

## UNDERSTANDING THE CONCEPT OF MARMA WITH THE HELP OF ELECTRICAL MARMA MODEL

### Ayurveda

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### ABSTRACT

Marmas are the vital spots in the body. There are 107 marmas in the body. Acharya Sushrut have explained concept of marma in Sushrut Samhita Sharirasthan sixth adhyaya. The range is based on 4 types by Sushrutacharya. Marmas are explained under Marmaprakar (types of marma) as per Shadanga, Rachana, Parinam and Pariman. Parinamatmak (Prognostic) organization of marma is based on five basics as Sadyapranhara, Kalantarpranhara, Vishalyaghna, Vaikalyakara and Rujakara marmas. According to the basic meaning of marma as per Sushrutacharya, the marma is the site where mansa, sira, snayu, asthi and sandhi are commonly present. For the undergraduate and postgraduate students of Ayurved, it is necessary to study in details about the prognostic classification of marma. It is useful in the clinical practice to treat the various diseases. So for easy understanding of marma concept, there was need to prepare such model to know the fundamentals of marma. Hence, in our institution we have prepared one electrical marma model using mannequin to understand the basic concept of marma especially prognostic classification of marma.

### KEYWORDS

Marma, Prognostic organization, Electrical marma model, mannequin.

#### INTRODUCTION –

Rachana Sharir subject shows a range of vital points are explained which are momentous to distinguish. Primarily in this view, Sushrutacharya has explained Marma topic in his pertinent samhita in Sharirasthan. Amongst all those points, Marma is one of the key features. Sushrutacharya mentioned this concept in Sushrut Sharirasthan 6th 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 survival. In each marma one of the components is classically present and others present in traces. Also, arrangement of marma is mentioned under certain combination. Such as types of marma according to Shadang (Location), Rachana (Structure), Pariman (Measurement) and Parinam (Injury outcome) 2. Out of this, as per Parinamatmak (Prognostic) organization of marma is based on five basics as Sadyapranhara<sup>(19)</sup>, Kalantarpranhara<sup>(33)</sup> Vishalyaghna<sup>(03)</sup>, Vaikalyakara<sup>(44)</sup> and Rujakara marmas<sup>(08)</sup>.<sup>1-6</sup> Whereas doing any surgical process, a surgeon must have the essential information of the structures which are present at the surgical spot. For this, the understanding of marma point is important. So, it is imperative to understand the five prognostic structures with the help of electrical marma model using mannequin with various coloured lights.

#### MATERIAL AND METHODOLOGY –

##### MATERIAL-

##### Literary Study –

Marma literature available from Ayurvedic and modern texts.

##### Electrical Marma Model Study –

i. Mannequin – 01 male mannequin

ii. Instruments – different coloured electrical lights, drill machine, plug pins, electrical board, and marker pens.

##### METHODOLOGY –

i. Literary study of parinamatmak marma was done using all the concerned Ayurvedic and modern text books.

ii. 01 male mannequin was procured at the dissection hall of Ashokrao Mane Ayurvedic Medical College and Hospital, Vathar Tarf Vadgaon, Maharashtra, India.

iii. From the basis of literary study, markings of all 05 types of parinamatmak marma were done on the mannequin.

iv. Comprehensive analysis was done concerned with the marked points on the mannequin.

v. With the help of drill machine, all the marked points were drilled to make wholes.

vi. After making the holes in the marked prognostic marma points with

the help of electrician, 05 different coloured lights (wires) were inserted to distinguish 05 types of parinamatmak marma.

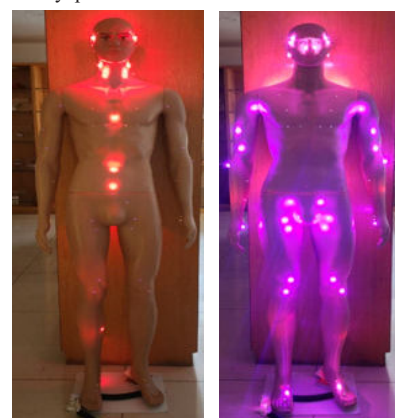
vii. The coloured lights used are as, for Sadyapranahara marma- Red, Kalantarpranhara marma – Pink, Vishlyaghna marma- Green, Vaikalyakara marma – White and for Rujakara marma – Yellow.

viii. The final electrical connection was prepared on one big size electrical board with 05 different switches.

**Photo – 1** – Preparation of Electric Marma Model using Mannequin

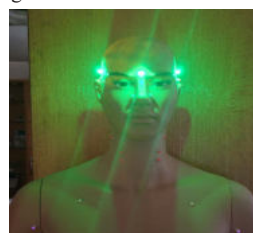


**Photo – 2** – Sadyapranahara Marma



**Photo 3** – Kalantarpranhara Marma

**Photo 4** – Vishalyaghna Marma



**Photo 5 – Vaikalyakara Marma****Photo 6 – Rujakara Marma****Photo 7 – Marma Points with Names**

Lacchamdas Publications, Page no. 186.

2. Sushrut Samhita Sharirsthan, Chapter 6, citation no.2 to 4, Reprint Nov. 2008, Meherchand Lacchamdas Publications, Page no. 183-184.
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**DISCUSSION –**

An array of references is available about the marma by different Acharyas. But Sushrutacharya has given elaborative information and facts about the marmas. He has given the requisite sense of parinamatmak marma as it is the deviation of Sadyapranahara (injury results in Immediate death), Kalantarapranahara (injury results in death after some days), Vishalyaghna (death due to evacuation of vayu), Vaikalyakara (injury produces physical deformity) and Rujakara (Injury produces severe pain). 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 prognostic classification of marma. The coloured lights used are as, for Sadyapranahara marma- Red, Kalantarapranahara marma – Pink, Vishlyaghna marma- Green, Vaikalyakara marma – White and for Rujakara marma – Yellow. Understanding of parinamatmak marmas (prognostic classification) is important in clinical orientation to treat the various diseases. Hence, practical indulgent of these types of marmas is essential. So, innovative electrical model is prepared to be familiar with this concept.

**CONCLUSION –**

Sushrutacharya have given the information and importance of marmas according to surgical point of view. So, he has given elite information of marmas. Out of five basic classifications of marmas, parinamatmak (Prognostic) classification is one of the important types as it deals with the study of signs and symptoms after injury. Hence it is necessary to understand the information about the prognostic classification of marmas. For easy understanding purpose, this electrical marma model using different coloured lights is helpful for the undergraduate and postgraduate students.

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