seen here. Just beneath the trapezius, there is accessory nerve along with transverse cervical artery.
DISCUSSION

- The symptom functionless arm & numbness indicate involvement of muscle.
- Accessory nerve supplies trapezius. Hence, injury to it leads to paralysis of trapezius.
- Paralysis of trapezius causes weakness, downward rotation of scapulae & falling down of shoulder girdle.\(^1\)
- Trapezius when affected leads to tingling or numbness in arm.
- The range of motion in shoulders or neck is decreased.
- These symptoms are similar to stabdha bahuta caused by injury to Ansa marma.

CONCLUSION

The symptoms caused by injury to Ansa marma are similar to symptoms of paralysis of trapezius muscle. Hence, Trapezius can be considered as the main anatomical structure affected in an injury to Ansa marma.

REFERENCES AND BIBLIOGRAPHY

3. Ghanekar BG, Susrutsamhita Sharirsthanam, 14, new Delhi, Meharchand Lachhmandas, 1999.
12. Negi Vineeta Kumari, 1Nariyal Vikas, 2Sharma Om Raj and 3Sharma S. K., Marma therapy in avabahuka (frozen shoulder): a retrospective cohort, wjpr, 2018; 7(19).