



CONCEPT OF STANMULA MARMA AS PER AYURVEDA: A REVIEW

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ABSTRACT

The *Marma Sharir* is one of the unique conceptual theories of ayurveda. *Marma* is a Sanskrit term which referred for sensitive points on the body. With the advancement and progress of modern surgery it has become an essential for ayurvedic physician to explore the non-clinical and clinical value of these sensitive points as vital area of body.

KEYWORDS: Marma, Stanmula, Ayurveda, Rachana Sharer.

INTRODUCTION

Sushrutachrya classified various types of *marmas* on the basis of their location in the body, dimension and the effect on injuries; *sushrutachrya* mentioned 107 *marmas*. *Stanamul Marma* is classified as *sira* according to *rachana* and *kalantar pranhar marma* according to *parinam*. *Stanamul Marma* is located in *urah bhag* (thoracic region) i.e. two *angul adhah* (below/beneath) to *stana* bilaterally. They are two in number on right and left side. Available literature of *stanamula marma* about its exact *sthana* and structures is not sufficient and unsatisfactory. This study will bridge the gap between available literature in ayurveda and modern science to establish concept of *stanmula marma* which will be helpful in management of clinical and surgical treatment in all respect.

AIM

To study *stanmul marma* with respect to *sthana* and structures involved according to *rachana sharir*.

OBJECTIVES

1. To study the *stanmul marma* in detail in terms of exact dimensions (*anguli praman*) and *sthana* with the help of modern science and by performing dissection of cadaver.
2. To study the *stanmul marma* with respect to structures involved according to *sharir rachana*.

MATERIALS

1. All ayurvedic *Samhitas* and Text Books.
2. Models, charts, diagrams, atlas. O.H.P. slides, web material available on internet, literature survey on the basis of previous research work, published articles etc.
3. Cadever (male middle age) for dissection.

4. Instruments.

METHODS

1. The surface involved in *Stanamula Marma* assured on Cadaver.
2. Cadaver dissected using scalpel & blade.
3. The '*Anguli pramana*' of ayurveda & the modern measuring techniques used to measure the length, breadth & depth of *marma*.

As the concerned topic is related to *stanamula marma* so the intention of study was to identify the structures related to the *marma* that are mentioned by *acharya sushrut*. Study was focus to the site of *stanamula marma* by the dissection. The study of thoracic region is essential for the purpose of vital organs & parts related to those *marma*.

Dissection: (Stanamul Marma)

According to *Sushrut Samhita* it is situated in *urahabhag* i.e. thoracic region, *stanayorradhastad* i.e. below the breast. It is *anguli* in *pramana* present bilaterally. Anatomically it is *sira marma* and as per effect it is *kalantar pranhar marma*. *Viddha lakshana* i.e. effect of trauma on this *marma* is *kaphpurnakoshthata*, *kasa*, *shvasa* and death.

Kaphpurnakoshthata

Uraha is the *sthana* of *prakrut kapha* (normal mucous or secretions), but when *samprapti* due to the disease or trauma, this *kapha* becomes *vikrut kapha* (abnormal or infected mucous or secretions); so in *kaphapurnakoshthata vikrut kapha* is present. *Koshtha* means cavity and this *koshtha* present in *uraha bhag* which can be correlated with thoracic cavity; thus the *kaphapurnakoshthata* with the abnormal secretions or

mucous filled in thoracic cavity possess pleural thoracic effusion.

According to modern science the most vital structures are present in this region on the basis of observations i.e. musculophrenic branch of internal thoracic artery with its anterior inter costal nerve and parietal pleura.

Determination of Location of Stanamula Marma:

As per traditional text of ayurveda *stanamula marma* is *urahagat marma* and situated 2 *anguli* below the breast (*stana*) and 2 *anguli* in *parimana*. While studying the various references; *stanayoradhastad* site was considered as the area lies below the breast i.e. 6th inter costal space and 7th rib on midclavicular line.

CONCLUSION

Anatomical location

Below the breast, area of 6th inters costal space & 7th rib on midclavicular line.

Description

Costodiaphragmatic recess of pleura and other structures in 6th inter costal space:

1. The exact location of *Stanamula Marma* is area of 3.9x3.9 cm lies at 6th intercostals space and 7th rib on midclavicular line.
2. Internal thoracic artery divide in two branches at this space and musculophrenic artery the branch of internal thoracic artery runs at this level. With musculophrenic artery the one vanae comitante observed along with intercostal nerve. Parietal pleura is present at this level.
3. This area of *Stanamula Marma* is placed at the level of costodiaphragmatic recess.
4. The arrangement of all above structure is fulfilling the criteria of *marma sthana*.
5. On the basis of effect of trauma it was considered as site of *kalantar pranhar marma*.

Present work was aimed to determine the *sthana* and structures involved in *stanamula marma* where as to study the clinical applicability and multidimensional view of this *marma* clinical research is necessary. The study will be helpful to understand the severity of diseases of chest like pleural effusion, pleural emphysema, pneumothorax, haemothorax etc. Knowledge about the exact *sthana* and structures involved in *stanamula marma* may be helpful in the treatment of chest related diseases.

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