

## A CRITICAL ANALYSIS OF VITAP MARMA AS A VAIKALYKAR MARMA-A REVIEW

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### ABSTRACT

*Marma* is the vital point of the body where trauma or injury may lead to sudden death or deformity in the body. The concept of *marma* is one element of divine *Ayurvedic* system therapy which is popularised since *vedic era*. The knowledge of *marma* dates back to vedic period. The reference of 107 *marma*, its classification, location, dimension, impact of injury etc are available in the literature of *Ayurveda*. They are classified on the basis of structure, region, prognosis, dimension and number. Although the concept of *marma* was first documented by *Acharya charaka* but the most famous text to explore the subject is *sushruta samhita*. Depending upon injuries effect, *marmas* are of five types like, *Sadyapranahara*, *kalantapranhara*, *vishalyaghna*,

*vaikaalyakara*, and *Rujakara*. Out of them *vaikalyakara marma* are the points where injury causes structural or functional deformity. *Vitap marma* is *Adhohskhagat marma* of 1 *anguli pramana*. The *vitap marma* is explained as *snayu marma* by *Acharya sushruta* and *sira marma* by *Acharya vagbhata*. Thus this topic is selected to study its proper location with modern anatomy and also the structural involvement in injury causing *viddha lakshnas* especially reproductive deformities as per *Ayurveda*.

**KEYWORDS:-** *Marma*, *vaikalyakara marma*, *vitap marma*, *viddha lakshana*.

## AIM AND OBJECTIVES

1. To analyse the structural entity of the *vitap marma* on the basis of mentioned location, *pramana* and *viddha lakshan*.

## INTRODUCTION

*Ayurveda* which means the science of life has become recognised today for its wonderful dietary, herbal, life style therapies that help us to live longer, happier and more in harmony with the greater universe of life and consciousness. According to *Ayurveda* the knowledge of position of *marma* and *marmaabhigta* (injuries to the vital point).

The Concept of *marma* has been described in the text of *Ayurveda* since long time ago. The *marma* point has been considered as important point and hence *Acharya* has explained it in separate chapter. *Acharya shushruta* has defined *marma* is the site where there is conglomeration of *mamsa*, *sira*, *snayu*, *asthi* and *sandhi*. Especially *prana* seats at these sites.<sup>[1]</sup> According to *ashtanga saanghrraha* any part of body where the uneven pulsation are elicited and pressure over that part cause pain is called *marma*.<sup>[2]</sup>

There are 107 *marmas* in human body.<sup>[3]</sup> *Marmas* are classified in various types depending upon their *sthan* (position), *Rachana* (constituent), *Viddha lakshna* (traumatic effect) *parinam* (prognosis) *sankhya* (number) *pariman* (dimension). Depending upon after effect of injury *marmas* are classified as *sadyapranhara*, *kalantarapranhara*, *vishalyaghan*, *vaikalyakara*, and *rujakara*.<sup>[4]</sup>

Out of them *vaikalyakara marmas* are the points where injury causes structural or functional deformity in the body. The word *vaikalyakara* is derived from *vaikalya* means deprived of some part or abnormality or deformity to do something.<sup>[5]</sup>

These are 44 in the number such as *lohitaksha* (4 in number), *janu* (2 in number), *urvi* (4 in number), *kurcha* (4 in number), *vitap* (2 in number), *kurpara* (2 in number), *kukundara* (2 in number), *kakshadhra* (2 in number), *vidhura* (2 in number), *krikatika* (2 in number), *Amsa* (2 in number) *amsaphalaka* (2 in number), *apanga* (2 in number), *nila* (4 in number), *manya phana* (2 in number) *avarta* (2 in number).<sup>[6-7]</sup>

## DISCUSSION

### Discussion on the basis of mentioned location of *vitap marma*

*Vitap marma* is situated in between *vrishna* and *vankshana.mushka* and *vrishna* is the scrotal sac enclosing the superficial ring through which spermatic cord passes. The involved anatomical structures are external oblique, internal oblique, rectus abdominis muscle, femoral nerve, spermatic cord in male and round ligament in female.

### Discussion on the basis of mentioned pramana of *vitap marma*

The *vitap marma* is 1 anguli.<sup>[8]</sup> One anguli is approximately 2 cm. The length of the inguinal canal is 4 cm. The measurement of the superficial inguinal ring is 2.5 cm from apex to base and 1.25 cm at base. The length of the spermatic cord is about 7.5 cm and total length of the spermatic cord from superficial ring to the apex of testis is 3.5 cm, the anguli pramana of *vitap marma* and dimension of superficial inguinal ring is approximately equal to each other so, structural entity of superficial inguinal ring and structures emerging out through it can be considered as *vitap marma*. *Marma* as the structure emerging out through superficial inguinal ring i.e. ilioinguinal ring and genitofemoral nerve with spermatic cord and round ligament in female.<sup>[9]</sup>

### Discussion on the basis of structural entity of *vitap marma*

*Sushruta* has mentioned the *vitap marma* as a *snayu marma*. *Snayu* are the binding structures. Due to presence of the binding structure in the spermatic cord that forms three fascial coats (External spermatic, cremasteric and internal spermatic fascia) along with presence of the ilioinguinal nerve and genital branch of genitofemoral nerve in male. In males the structures present in the inguinal region are skin, superficial fascia, and inguinal canal. Spermatic cord and ilioinguinal nerve are chief components of inguinal canal in case of male. Structures present in spermatic cord are<sup>[10]</sup>

1. Ductus deferens-It transfers sperm from epididymis to ejaculatory duct.
2. Testicular artery, cremasteric artery and artery of ductus deferens.
3. Lymph vessels from the testis.
4. Plexus of veins.
5. Genital branch of genitofemoral nerve.

### Discussion on the basis of *viddha lakshana* of *vitap marma*

*Acharya Sushruta* and *Vagbhata* mentioned as *vaikalyakara marma* and *viddha lakshana* of *vitap marma* lead to *alpa shukra* and *shanadya*.<sup>[11]</sup> The ductus deferens in the spermatic

cord is responsible for transporting the sperm. If it is obstructed or injured the sperm flow is obstructed that lead to decrease sperm count or absence of the sperm in semen during ejaculation that affect reproduction. Inflammatory pathogenesis of cord also cause sperm flow obstruction. Torsion of twisting of cord leads to sterility because of obstruction. The involvement of ductus deference which is affected by any trauma or above pathogenesis may lead to reduction in flow of sperm. Thus it may cause *Alpashukra*(oligospermia) and *Shandya*(sterility).<sup>[12]</sup>

## CONCLUSION

From the above discussion we can conclude that *vitap marma* is situated within inguinal region in which inguinal canal is present just above the inguinal ligament. The *ardhangul pramana* of *vitap marma* can be taken as the measurement of inguinal ring i.e. 2.5 cm. trauma to inguinal region may leads to injury to the content which cause *vaikalyatva* of this region which leads to *shandya* (sterility) or *Alpashukrata* (oligospermia). Concept of *alpashukra* and *Shandya* is due to destruction of structural entity of the superficial ring and structure passing through it.

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