



CONCEPTUAL STUDY OF PHANA MARMA AND ITS CLINICAL RELEVANCE

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ABSTRACT

Concept of Marma Sharir is revealed in Ayurveda as the vital spots in human body where there is matrix formation of structures like Masa (Tendon), Sira (Veins), Snayu (Ligaments), Asthi (Bones) and Sandhi (Joints). At these vital spots there is predominance of one structure over the other four structures. Due to this structurally the Marmas are classified as Masa marma, Sira Marma, Snayu Marma, Asthi Marma and Sandhi Marma respectively. Overall any trauma or injury to these spots in human body leads to Sudden Death, Death after some time, deformity, severe pain in reference to the specific location of the Marma in human body. As mentioned in Ayurvedic literature it is important to know the exact position of these Marmas in human body with today's human anatomy with its clinical overview. There are 107 Marmas mentioned in Ayurved. Out of these 2 Phana Marmas are mentioned. They are located inside the nose on each nostril at the olfactory area in the nose. Structurally it is Sira Marma and any trauma to this Marma leads to loss of sense of smell. In Ayurveda nose is also considered as Moolasthan of Pranavaha strotasa (Respiratory System). Trauma to this structure inner membrane through air pollution leads to respiratory disorders and olfactory disorders.

KEYWORDS

- 1) Review of Marma Sharir concept in Ayurvedic Literature.
- 2) Structural and Traumatic aspect of Marma Sharir.
- 3) Locating the position of Marmas in human body.
- 4) Ayurvedic Literature review of Phana Marma.
- 5) Clinical relevance of Phana Marma.

MATERIAL AND METHODOLOGY

In Ayurvedic samhitas of Sushruta and Ashtang Hrudya Marmas as vital spots in human body are described briefly in Sharir Sthana. According to Sushrutacharya Marmas are spots in human body where Prana is situated. Literature evidence regarding Marmas in texts mentions that Marma is point where there is meeting of Mamsa, sira, snayu, asthi and sandhi. Perhaps it is the structure where accumulation of above mentioned entities. It is spot in the body where any trauma or injury leads to death of individual, excess pain at the spot, deformity of adjacent structure. Such spots in human body are classified into two categories by the Acharya Sushrut as

- 1) Structural Classification (Rachnatmak)
- 2) Severity of Trauma (Parinama)

Rachnatmak Classification of Marmas:

- 1) Mamsa Marma (11)
- 2) Sira Marma (41)
- 3) Snayu Marma (27)
- 4) Asthi Marma (08)
- 5) Sandhi Marma (20)

Parinamanusar Marmas

- 1) Sadhya Pranhara (Agni Mahabuta) (19)
- 2) Kalantar Pranhara (Agni-Soma Mahabhut) (33)
- 3) Vaikalyakar Marmas (Soma) (44)
- 4) Vishalyaghnya Marmas (Vayu Mahabhut) (03)
- 5) Rujakar Marmas (Agni-Vayu Mahabhut) (08)

There are total 107 Marmas mentioned by the Acharya. In that Urdhvajatrugat Marmas are described as Grivagat Marmas and Shirogat Marmas. In Shirogat Marmas Phana Marmas mentioned by Sushrutacharya.

Site and names of fatal spots-

1) Fatal spots of leg:(11)

Ksipra lies in between the big toe and the next toe.

Talahridaya lies in the center of sole.

Kurca is situated above ksipra.

Kurcasira lies below the ankle joint, on its both sides.

Gulpha lies at the meeting place of the foot and foreleg.

Indrabasti lies in the middle of the calf.

Ani situated 3 angul (6cm) above the janu (knee) on both its side.

Urvi lies in the middle of the thigh.

Lohitaksa lies above urvi marma and below the groin and at the base of the thigh.

Vitapa lies between the groin and scotum.

Thus described eleven fatal spots of one leg; by this, those present in the other leg and two arms are also described.

Gulpha, janu and Vitapa are special to the leg; their counterparts in the arms are manibandha, kurpara and kaksadhara respectively.

2) Fatal spots in the trunk

Guda attached to the large intestine.

Basti is present inside the pelvis, consisting less of muscles and blood is the seat of urine.

Hrdaya is situated between the two breasts, in the chest, at the mouth of stomach.

Stanamul situated below the breast.

Stanarohit lies above the nipples.

Apalapa situated below the shoulder joint and at the top of the flanks.

Apasthamha is present on the two sides of the chest.

3) Fatal spots in the back

Katikataruna situated on both sides of the vertebral column, near the bones of the pelvis.

Kukundara lies on the two flanks, on the outer side of the buttocks.

Nitamba lies above the pelvis, covering the internal organs and attached to the flanks.

Parsva sandhi situated nearer to the lower ends of the flanks.

Brhati lies in the same straight line from the fatal spot stanamula on both sides of the vertebral column.

Amsaphalaka lies at the upper part of the back on the two sides of the vertebral column and nearer to the trika.

Amsa is present in between the arms, head and neck.

4) Fatal spots of the neck and head

Nil Manya lies on the two sides of the trachea.

Matrka lies on the two sides of the neck.

Krkatika lies at the meetin place of the head and neck.

Vidhura lies back of the ear.

Phana marma lies on the two sides of the nose, near to the nasal passage and inside them.

Apanga lies at the tail end of the brows.

Avarta situated above the brows, in the depressions.

Sankha lies above the level of the brows, in between the ears and forehead.

Utksepa situated above the temples at the borders of the hair.

Sthapani lies between the two brows.

Simanta situated at five joints present in the head.

Srngataka situated in the middle of the confluence of veins supplying nourishment to the nose, ears, eyes and tongue.

Adhipati situated inside the head, at its top, in confluence of veins and joints.

Phana marma^[2]

Number: Two in human body.

Site: Present on the two sides of theGhranamarga (nose) ubhayata (near to the nasal passage) and inside them.

Rachnatmak (structural classification: Sira marma

Parinama (Effect-wise): Phana marma Vaikalyakara marma.

Injury: Injury to these produces loss of sensation of smell.

Clinical revelance of Phana marma:

According to Ayurvedic literature Phana marma are the vital spots that are located inside the nose near to the nasal passage.

The above mentioned site of the vital spot is the area inside the nose it is the area above the superior concha lined with olfactory mucous membrane and contains nerve endings sensitive to the reception of smell.

CONCLUSION

The vital spot Phana mentioned by Sushruta is the olfactory area inside the nose.

RESULT

Any trauma or injury to this spot leads to loss of sensation of smell.

Phana marma

Site of Phana Marma

It is a Urdhvanga marma i.e. fatal spot present in parts above shoulder.

Present on the two sides of the nose, near to the (upper part) nasal passages and inside them, are the two (one on each side) fatal spots by name **Phana marma**. Injury to these produces loss of sensation of smell.