

Clinical Significance of *Trimarma*: *Sira*, *Hridaya* and *Vasti Marma*

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ABSTRACT

Marma is a vital point in the human body where there is *Sannipaat* of *Mamsa*, *sira*, *snayu*, *asthi*, and *sandhi* according to *acharya Shushrut*. This point when exposed to trauma generates effects, like pain and even extreme effect such as death. *Acharya Shushruta* explained 107 *marma* points in the human body. *Acharya Charak* also speak out the same number but he dealt with its clinical significance in "*Trimarmeeya Chikitsa Adhyaya*" and "*Trimarmeeya siddhi Adhyaya*" and he elongated only 3 of them which are *Trimarma* – *Shira*, *Hridaya*, *vasti*. These *marmas* are seats of *Prana* and *sadyapranahara* in nature and represent 3 different regions of the body, which are the neurological, cardiovascular, and excretory systems. The present paper is an effort made to understand and explain the clinical importance of these *Trimarma* in *chikitsa*.

Keywords: *Hridaya marma* and *Vasti marma*, *Shira marma*, *Trimarma*
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INTRODUCTION

Marma is a point where there is *sannipaat* of *Mamsa* (Muscle), *Sira* (vessels), *Snayu* (ligaments), *Asthi* (bone), and *Sandhi* (Joints) where naturally and specially *Prana* resides^[1] according to *Acharya Sushrut*. These above-mentioned structures are present on the *Marma* point and have been classified into five categories on the basis of the predominant structure that is present at that *Marma* point i.e. *Mamsa*, *Sira*, *Snayu*, *Asthi*, and *Snadhi*.^[2] *Marma* is also classified into five categories on the basis of their effect of injury i.e. *Sadyapranhara*, *Kalantarpranhara*, *Vaikalyakara*, *Vishalyaghana*, and *Rujakar*.^[3] Among all 107 *Marmas*,^[4] *Trimarma* are *Pradhan Marmas* according to *Acharya Charak* because the effect of *tri-doshas* (*Vata*, *Pitta*, and *Kapha*) is more on these *Marma* relative to other *Marmas*.^[5]

The aim of the article is to bring light on the clinical significance of these three *marmas* for medical practitioners and curious minds.

Trimarma

Acharya Charak elongated only 3 *Marma* out of 107 *Marmas* which are *Sira*, *Hridaya*, and *Vasti Marma*.^[6] *Marma* of the trunk is more important than that of the extremities and among the trunk, *Trimarma* is more important. All these *Marmas* lie under the category of *Sadyapranhar Marma*. *Acharya Charak* said these as *Tanmulatvata shairasya*^[7] and the *Chakrapani tika* says these have the strength of hosting the body "*Tanmulatvata tadashritvata iti*" and are included in *Dashvidh Pranayatanas*.^[8] *Acharya Charak* describes about these *Trimarma* in *Siddhi sthan* of chapters named "*Trimarmiya Chikitsa*" and "*Trimarmiya Siddh*" where he describes the different *rogas* affecting these vital organs with its *chikitsa*. Since these *Marmas* are the site of *Prana*,^[9] so if the vital organ is destroyed then its dependent organ and tissue also get destructed with it. One should protect these three *Marma* from external as well as Internal injuries.^[9]

DISCUSSION

Sira marma

Acharya Charak in *Sutra Sthana* defines that *Sira* is a structure or place situated at the top when the person is in standing and therein resides

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the *prana* with all the sensory responses. Hence, it is important of all organs i.e., *Uttamanga*.^[10] This definition of *Sira* makes us believe *Sira* as Brain. All the sense organs and the channels carrying the sensory and vital impulses from the *Sira* are like the rays from the sun.^[11]

Anatomical consideration

Sira marma is a collective group of *marma*, which form this *marma*. As per the definition according to *Acharya Charak*, physiologically *sira Marma* is the location of the Brain. It is the residence of *Prana* and all *Indriya*.^[12]

<i>Dosha Vaat</i>	Type of <i>Dosha</i> resides in <i>Sira Prana</i> ^[13] <i>Vyana Vayu</i> ^[14] <i>Udana</i> ^[15]
<i>Pitta</i>	<i>Buddhivaisheshika Alochaka (Bhela Unmada Chikitsa Sthana)</i> , <i>Sadhaka Pitta</i> ^[16]
<i>Kapha</i>	<i>Tarpaka</i> ^[17]

Importance

Since it is *Sadyopranahara* in nature, injury to this may lead to the death of the patient.^[18] It is one of the "*Jivita Dhatu*" according to

Acharya Vagbhata.^[19] It is the most important of all organs in the body and one should protect it from external as well as internal injuries.^[20]

Marma within Sira marma

Vidhura, Phana Apanga Avarta Utkshepa Shankha Sthapani Simanta Sringataka Adhipati.

Injury of Sira marma^[20]

Manyastambha (rigidity of neck), *Ardita* (facial paralysis), *Chakshu-Vibhrama* (giddiness), *Tamas* (darkness before eyes), *Udveshtana* (squeezing pain), *Chestanasa* (loss of motor functions), *Kasa* (cough), *Svasa* (respiratory difficulty), *Hanugraha* (rigidity of jaw), *Muka* (dumb), *Gadagada* (stammering), *Akshi-Nimilana* (ptosis), *Ganda-Spandana* (vibration of cheeks), *Jrimbhana* (yawning), *Lalasarava* (salivation), *Svarahani* (loss of voice) and diseases of face and tongue.^[21]

HRIDAYA MARMA

Hridaya is the place of *chetna*.^[22] It is a structure that resembles a *Pundarikena, Kamalamukulakarm* (lotus) in an inverted position. When the body is in an active phase that is during the day, it expands and it contracts when the body is in an inactive state which is during the night.^[23] The term *Hridaya* means the structure that collects *rasa rakta* from the body and supplies it to all the *dhatu* of the body with the help of *Saman vayu* and conducts the contraction and expansion movements. It is one among the *Dash Pranayatana* as per *Acharya Charak*.^[24]

Anatomical consideration

Hridaya is located between the breast in the thoracic cavity,^[25] below and to the left of it, *Pleeha* and *Phupphusa* are present, and to the right side of it, *Yakrit* and *Kloma* are present.^[26] Among 15 *koshtangs, Hridaya* is one of them according to *Acharya Charak*.^[26]

Importance

In *Trimarmeeeya Adhyaaya, Acharya Charak* has described the *Hridaya Marma*. *Acharya Vagbhata* has considered *Hridaya* as the *Moola of Sira*,^[26] and *Charak* has considered it as a center of *Ojah* and the site of *Satvadi Guna*.^[25] It is site of *Chetana, Mana, Buddhi, Indriya, Pradhana ojah. Sadhaka pitta, Vyana Vayu, and Avalambaka Kapha* reside in *Hridaya*.^[27] It is the seat for ten principles *Dhamanis, Pra a, Apana, Manas, Buddhi, Chetana, and Mahabhutas*, like the spokes are attached at the center of the wheel. In the context of *Ras* circulation, 24 *Dhamani* are coming out of *Hridaya*, which are 10 *Urdhvavahi Dhamani*, 10 *Adhovavahi Dhamani*, and 4 *Tiryakvavahi Dhamni*.^[25]

Injury of Hridaya Marma

Injury of *Hridya* results in *Kasa* (cough), *Shwasa* (respiratory problems), *Balakshaya* (weakness), *Kanthashosha* (weakness of throat), *Kloma Karsha* (emaciation of kloma), *Jihwanirgama* (protruded tongue), *Mukha Talu Shosha*, (emaciation of face and palate), *Chittasha* (unconsciousness).

VASTI MARMA

Vasti name is of *Mutrashaya* and it is present in *abhyantara kati*, and it is made up of *mamsa* and *shonita*. According to *Acharya Charak*,

the *Vasti* lies in the middle of the *sthul guda, Mushka, sevani, nadis* transporting *mutra* and *Shukra*.^[21] It is the reservoir of *mutra*, and is filled by *ambuvaha srotas*.^[12]

Anatomical consideration

It is surrounded by different structures i.e., *Nabhi, Prishtha, Kati Mushka, Guda, Vakshana, and Shepha*. There are some other structures also which are in interrelation with *Vasti* and are situated in the pelvic cavity, which are *Vasti shir, Paurusha, Virshana, and Guda*. *Vasti* is mentioned as very thin, muscular, and covered with *Shira* and *snayu* all around it. It has 3 aperture, two of which are urethral openings and one, which is directed downward, thus giving the organ a shape like that of a gourd.^[28]

Importance

Vasti in one the *Dash pranayatana*s which are the places where *pran* resides according to *Acharya Charak*.^[12] *Mutrashaya* is a *mala adhara* and it is *Uttam Pranayatana*.^[29]

Vasti is portrayed as an "Ashaya" called as *Mutrashaya*.^[30] *Vasti* is also included as one of the *Panchdash Koshtanhas*^[31] and *Shatpanchashat Pratyangas*.^[32] *Vasti* is *mula of Mutravaha Srotas*.^[33]

Injury of Vasti marma

Acharya Charak described that there is the retention of *Apana vayu, mutra, and mala*, pain in *Vankshana* (groin region), *mutrendriya*, and *Vasti*, stiffness in *Vasti, Nabhi, Kukshi, Guda, and Shroni* Pradesh along with the production of diseases, such as *Vastikundal rog, udavarta, gulma, and vatashthila*, when there is an injury on *Vasti Marma* in *Siddhi sthan adhyaya 9*.^[34]

CONCLUSION

As *Acharya Shushrut* has explained about the anatomical position and composition of all the 107 *marmas*, which are presented in the human body but, the physiological and clinical importance of *Marmas*, especially these *Trimarmas: Sira, Hridaya, and Vasti* is explained by *Acharya Charak* in *Siddhi sthan* of *Charak Samhita*. They are *Sadhyopranahara* in nature; so, trauma results in the immediate death of the individual. *Kapha, pitta, and Vayu* do the activities to sustain the internal environment of the body and their *sthan* resides in these *Trimarmas*, respectively, majorly. They are also called as Tripod of life.

This article is just a preliminary attempt to interpret the hidden meanings in our texts and find out the clinical importance of this *Trimarma*. It is just an effort to reorganize the scattered references in proper order with logical reasoning for better management of the subject to aid in the planning of management of trauma cases.

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