



## CONCEPT OF ADHOSHAKHAGAT LOHITAKSHA MARMA AND ITS APPLIED ASPECT

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### ABSTRACT

Concept of Marma is one element of the divine Ayurvedic system of medicine. It is not much developed in modern science. Acharya Sushruta and Vagbhata have elaborated it in detail in Sharir sthana of their respective Samhitas. They have explained 107 such vital points, injury to which results either in death or some dangerous deformity. One among them is Lohitaksha marma present in each limb. In the lower limb, It is present at the root of thigh at the region of femoral triangle. Injury at the site of this marma leads to excessive blood loss, Pakshaghata and ultimately death occurs. After collecting information from various ancient texts and modern texts Lohitaksha marma comes under the variety of vaikalyakara and the structures present at the site of Lohitaksha can be understood as femoral vessels and nerve, superficial inguinal lymph nodes and two muscles psoas major and pectineus. Now a day's our life pattern is very fast and competitive and road side accidents are very common. So it is very essential to understand the concept of Marma and its anatomy with physiology. The main aim of this paper is to explore Anatomical structure of Lohitaksha marma present in lower limb and its applied aspect with modern context.

**KEYWORDS :** Lohitaksha marma, Vaikalyakara marma, Femoral triangle

### INTRODUCTION

Marma science is part of vedic science. Acharya Susruta described 107 marma in per view of traumatology. Marma are also the places where the tridosh, prana, ojas or soma and tejasa or agni are present and marma are the seat of prana and constituted by confluence of mamsa, sira, snayu, asthi and sandhi. Injury of these leads to various effects from death to permanent deformity. As per classification description it to Vaikalyakara (leading to deformity) and Sira marma situated in both the limbs. In the upper limb -The Lohitaksha marma is located exactly above the baahvi Marma and below the Kaksha Sandhi and the root of the upper limb. In the lower limb -The Lohitaksha marma is located exactly above urvi marma and below the vankshana sandhi and at the root of thigh. Injury to the Lohitaksha marma leads to pakshaghata or paralysis of limbs due to loss of blood. If the Lohitaksha marma is injured in the lower limb, it leads to paralysis of lower limb due to blood loss and also death.

Description of 107 Marmas given in Samhita is being classified into 5 types on the basis of structural involvement in it, as 1) Mamsa Marma (muscular vital point), 2) Sira Marma (vascular vital point), (3) Snayu Marma (ligament vital point), 4) Asthi Marma (vital point of bone) and 5) Sandhi Marma (vital energy points of joint). Another classification of Marma is on the basis of aftereffect of injury to Marma these are as follows, 1) Sadhya Pranhara Marma (causing sudden death), 2) Kalantar Pranhara Marma (death after some time), 3) Vishlyaghna Marma (type of Parinam), 4) Vaikalyakara Marma (causing deformity), 5) Rujakar Marma (causing pain). As per classical description Lohitaksha Marma is such vital region in the upper anterior aspect of thigh which falls under Sira Marma according to structural consideration & Vaikalyakara Marma on the basis of Viddha Lakshana (injury effect) by both Acharya Sushrut & Vagbhata.

#### Lohitaksha Marma

Etymology- the term Lohitaksha suggests that the Marma sites may look like bloody appearance of eyes (applied for blood vessels), Lohita (red) Akhsa (axis) all blood vessels in axis.

Region- Lies on both upper and lower limb near the point of origin of root of limbs.

Numbers- Total four, 2 in upper limbs and 2 in lower limbs.

#### Anatomical Site Or Surface Anatomy

At upper limb- Lies below the Ansha Sandhi (shoulder joints).

At lower limb- Lies below the Vankshana Sandhi (hip joints) below Vitap Marma.

Measurement- Its diameter is about half an Angula. Structure Anatomy – It is Sira Marma.

Prognostic view- It is Vaikalyakara Marma.

Injury results- Excessive blood loss, Pakshaghata (paralysis), atrophy of limbs and ultimately Mrityu (death) occurs.

- To Explore the site of adhoshakhagatt Lohitaksha Marma as per Ayurveda and modern classics.
- To study the surrounding and underlying structures of adhoshakhagatt Lohitaksha marma and its applied aspect.

### MATERIAL AND METHODS

The literary material related to Lohitaksha marma has been collected from different parts of all Ayurvedic Samhita, research paper, journals, previous dissertations and authentic internet sources. The structural anatomical composition of Lohitaksha marma was thoroughly reviewed, co-related and analysed with the knowledge of modern and contemporary science.

### DISCUSSION

Lohitaksha Marma belongs to Sira Marma group. On the basis of literature study, it is revealed that adhoshakhagatt Lohitaksha Marma is mainly composed of femoral triangle and its content. As per the references available from the Samhita, location of the Lohitaksha Marma in the lower limb is said to be above the Urvi Marma and below the Vankshana Sandhi, at the root of the Uru. So, the location of Lohitaksha Marma is not precisely mentioned but it can be understood on the basis of distal and proximal landmark. Here the Vankshana Sandhi is to be correlated to the hip joint. Uru Moola can be understood in terms of either, inguinal fold or angle between the neck and shaft of the femur because head of the femur is involved in the articulation of hip joint. Hip joint is lying 1.2 cms below the inguinal ligament and just below the joint there is angulation between neck and shaft of femur. On the basis of these features and classical description the location of Marma can be exacted between hip joint and neck shaft angle of femur. In these mentioned areas mainly femoral artery, vein with femoral sheath and femoral nerve is seen. The injury effect of Lohitaksha Marma is mentioned as there will be Marana and Pakshaghata or Saktisada due to Rakta Kshaya. In lower limb injury to femoral vessels causes atrophy of lower limb due to blood loss. Below the inguinal ligament, the femoral nerve divides into its terminal branches, so the nerve can be damaged in stabbing and Gunshot wound. Paralysis of quadriceps femoris occurred by the injury to femoral nerve in groin area, so sensory deficit on anterior and medial compartment of thigh can be traced.

### CONCLUSION

From above discussion In Adhoshakhagatt Lohitaksha Marma is considered as Sira marma .injury of Lohitaksha marma that is shakthisad and pakshaghata which is very much similar to modern science with injury is occurred on femoral vessels and femoral nerve it leads to deformity or death due to uncontrolled bleeding this condition leads to paralysis which can be compared with Lohitaksha Marma

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### AIM AND OBJECTIVE

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