

TO STUDY THE ASSOCIATION BETWEEN RUJAKAR MARMA WITH SPECIAL REFERENCE TO KURCHASHIR MARMA AND VATKANTAK ACCORDING TO SUSHRUT

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ABSTRACT

The detailed description of *marma* has been found in ancient *samhitas* i.e. *Sushrut samhita*, *Charak samhita*, *Ashtang hridaya*. *Marma* is the site where *Mamsa*, *Sira*, *Snayu*, *Asthi*, *Sandhi* are collectively present. There are 107 *marma* are explained in *ayurved*. *Rujakar marma* are come under the categories of *Parinamatmak* aspect. *Rujakarmarma* are 8 in number. They are as *Manibandha* (2 in number), *Gulpha*(2 in number), *Kurchashir*,(4 in number). *Rujakar marma* cause sever pain when injured hence name *Rujakar*. According to Acharya Vagbhat *marma* are the point where abnormal pain and pulsation are found on pressure. *Marma* is the junction of *Mamsa*(muscle), *Sira*(vessels), *Snayu*(ligament), *Asthi*(Bone), *Sandhi*(joint). *Rujakar marma* is *vayu* and *agni mahabhut* predominant, These two properties generate pain therefore pain is predominant symptoms after injury on *rujakar marma*. *Kurchashir marma* is a type of *Rujakara marma*. Injury to the *kurchashir marma* causes *vaikalyata* (deformity). The reason is that most of the manifestations involving injury to the nerves and vessels are found much below the ankle joint. When the tip of plantar aponeurosis gets infected, it will cause severe pain and tenderness in front of calcaneal region. Due to injury to foot by any objects cause painful condition. As sole of foot is a weight bearing area, most of the times this sort of injury leads to involve the *Kurchashira marma*. *Vatakantaka* is the *Vatvyadhi*, *Pain in heel* is the main symptom of *Vyadhi*.

KEYWORD: *Rujakar Marma*, *Kurchashir marma*, *Vatkantak*.

INTRODUCTION

According to acharya Sushrut, The *marma* sthan is the site of *mamsa*(muscle), *sira* (vessel), *snayu*(ligament), *asthi* (bone), and *sandhi*(joint).^[1] *Marma* is very important and unique concept of ayurved. This term *Marma* is initially used in Vedic literature of India i.e. *Atharvaved*, in connection with warriors ready to go to battlefield.^[2] They are advised to make themselves fully equipped with required ornaments to protect the vital parts (*Marma*) of the body by the armor so that they may get the victory without having any injury on his vital part of the body. If any injury to the *marma* regions that lead deformity of structures produces the sever pain in the *marma* region, loss of movement, trauma to the local structures and even sometime there may be death.

Classification of *Marma*- There are 107 *Marmas* given in *Samhita* is being classified into 5 types on the basis of structural involvement 1 *Mamsa marma*(11), *Sira marma*(41), *Snayumarma*(27), *Asthimarma* (08), and *Sandhi marma*(20). Another classification of *Marma* is

on the basis of after- effect of injury to *Marma* these are as follows,

- 1) *Sadhya Pranhara Marma* (19) (causing sudden death),
 - 2) *Kalantar Pranhara Marma* (33)(death after some time),
 - 3) *Vishlyaghna Marma* (03) (type of *Parinam*),
 - 4) *Vaikalyakara Marma* (40) (causing deformity),
 - 5) *Rujakar Marma* (08)(causing pain).^[3]
- Rujakar marma* are come under the categories of *Parinamatmak* aspect. *Rujakarmarma* are 8 in number. They are as *Manibandha* (2 in number), *Gulpha*(2 in number), *Kurchashir*,(4 in number).^[4] *Rujakar marma* cause sever pain when injured hence name *Rujakar*. According to Acharya Vagbhat *marma* are the point where abnormal pain and pulsation are found on pressure.^[5]

AIM- To Study the association between *Rujakar Marma* And *Vatkantak*.

OBJECTIVE

1. To Study the *Rujakar Marma*.
2. To Study the *KurchaShir marma*.

- To Study the Anatomical structures present in *kurchaShir marma* according to Modern.
- To Study the *Vatkantak* according to Sushrut.
- To Study the modern aspect of *Vatakantak* (Calcaneum Spur).

MATERIAL AND METHODOLOGY

Literature Available from Ayurved and Modern Text.
Literary study of *Rujakar marma*, *kurchashir marma*, *vatkantak* was done using all concerned ayurved text book.

Review of literature

- There are 107 *marma* located at different places all over body.
- According to Acharya sushrut, *Marma* are constituted by combination of five elements. The five elements are *mamsa* (muscle), *sira* (blood vessels), *Snayu* (ligament), *Asthi*(Bone) and *sandhi*(joints).
- Injury to the *marma sthan* may lead to death. The point where irregular pulsation and pain is felt upon pressure are called *Marma*. "*Vishamam spandanam yatra pidhite ruk cha marma tat*"
- Sence of pain or the intensity of pain will be more at the location of *marma*, compared to other part of the body, because chetna is situated in the *marma sthan*.

Rujakar marma

Rujakar Marma are the vital points in the human Body, which are 8 in number as *Manibandha*, *Gulpha*, *Kurchashir Marma* in upper limb and in lower limb, Each being two in number and cause sever pain when Injured hence the name *rukajara*.

Kurchashir marma (Lower Limb)^[6]

The etiology of word suggest that it is named so because it is head part of brush like structure.

- Location - Both side Below the Anklejoint
- Number – 2 in lower limb
- According to *Abhighat parinam* - Continues painful (*Rujakara*)
- According to Structure (*Sanrachana*) - *Snayu marma*
- According to Measurement (*praman*) - *Ek Angul*
- Qualities - *Rujakar marma* (cause sever Pain)

Modern aspect kurchashir marma

Components which found on *kurchashir marma* (Lower limb) as

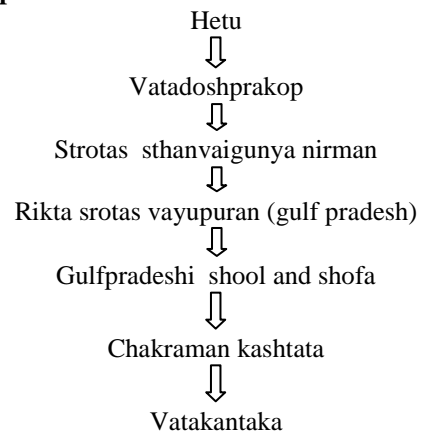
- Mamsa* - Tibialis Anterior.
- Sira* - Branches of medial and lateral planter arch.
- Snayu* - Talocalcaneal ligament, Calcaneo fibular ligament
- Asthi* - Calcaneus, Talus
- Sandhi* - Calcanocuboid, Calcanonavicular joint

Vatakantak

"*Nayaste tu vishame pade rujaha kuryat samiranh vatkantak ityesh visheyah khuddukashritah*"

- As per the Sushruta Samhita *Vatakantaka* is a one of the common clinical condition which is considered as *Vatavyadhi* which is cause by mainly due to walking on uneven or irregular ground frequently, placing the feet improperly while walking, running etc. due to this when vitiated vata is situated in *khudaka* produces pain in pada (feet).^[7]
- Khudaka* means joint of feet and leg, Some take it as *parshni* (heel)

Samprapti of vatkantak



Samprapti ghatak

- Dosh - Vatadosh prakop
- Dushya -Asthi
- Srotas - Asthivahastrotas
- Udhbhavsthan -Asthi ,sandhi
- Vyaktasthan - gulf pradesh

Modern aspect of Calcaneum Spur

- Calcaneum- The calcaneum is the largest tarsal bone. It form the prominence of heel. It is also known as heel bone.^[8]
- It also play an important role in weight bearing and stability.
- Continuous strain on feet muscle and ligament, stretching of planter fascia and repeated tearing of membrane covers the heel bone, these are major causes for calcaneal spur formation.
- When heel bone is met with constant pressure, calcium deposition occur beneath this bone and if the pressure continues, the deposition takes the shape of spur causing pain.
- The apex of the spur lies either within the origin of the planter fascia (on the medial tubercle of the calcaneus) or superior to it (in the origin of the flexor digitorum brevis muscle).
- The relationship between spur formation, the medial tubercle of the calcaneus and intrinsic heel musculature results in a constant pulling effect on the plantar fascia resulting in an inflammatory response.
- The painful heel is a relatively common foot problem

- calcaneal spur is caused by long-term stress on the plantar fascia and foot muscles and may develop as a reaction to plantar fasciitis.

CONCLUSION

- *Marma* point are the *pransthana* where pran resides.
- *Vayu* and *Agni Mahabhut (Rujakar Marma)*- These two properties generate pain, Therefore *ruja* (pain) is a predominant symptom after injury on *rujakar marma*.^[9]
- The nerve lying there are damaged and this causes pain. The pain is generally localised but it may refer to other side of the body. Even it may lead to mild shock. *Kurchashir marma* are *snayu marma*, *Rujakar marma* with *ek angul* in measurement present at calcaneum (*parshni*).
- *Marmabhighata: kurchashira* is a *snayu marma* and the reason behind that is the predominance of *snayu* in the region. *Kurchashir marma* is a type of *Rujakar marma*. Injury to the *kurchashir marma* causes *vaikalyata* (deformity). The reason is that most of the manifestations involving injury to the nerves and vessels are found much below the ankle joint. When the tip of plantar aponeurosis gets infected, it will cause severe pain and tenderness in front of calcaneal region. Due to injury to foot by any objects cause painful condition. As sole of foot is a weight bearing area, most of the times this sort of injury leads to involve the *Kurchashira marma*.
- *Kurchashira* of lower limb is situated below *Gulpha sandhi* (ankle joints) and anatomically it includes the Talo-calcaneo-navicular joint. The predominance of extensor and flexor tendons passing through the region and presence of apex part of plantar aponeurosis and various retinacula justifies the classification of *Kurchashira marma* in the *snayu* variety.
- In Ayurveda, it is described as *Vatakantaka*, particularly caused by walking on uneven surfaces or by *Ati Shrama* which produces *Ruja* (pain) in *Khaduka Pradesha (Parshni or Padajangha Sandhi)*. *Vatakantaka* is the *Vatvyadhi*, Pain in heel is the main symptom of *Vyadhi*. It can consider to calcaneus spur or Heel spurs In modern science.

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