

“A COMPREHENSIVE STUDY OF PHANA MARMA WITH RESPECT TO SURFACE & REGIONAL ANATOMY”

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ABSTRACT

Marma concept is the unique principle Ayurveda. In the ancient Ayurvedic literature the concept of marma was limited to the war and Marma point is considered as the fatal points. The word Marmaderived from the Sanskrit root “Mru” and applies to a part or a spot of vital importance in the body, which if injured results in serious consequences. It also denotes the vital force of life. About 107 Marmas have been explained in Ayurveda, according to Acharya Sushruta, JathruurdvaMarmas are considered as major places of Prana and Phanamarma is one of them belonging to Vaikalya-Karamarma, located on either side of nostrils. The term Phana means expanded side of the nose or expanded hood of the serpent. When we compare the site of PhanaMarma there is an difference of opinion between Acharya Sushruta and Vagbhata (AstangaSangraha) but both explained the similar Viddhalaxana, hence to clarify the doubt regarding its location the study is undertaken.

KEY WORDS: Marma, Phanamarma

INTRODUCTION:

The earliest reference of term is found in Rigveda the term Marma literally communicates to vital and vulnerable spots or areas. To show the importance of the study of Sharir Rachana, Acharya Sushruta has rightly quoted that no one becomes a good physician without having the knowledge of Sharir Rachana.

Marmavigyan is the most intricate part of Rachna Sharir that requires systematic knowledge of Ayurvedic as well as modern anatomy and its applied aspect in relation to traumatology and internal medicine to decipher what is written in the ancient texts. Many vital point/areas in the body are mentioned, which turn fatal or produce serious consequences on injury.

मर्माणिनाममांससिराम्नाय्वस्थिसन्धिसन्निपाताः, तेषुस्वभावतएवविशेषेणप्राणस्तिष्ठन्ति;
तस्मान्मर्मस्व- भिहतास्तांस्तान्भावानापद्यन्ते।¹(सु.शा. ६/१६)

The detail knowledge of Marma is important from surgical point of view & surgical procedures like Agnikarma, ksharkarma, Raktamokshanaetc. are used as a part of the surgery. While conducting these surgical procedures, the knowledge of MarmaSthana, is required. With proper knowledge of MarmaSthana we may perform the procedures without any complication. In trauma condition the knowledge of trauma site, structures involving and deformity identification is necessary. So, in treatment and surgical procedures Marma Study is important. Acharya Susruta explains that.

Marmais said to cover half of the jurisdiction of surgery because persons die immediately if they are injured, even if some of them survive due to Surgeon's efficiency or they will definitely become victim of disability.

Various disorders which take place in body making Marma as their location are generally most difficult even if treated carefully. So, i am going to:

"A Comprehensive study on PhanaMarma With respect To Surface & Regional anatomy" point of view.

According to AstangSamgrah-On each side of the nostrils, adjoining the opening of the ears, inside, is the two PhanaMarma injury to these causes loss of perception of a smell.²

According to AstangaHridaya-On each side of the nostrils, adjoining along with part of the Eustachian tube (Srotamarga), inside the throat is the two PhanaMarma. Injury at this Marmaleads to loss of smell sensation.³

NEED OF STUDY:

The detailed description of Marma is explained in Bruhatryees. Acharyas have mentioned the total number of Marma as 107. It is also explained in Shareerasthana of Sushruta, Vagbhata and Bhava Mishra in purva khanda.

PhanaMarma is one among the Sir Marmas and categorized under Vaikalyakara Marma.⁴ The position of phanamarma is important when we consider the Panchaendriya. Although the gross regional and the Viddhalakshana's are described in Samhithas, the detailed description of particular structures which are involving in PhanaMarma region are lacking in the ancient texts. There is a little information about the consequences of injuries in these parts. Two PhanaMarma are located on either side of srotomarga, any type of trauma of this marma results as loss of smell sensation (GandhaAgyana).

घ्राणमार्गमुभयतःस्रोतोमार्गप्रतिबद्धेअभ्यन्तरतःफणेतत्रगन्धाज्ञानम्। (सु.शा. ६/२८)

Olfactory Receptors⁵:

The Olfactory Receptors are embedded in a specialized patch of yellow tinted mucous membrane in the roof of the nasal cavity. These receptors are sieve-like foramina covered with modified, non-motile cilia. Axons from the olfactory receptors enter small nerve bundles (collectively termed the 1st cranial nerve) which pass through the sieve-like structures (foramina) present in the cribriform plate of ethmoid bone and enter the olfactory bulb. These nerve bundles are injured by the bony fragments of cribriform plate as a result of the Skull fractures in this region, act as weapon and causes partial or complete anosmia.

HYPOTHESIS:

To analyze the regional anatomy and viddhalakshana& surface anatomy of phanamarma present work will be carried out i.e "A COMPREHENSIVE STUDY ON PHANA MARMA WITH RESPECT TO SURFACE & REGIONAL ANATOMY"

REVIEW OF LITERATURE:

Ayurvedic literature

Modern literature

Review of previous research work related to the topic

PREVIOUS WORK DONE IN THIS FIELD:

1. Evaluation of hypothesis on PhanaMarma stated in AstangSangraha and its correlation with modern science Dr. Gaurang v. Paranjape. Year 2009. B.V.U.Pune.

STUDY DESIGN:

AIM & OBJECTIVES OF THE STUDY:

1. To find the exact location of the PhanaMarma described in Ayurveda & contemporary Science.
2. To make the comprehensive and conceptual Study on the Phanamarma
3. To study the Surface and Regional Anatomy of PhanaMarma by cadaver dissection.

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