



CONCEPT OF AADHOSHAKHAGATA KURCHASIRA MARMA AND ITS APPLIED ASPECT

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ABSTRACT

Ayurveda as a science of life and spiritualism provides many ways of healthy living and focuses on preventing and treating diseases. *Ayurveda* has its own concepts related to the physiological functioning and anatomy of the body. *Marma* is one such part of *Ayurveda* considered as resuscitative and penetrable area of the body. *Marmas* points in body are mainly built up by groups of muscles, ligaments, vessels, tendons and bones, etc. *Ayurvedic* classics have described 107 *marma*, which are located in different parts of the body. *Kurchasira Marma* is one of the *Shakhagata marma* situated on both upper and lower extremities and are four in number. This *marma* is located below ankle joint with a dimension of one *Angula*. Based on predominant structural entity it is a *Snayu marma*. While classifying on the basis of traumatic effect, these come under *Rujakara marma*. Trauma to this *Marma* causes swelling and pain, associated with functional disability in the extremities. As, injury to the *marma* structures may lead to deformity, one should be very careful while performing surgery at the site. The knowledge of actual structures in the *marma* sites is of vivid importance in the clinical field. This review will give a complete summary of *Aadhoshakhagata Kurchasira Marma* regarding its location, structural entity and applied aspect.

KEYWORDS : Marma, Kurchasira Marma, Aadhoshakhagata marma

INTRODUCTION:

Marma vighyan is one of the vital concept in *Ayurveda*. *Marma* are the vital points present in different parts of the human body, where *prana* resides. *Marmas* points in body are mainly built up by five elements as- *Mamsa, Sira, Snayu, Asthi and Sandhi*¹. Any Injury to these vital points leads to immediate death or deformity or intense pain². *Marma* are described nearly in all *Ayurvedic* texts especially *Shushruta Samhita* in *Prateyak Marma Niradesh Sharir*, *Trimarmiya Chikitsa* chapter of *Charak Samhita*, *Marma Vibhaga* chapter in *Ashtang Sangrah* and *Sharir vichaya Sharir* chapter in *Kashyapa samhita*.

The concept of *marma* is a great contribution of *Sushruta* in *Ayurved* and is treated as mirror of surgery as it has been mentioned about 107 vital points in various parts of the body, which should be carefully dealt during surgery & should always be protected from injury, as the component of life or vital energy (*prana*) preside in them³.

In *Shushruta Samhita* 107 *Marmas* are explained under five groups of structural classification as *Mamsa Marma, Sira Marma, Asthi Marma, Snayu Marma* and *Sandhi Marmas*. while *Astanga hridaya* has classified them into six types by including structure *Dhamani*⁴.

On the basis of location in the body it is classified into *Shakhagata Marma, Udaragata Marma, Koshtagata Marma, Prasthagata Marma, Shira Grevagata Marma*

On the basis of post traumatic effect as *Sadhya Pranahara Marma, Kalanatra Pranahara Marma, Vishalyagana Marma, Vaikalyakara Marma, Rujakara Marma*⁵

As per classical description *Kurchasira* is mentioned under *Shakhagat Marma* which are 4 in number which also comes under *Snayu Marma* according to structural consideration *Rujakara Marma* on the basis of effect of injury.

Kurchasira Marma

Kurchsira means the head of *Kurcha*, so the position of *Marma* should be near the head of *Kurcha*. The head of *Kurcha* should be the proximal end of *Kurcha* where all structures are held together.

Region- Lies on both upper and lower limb.

Numbers- Total four, 2 in upper limbs and 2 in lower limbs.

Anatomical site or surface anatomy-

At upper limb- Lies below the *Manibandh Sandhi*

At lower limb- Lies below the *Gulpha Sandhi*

Measurement- Its diameter is about one *Angula*.

Structural Anatomy – It is *Sanyu Marma*.

Prognostic view- It is *Rujakara Marma*.

Injury results- pain and swelling.

AIM

To study about *Aadhoshakhagata Kurchasira Marma* regarding its location, structural entity and applied aspect.

MATERIALS & METHODS

The Literary material related to *Kurchsira marma* has been collected from different parts of all *Ayurvedic samhita*, research papers, journals, previous dissertations and authentic internet sources. The structural anatomical composition of *Kurchsira marma* was thoroughly reviewed, co-related and analyzed with the knowledge of modern and contemporary science.

DISCUSSION

From the 27 *Snayu Marma, Kurchasira* is one among them, their anatomical structures were analysed through conceptual, cadaveric study. The shape and position, as per mentioned by *Acharayas* in our classical texts; we relate them with the structures found on the site of *Marma* through cadaveric study, to evaluate the symptoms of the *Marma* after the trauma, it is more important to understand the structural anatomy related to *Marma*.

Kurchashira Marma: The etymology of the word suggests that, its name is so because it is like the structure which is fastened up at one end like a brush. According to *Acharya Shushruta* its region is below and on both sides of the *Gulpha*. It is of one *Angula Pramana* and of *Rujakara* type because it causes *Ruja* and *Shopha*. So the anatomical structures would be present on the dorsal and plantar aspect of the foot. By assuming the shape of *Kurchasira* in foot, it is related with the retinacula of the foot as its reveals as *Kurchasira*. All the extensor and flexor tendons passing under the retinacula bind under the retinaculum, gives appearance of *Sira* of *Kurcha*. There are three retinaculae: flexor, extensor and peroneal. Also, here retinaculae and structures lying under them also proves it as *Snayu Marma* by showing *Snayu* predominance. As per the *Marma Viddhalakshana*, trauma on *Kurchasira* region leads to *Ruja* and *Shopha*, it may occur by injury to structures like nerves and tendons underlying the retinacula. As in tarsal tunnel syndrome, the compression of tibial nerve within the fibrous tunnel due to some trauma under flexor retinaculum, this is associated with pain and parasthesia in sole.

Plantar fascitis: Inflammation of plantar face is called fascitis. Swelling occurs when this fascia is overstretched or overused. This can be painful and make walking more difficult.

An ankle sprain occurs when the ligaments or tendons of foot stretch

beyond their limits. Symptoms include swelling, tenderness, instability of ankle etc.

As the pain is the chief complaint after the injury, it shows the *Rujakara* property of the *Kurchasira Marma*.

Kurchasira Marma helps to regulate the body's muscular system and improve digestion⁶

And also promotes visual activity and reproductive stimulation⁷
Contents of *Kurchasira Marma* according to different structures are follows:

- *Mamsa*: Flexor digitorum brevis

Flexor digitorum accessories

- *Sira*: Tibial nerve
- *Dhamani*: Lateral plantar artery

Dorsalis Pedis artery

- *Snayu*: Tendon of Flexor digitorum longus

Plantar aponeurosis

Tendon of Extensor Digitorum longus

Tendon of Extensor Hallucis longus

- *Asthi*: Calcaneus
- *Sandhi*: Proximal to Calcaneocuboid joints

CONCLUSION

Kurchashira of *adhosakha* is situated below *Gulpha sandhi* and anatomically it includes the Talo-calcaneo-navicular joint and allied structures. The predominance of extensor and flexor tendons passing through the region and presence of apex part of plantar aponeurosis and various retinacula justifies the classification of *Kurchashira marma* in the *snayu* variety and retinaculæ are taken as the *Kurchasira Marma* and tibial nerve (in feet), if gets injured produces the symptoms as mentioned by our *Acharayas in Samhitas*. It is said to be effective in treating muscular system and improve digestion. To evaluate the effects of *Kurchashira Marma* therapy in various conditions, large-scale randomised active-controlled trials are required.

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