

ANATOMICAL STRUCTURES RELATED TO *STHAPANI MARMA* W.S.R. TO *SIRA MARMA*: A REVIEW

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ABSTRACT

Marma (Jivasthal) science is one element of Ayurveda gifted by Acharyas. It is not much developed in modern science. Marma is a vital point on the body surface, having importance regarding traumatic effect. Marma is a vital point where the injury occurs can lead to disability or even termination of life. Every aspect of Marma like definition, signs symptoms of Marma injury was thoroughly explained by Acharya Sushrut and also by various scholars. Not only the Marma but also the Marma Viddha Lakshana (effect of injury at Marma point) was documented by different Acharyas. Marma has the resemblance with the meridian system of Acupuncture and Acupressure system of treatment. On the basis of meridian point and flow of Prana Energy, a combination of vast structures related to Marma point i.e. Nerves, arteries, veins, bones, and their joints. Vishalagnya Marmas are totally 3 in number i.e. 2 Utkshepa and 1 Sthapani. Injury to these causes death due to forceful removal of Shalya from the injured site. Purpose of this review is the attempt to clarify the concept of Vishalagnya Marma (a type of Parinama) i.e. what is criteria behind to name Marma as Vishalyaghna (loss of Pranavayu). The aim of this study to clear the anatomical structures lies in the region of Sthapani Marma (the vital point between eyebrows). Try to find the relation and cause of death, after removal of foreign body and passage of Prana.

KEYWORDS: Marma, Prana, Artery, Vein, Sthapani, Brows, and Sinuses