

# Conceptual Review of Vishalyaghna Marma

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**Abstract:** Marma is one of the most widely described and at the same time one of the most debated topics in our Samhitas. Marma is that vital organs / vital parts of the body where trauma / injury leads to sudden death or may cause deformity in the body. Acharyas have agreed that the total number of Marma present in our Sharir are 107 in number and classified under various categories, Vishalyaghna is one among them. Vishalyaghna Marma are totally 3 in number i.e. 2 Utkshepa and 1 Sthapani, injury to these causes death but it is after removal of Shalya from injured part, so here our attempt is to clarify the concept of Vishalyaghna Marma (type of Parinama) i.e. what is the criteria behind to name the Marma as Vishalyaghna.

**Keywords:** Marma, Vishalyaghna, Vital points

## Introduction:

The word Marman is taken from mru dhatu, adding maneen prathyam Mru + Maneen = Maruman..... Marma<sup>i</sup>. Etymologically each letter of the word Marma has got specific meaning. Ma-means Prana or Vayu, Repha denotes house or seat. Therefore Marma means seat of Prana or Vayu. Acharya Susruta has defined Marma as the anatomical site where Mamsa, Sira, Snayu, Sandhi and Asthi meet together. Some experts are of the opinion that it does not mean that all the structures must be collectively present at the site. Prana dwells at these sites and so they are important<sup>ii</sup>. Dalhana, the redactor of Sushruta Samhita has opined that Marma is one which causes death. The vital spots if injured can cause death<sup>iii</sup>. Acharya Charaka has opined that it is the site of Chetana, so the sense of pain will be more in this region compared to other parts of the body<sup>iv</sup>.

Acharya Sushruta has stressed upon the importance of Marma in surgery and stated that in any surgical procedure, knowledge of Marma is as essential as knowledge of nerves, muscles and blood vessels. All the 107 Marma<sup>v</sup> are classified into different groups: Structural classification (Asrayabhedena), Regional classification (Shadangabhedena/Avayavabhedena), Prognostic classification/Traumatological classification (Parinamabhedena), Dimensional classification (Manabhedena).

The term Vishalya coined as, it is not a fatal one up to removal of the Shalya (foreign body) i.e. the person will live till the removal of foreign body. In this context, Acharya Sushruta<sup>vi</sup> tries to emphasize on the concept that without removing the foreign body the person can survive or if it stays and drops itself after Paka (suppuration)<sup>vii</sup>. The Vishalyaghna Marma are Vayu Mahabhuta predominant,<sup>viii</sup> totally three Vishalyaghna are present in the body. There are 2 utkshepa Marma and 1 Sthapani Marma.

**Utkshepa Marma:** It is located above the Shankha (temporal region) Marma<sup>ix</sup> as literally reviewed regarding Utkshepa Marma it is located near the hair margin and it is half Angula Pramana (half finger unit). Structures come under this superficial and deep fascia of temporal region i.e. up to the meninges. Penetrating wounds if effects the meninges there are of chances of rising of intracranial negative pressure, haemorrhage etc. The direct impact to temporal or occipital can produce basilar skull fractures. Possibility it can lead to tear of dural vessels and injury to brain or pial vessels with or without fractures resulting in epidural hematoma<sup>x</sup>. So if after injury of dural vessels and pial vessels hemorrhage can lead to high negative pressure in the brain and the person will die and, so the Shalya will not be removed from the site.

**Sthapani Marma:** It is located in between two eye brows<sup>xi</sup>, so anatomically it is also half Anguli in Pramana. Structures come under this superficial and deep fascia, occipito-frontalis muscle, frontal bone, and glabella and can also be considered up to saggital sinus. Injury to one-third of saggital sinus can be treated by packing or by legating the anterior one-third of superior saggital sinus. Injury to this may require micro-surgical repair which can be extremely difficult in given situation, hence any depressed bony fragments, and foreign body involving dural sinuses also should not be removed<sup>xii</sup>.

**DISCUSSION:**

Vishalyaghna Marma, which are three in number, two Utkshepa and one Sthapani are the areas where any injury may become fatal when the Shalya is removed from the site. Both these Marma are located in head and neck region. Utkshepa is present above the temporal region and at level of hair margin of scalp. Sthapani is present in between two eyebrows. When any foreign body is impacted in the skin or any part of body, it tears the vessels or enters into them. Such foreign bodies as long as present there will be no bleeding but if extracted forcibly, vessels open up and leads to bleeding. Thus perfusion from the vessels leads to anoxic conditions. In other words Prana (life) is going to flow out. So if foreign bodies are allowed to remain there only the tissue granulation occurs. This closes the opening of the vessels. Consequently there are less chances of bleeding that may save the life of the individual.

**Conclusion:** After reviewing the literature pertaining to Vishalyghna Marma, these become fatal only after removal of Shalya from the injured site. Utkshepa can be taken as temporal region up to meninges and Sthapani is taken as region of Glabella. The conclusion what Acharya Sushruta opines regarding non removal of the Shalya from the site it is scientific.

**Refernces:**

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