



## CONCEPTUAL STUDY OF SIRAMARMA AND ITS CLINICAL ASPECT FROM SUSHRUTH SAMHITA

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### ABSTRACT

*Marmas* are vital spots in the human body. *Marmas* are classified on the basis of the tissue predominant in that area such as *Mamsa*(Muscular), *Sira*(Venous), *Snayu*(ligament), *Asthi*(Bony) and *Sandhi*(Spot on joints) by *Sushruta*. *Sira* Marma according to *Sushrutacharaya* are 41 out of 107 total *marmas* in the body. In *Sira* *Marmas* the predominant *dhatu* is *rakt dhatu*. The root (originating factor) of the body is *Rakta* and body is sustained verily by blood and as such it should be protected carefully; in fact blood is life. *Pitta Dosha* and *Rakta Dhatu* have *Ashraya Ashrayi* relation with each other, hence increase and decrease of *Rakta Dhatu* depends on increase and decrease of *Pitta Dosha*. *Rakta Pradoshaj Vikar* is primarily caused by vitiation of *Pitta Dosha*. *Sira Marmas* injuries, develops sever deformity at the spot or certain *sira marma* injury lead to death.

**KEYWORDS:** *Sira, Marma, Pramana, Viddha.*

### INTRODUCTION

According to *Sushrutacharya* *Marmas*(vital spots) are 107 in human body; these are of five kinds according to structure such as

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

Body Distribution *Marmas*:

- 1) Four arms 44
- 2) Abdomen and Chest 12
- 3) Back 14
- 4) Head and Neck 37

Total *Sira Marmas* in Body and their number:

Sira Marma	Sankhya	Pramana
Nilā	2	2 Angul
Dhamani(Manya)	2	4 Angul
Matruka	8	4 Angul
Srungataka	4	4 Angul
Apanga	2	½ Angul
Sthapni	1	½ Angul
Phana	2	½ Angul
Stanmula	2	2 Angul

Apalapa	2	½ Angul
Apastamha	2	½ Angul
Hrdaya	1	4 Angul
Nabhi	1	4 Angul
Parsvasandhi	2	½ Angul
Brhati	2	½ Angul
Lohitaksha	4	½ Angul
Urvi(Bahvi)	4	1 Angul

Body Part wise *Sira marmas*

Body Part	Sira Marma
1) Saktigat (Lower limb)	Urvi, Lohitaksh
2) Udar-Uras(Abdomen/Chest)	Nabhi, Hrdaya, Stanamula, Apalapa, Apastambha.
3) Prstha (Back)	Parsvasandhi, Brhati
4) Bahugat(Upper limb)	Urvi, Lohitaksh
5) Jatrurdhva (Head-Neck)	Dhamani, Matruka, Phana, Apanga, Srngataka, Sthapani.

*Sira Marma* Parinamanusar (Effect-wise)

Marma	Type(Effect-wise)
Nilā	Vaikalyakara
Dhamani(Manya)	Vaikalyakara
Matruka	Sayapranahara
Srungataka	Sayapranahara
Apanga	Vaikalyakara

Sthapni	Visalyaghna
Phana	Vaikalyakara
Stanmula	<b>Kalantarpranahara</b>
Apalapa	<b>Kalantarpranahara</b>
Apastamha	<b>Kalantarpranahara</b>
Hridaya	Sayapranahara

Nabhi	Sayapranahara
Parsvasandhi	<b>Kalantarpranahara</b>
Brhati	<b>Kalantarpranahara</b>
Lohitaksha	Vaikalyakara
Urvi(Bahvi)	Vaikalyakara

### Sira Marma Site and Injured Signs

Marma	Site	Injured Sign
Nila	Two sides of Trachea	Muteness, Abnormal voice, Inability to understand taste.
Dhamani(Manya)	Two sides of Trachea	Muteness, Abnormal voice, Inability to understand taste.
Matruka	Two sides of Neck	<b>Quick Death</b>
Srungataka	Middle of confluence of veins supplying nose, ears, eyes & tongue	<b>Quick Death</b>
Apanga	Tail of eyebrow outside	Blindness
Sthapni	Between Eyebrow	Patient survives so long as foreign body present.
Phana	Two sides of nose near to upper part inside them	Loss of sensation of smell
Stanmula	Below the breast 4 cm on either side.	Death from kapha filling insight the chest
Apalapa	Below the shoulder joint, at top of flanks(anterior)	Death from blood attining the qualities of pus
Apastamha	Present on the two sides of chest	Death due to accumulation of air in the chest
Hridaya	Between two breast in chest, at the mouth of stomach	<b>Quick Death</b>
Nabhi	Between stomach and large intestine	<b>Quick Death</b>
Parsvasandhi	Nearer to the flank between buttocks and flanks(Posterior)	Death from accumulation of blood in the abdomen.
Brhati	Same straight line from the fatal spot stanamula(Back)	Death from complication due to copious flow of blood.
Lohitaksha	Above the Urvi marma, below the groin, at the base of thigh.	Death from loss of blood of blood or paksaghata.
Urvi(Bahvi)	In the middle of the thigh	Wasting of the thigh from loss of blood.

### CONCLUSION

Sira marma mentioned by sushrutacharya are the 41 fatal spots present in the human body in all four extremities, Abdomen, Chest, Neck, Head, Back of the body. These marmas covers whole human body. Predominantly there is rakta dhatu present at this fatal spots. Injury to these spots leads to death and permanent disability of that part. So these should protect to be injured from any trauma, Ayurvedic procedure at or near to the fatal spot.

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