

## A Conceptual Review of Vishalyaghna Marma

### Review article

Bhosgikar Anup<sup>1\*</sup>

1. Lecturer, Department of Rachana Shareera,  
N.K.Jabshetty Ayurvedic Medical College & P.G Center Bidar, Karnataka.

#### Abstract

Marmas is that vital organs / vital parts of the body where trauma / injury may cause sudden death and may be deformity in the body. This concept was firstly mentioned by Acharya Charaka but detail about this was explained by Acharya Sushruta in *shareera sthana*. These are 107 in number and classified under various categories, *Vishalyaghna* is one among them. *Vishalyaghana marmas* are totally 3 in number i.e. 2 *Utkshepas* and 1 *Sthapani*, injury to these causes death but it is after removal of *shalya* from injured part, so here our attempt is to clarify the concept of *vishalyaghna marma* (type of parinama) i.e what is criteria behind to name *marma* as *vishalyaghna*.

**Key Words:** *Marma*, *Vishalyaghna*, Vital points

#### Introduction:

The word “*Marma*” comes from Sanskrit origin मर्म.

Means place for *prana* (life) and joints of structures endowing like bones, ligaments, nerves, blood vessels etc. And depending upon the structures involved in the injury, *marmas* are classified as *sadhyapranahara* (causing sudden death), *kalaantara pranahara* (causing death after some time), *vishalyaghna* (type of parinama) etc. Acharya Sushruta stressed upon the importance of *marmas* in surgery and stated that in any surgical procedure knowledge of *marmas* is as essential as knowledge of nerves, muscles and blood vessels. There are totally 107 *marmas* (1) and they are categorized depending upon *Rachana* (structure involved), *Shadanga* (regional), *Pramana* (dimensional),

*Parinama* (prognostic), *Sankhya* (numerical) so here our attempt is to clarify the concept of *Vishalyaghna marma* (type of parinama) i.e. what is criteria behind to name *marma* as *vishalyaghna*.

The term *vishalya* coined as, it is not a fatal one up to removal of the *shalya* (foreign body) i.e. the person will live till the removal of foreign body. In this context, Acharya Sushruta (2) tries to emphasize on the concept that without removing the foreign body the person can survive, if it stays and drops itself after *paka* (suppuration).(3)

The *vishalyaghna marmas* are *vayu mahabhuta* predominant,(4) totally three *vishalyaghna* are present in the body. There are

2 *utkshepa marma* and  
1 *sthanpani marma*

\*Corresponding Author:

#### Bhosgikar Anup

Lecturer, Dept. of Rachana Shareera  
N.K.J.A.M.C & P.G Center  
Bidar, Karnataka.  
Phone No: +91-9449338542  
E-mail: [anoop.kulkarni9@gmail.com](mailto:anoop.kulkarni9@gmail.com)

#### Utkshepa Marma:

It is located above the *shankha* (temporal region) *marma* (5) as literally reviewed regarding *utkshepa marma* it is located near the hair margin and it is half *angula pramana* (half finger unit).

Structures come under this superficial and deep fascia of temporal region i.e. up to the meninges. Penetrating wounds if effects the meninges there may be the chances of intra cranial negative pressure rises, hemorrhage etc.

The direct impact to temporal or occipital can produce basilar skull fractures. Possibility it can lead to tear of dural vessels and injury to brain or pial vessels with or without fractures resulting in epidural hematoma (6). So if after injury of dural vessels and pial vessels hemorrhage can lead to high negative pressure rise in the brain and the person will die and, so the *shalya* will not be removed from the site.

#### **Sthapani Marma:**

It is located in between two eye brows (7), so anatomically it is also half *anguli in pramana*. Structures come under this superficial and deep fascia, occipito-frontalis muscle, frontal bone, and glabella and can also be considered up to saggital sinus. Injury to one-third of saggital sinus can be treated by packing or by legating the anterior one-third of superior saggital sinus.

Injury to this may require micro-surgical repair which can be extremely difficult in given situation, hence any depressed bony fragments, and foreign body involving dural sinuses also should not be removed (8)

#### **Discussion:**

*Vishalyaghna marmas* are the areas where any injury may become fatal when the *shalya* is removed from the site. They are two *utkshepa* and one *sthapani*. Both these *marmas* are located in head and neck region. *Utkshepa* is present above the temporal region and at level of hair margin of scalp. *Sthapani* is present in between two eyebrows.

When any foreign body is impacted in the skin or any part of body, it tears the vessels or enters into them. Such foreign

bodies as long as present there will be no bleeding but if extracted forcibly, vessels are going to open and start to bleed. Thus perfusion from the vessels leads to anoxic conditions. In other words *prana* (life) is going to flow out. So if foreign bodies are allowed to remain there only the tissue granulation chances will be there. This closes the mouth of vessels. Consequently there are less chances of bleeding that may save the life of the individual.

#### **Conclusion:**

After reviewing all the facts reviewing of *Vishalyaghna marmas*. these become fatal only after removal of *shalya* from the injured site. *Utkshepa* can be taken as temporal region up to meninges and *Sthapani* is taken as region of Glabella.

Totally the conclusion what sushruta opines regarding not to remove the *shalya* from the site it is scientific.

#### **References:**

1. Sushruta Samhita Dalhana Acharya virachita Nibhandhasangraha vyakhya vaidya Yadavaji Trikamaji acharya choukhambha surabharati prakashana reprint 2010. Page no:369
2. Sushruta Samhita Dalhana Acharya virachita Nibhandhasangraha vyakhya vaidya Yadavaji Trikamaji acharya choukhambha surabharati prakashana reprint 2010. Page no:374
3. Sushruta samhita dalhana acharya virachita nibhandhasangraha vyakhya vaidya yadavaji trikamaji acharya choukhambha surabharati prakashana reprint 2010. Page no:374
4. Sushruta samhita dalhana acharya virachita nibhandhasangraha vyakhya vaidya yadavaji trikamaji acharya choukhambha surabharati prakashana reprint 2010. Page no:371
5. Sushruta samhita dalhana acharya virachita nibhandhasangraha vyakhya vaidya yadavaji trikamaji acharya choukhambha surabharati prakashana reprint 2010. Page no:374



6. Holbourn AHS, Mechanics of head injuries. Lancet, 2;438-441, 1943.
7. Benzel EC, Day WT, et al. Civilian craniocerebral gunshot wounds Neurosurgery. 29; 67-72, 1991.
8. A text book of head injury-page no;12 and 244. A.K. Mahapatra Raj Kamal 3<sup>rd</sup> Edition 2005.

\*\*\*\*\*