

An Anatomical Study of *Kurcha Marma* and its Applied Aspects

Dr. Anita Patiya¹, Dr. Somlata Jadoun²

¹PG Scholar, Department of Swasthavritta and Yoga, National Institute of Ayurveda, Jaipur, Rajasthan, India

²Assistant Professor, Department of Rachana Sharir, HAMCH, Ferozepur, Punjab, India

ABSTRACT

Our great science of life “*Ayurveda*” has withstood the test of time in a glorious manner. The manuscripts that are believed to have been written 2500 years ago. The point of union of five basic human structures that is *Mamsa, Sira, Snayu, Asthi* and *Sandhi* is one such unique location explained in classics where this vital life force energy is residing. In other words, they can be defined as the complex anatomical sites, where a definite physiology rests and produce specific traumatic effects. These specific locations are explained as concept of *Marma Sharir* in *Ayurveda Samhita*. *Kurcha* assumes its name from the root word “kur+chat” according to *sabdakalpdruma*.

KEYWORDS: *Ayurveda, Kurcha Marma, Marma Sharir*

How to cite this paper: Dr. Anita Patiya | Dr. Somlata Jadoun "An Anatomical Study of *Kurcha Marma* and its Applied Aspects" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-8 | Issue-2, April 2024, pp.501-504, URL: www.ijtsrd.com/papers/ijtsrd64699.pdf



IJTSRD64699

Copyright © 2024 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



INTRODUCTION

Ayurveda is the science which deals with the health of human being. The ancient texts of conventional science described *Rachana Sharir* as essential aspect of *Ayurveda* which plays momentous role for perceptive constructive concept of human body. The term *Marma* is derived from the root ‘*Mrung Pranatyaga*’ meaning, that which cause *pranatyaga* or death. The science of *Marma* is very well known since *Vedic* period. Best ancient reference of *Marma* is available in *Rig Veda*. References of *Marma* are found since *Vedic literature*. The detailed description of *Marma Sharir* is available in *Samhita*. *Acharya Sushruta* stated every aspect of *Marma* like definition, signs and symptoms of *Marma* injury. The total numbers of *Marma* as described in *Samhita* are 107 in number. *Acharya Sushruta* believes that *Marma Sharir* covers the half knowledge of surgery.

Material and Methods :

- Texts related to *Marma Sharir* and their commentaries.
- Other print media, online information, journals, magazines etc.

AIM AND OBJECTIVES:

- A conceptual study on *Kurcha Marma*.

- To explore the vital structures present in *Kurcha Marma*.
- To explain the *Viddha Lakshana* of *Kurcha Marma* on the basis of the anatomy.

NEED OF STUDY:

As the perspective of *Marma* which is mentioned in our classics is not yet cleared in the modern science. In classics, *Marma* has been classified as *Mamsa, Sira* etc. But there is no clear analysis regarding its structure. In present scenario there should be scientific description on the basis of evidences. So, it is mandatory to prove the existence of *Marma* on scientific basis. This article is an attempt to explore the *Kurcha Marma* as well as the related anatomical structures and applied aspects.

LITERARY REVIEW OF *MARMA SHARIR*: *MARMA PARIBHASHA*

Acharya Charaka

Acharya has not given any definition for *Marma*. He explains these points as places where the sense of pain will be felt more intensely when compared to other parts and the reason is attributed to the presence of “*Chethana*”.¹

Acharya Shushruta

Marma are said to be the sites where there is the conglomeration of *Mamsa, Sira, Snayu, Asthi* and *Sandhi* and at these places *Prana* resides specially by nature.²

Acharya Dalhana

Injury to *Marma* will lead to death.³

Acharya Vagbhata

Vagbhataacharya is also of the same opinion that it is the meeting place of *Mamsa, Asthi, Snayu, Sira, Sandhi* and has additionally included *Dhamani* along with other structures. He also considers it as seat of *Prana*.

TYPES OF MARMA⁴ :-

According to *Maharishi Sushruta*, there are four main types of *Marma* and they are as follows –

- A. According to *Rachana* (structure)
- B. According to *Aghataj Parinaam* (signs after trauma)
- C. According to *Parimaan*(dimensions)
- D. According to *Shadanga*

Kurcha Marma:-

Etiomology

Kurcha assumes its name from the root words „*kur+chat*“ according to *Sabdakalpadruma*.

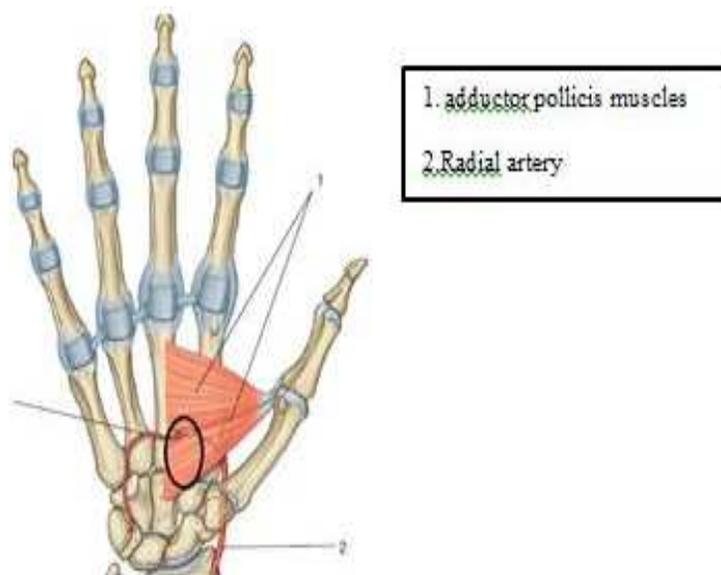
Diameter and Number of Kurcha Marma-

Its diameter which are mention in our Ayurveda Text book as a angul and it has 4 in number.

Location-It is situated two angul above the *Kshipra Marma*.

Table no.1 showing Kurcha Marma of Upper limb.

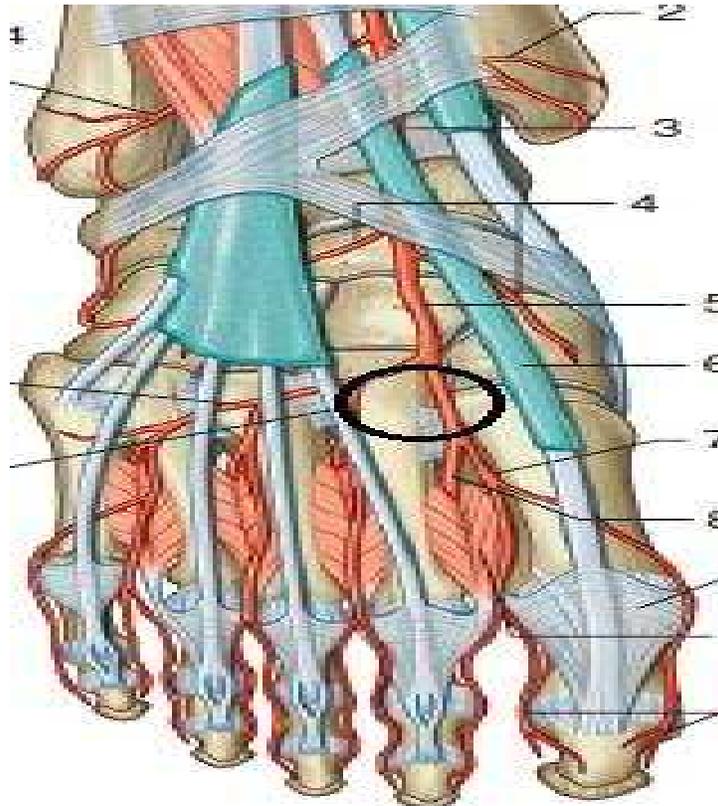
Name	Kurcha Marma
Number	02
Site	क्षिप्रस्योपरिष्टादुभयतः कूर्चो नाम
Type (acc. to <i>Rachana</i>)	Snayu
Type (acc. to <i>Aghataj Parinaam</i>)	Vaikalyakar
Type (acc. to <i>Parimaan</i>)	
Structures Involved	1.Palmar aponeurosis 2. Adductor pollicis and first palmar interosseous muscles 3. Opponens Pollicis muscle 4. Lumbrical muscles 5. Dorsal interossei 6. Palmar interossei 7. Tendons of flexor digitorum pro fundus muscle 8. Radial artery, Deep palmar arch 9. Median nerve
Sign if Injured	Tremors and bending of palm



Showing the Dorsum of palm within the black circle (adductor pollicis muscle & radial artery), the site of *Kurcha Marma* in palm.

Table no.2 showing Kurcha Marma of lower limb

Name	Kurcha Marma
Number	02
Site	क्षिप्रस्योपरिष्ठादुभयतः कूर्चो नाम
Type (acc. to <i>Rachana</i>)	Snayu
Type (acc. to Aghataj Parinaam)	Vaikalyakar
Type (acc. to Parimaan)	
Structures Involved	1. Oblique head of adductor hallucis 2. Flexor hallucis brevis 3. Tendon of tibialis posterior 4. Deep plantar artery: terminal branch of dorsalis pedis artery 5. Deep plantar arch 6. Medial plantar nerve
Sign if Injured	Tremors and bending of foot



showing Dorsum of foot and the black circle (contains plantar vessels and tendons), the site of Kurcha Marma in foot.

Discussion

Surface Anatomy -According to Acharya Sushruta the site of *Kurcha Marma* is क्षिप्रस्योपरिष्ठादुभयतः कूर्चो नाम i.e. arso-meta tarsal region.

Structural Anatomy - Acharya Sushruta include this *Marma* in *Snayu Marma*. It fits perfect because the contraction and relaxation of related muscles is carried by the *Snayu* present here.

Injury Anatomy -Trauma to this *Marma* causes तत्र पादस्य भ्रमणवेपने भवतः i.e. unable to walk properly. Because the muscles present here like flexor hallucis longus, flexor digitorum longus, tibialis posterior and

Peroneus longus helps to stand in the balancing of body.

Conclusion- Acharya Sushruta includes this *Marma* in the *Snayu Marma* on the basis of structure. Trauma to this *Marma* causes *Bhraman* and *Vepan* i.e. unable to walk properly. This is because of the damage of tendon of the muscles or medial plantar nerve which present here.

References-

- [1] Sushruta Samhita with Hindi commentary by Kaviraj Ambikadutta Shastri, Part-1, page no. 67, Sharir Sathan 6/4, by Chaukhambha Sanskrit Sansthan, 2011.

- [2] Caraka Samhita of Agnivesha revised by Caraka and Drdhabala with an introduction by Vaidya Samrata Sri Satyanarayana Sastri, Chikitsa sthana part 2 published by Choukamba Bharati Academy, Varabasi reprint:2001,
- [3] Sushruta Samhita Dalhana Acharya Virachita Nibhandhasangraha vyakhya, Vaidya Yadavaji Trikamaji Acharya, Choukhambha Surabharati Prakashana, Varanasi, reprint 2010.
- [4] Sushruta Samhita with Hindi commentary by Kaviraj Ambikadutta Shastri, Part-1, page no. 67, Sharir Sathan 6/4, by Chaukhambha Sanskrit Sansthan, 2011.

