

**A conceptual study on *Manibandha Marma* with special reference to its *Marmabhighat* in auto Rikshaw drivers.**

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**ABSTRACT-**

*Ayurveda* the science of life deals with preserving health of an individual by physical, mental and spiritual means. It defines human body by dividing it into six parts so-called *Shadanga*. Even though all the parts of the body are significant, there are vital spots called *Marma* which are more substantial. *Marma* is considered as the point where there is conglomeration of five human basic structures like *Mamsa*, *Sira*, *Snayu*, *Asthi* and *Sandhi*. These specific locations are explained under the impression of *Marma Shareera* in *Ayurvedic* classics. Occupation is an important factor for manifestation of many diseases in human beings. Auto Rikshaws are an important part of urban morbidity and a step to improving sustainable transportation as well as quality of life in Indian cities. Painful wrist is a challenge for Auto Rikshaw drivers. *Manibandha Marma* is present at wrist joint. In Auto Rikshaw drivers wrist

joint are under optimum usage as there will be frequent flexion and extension of wrist joint especially of left hand because he must change the gears frequently. So, This study can help to understand *Manibandha Marma* w.s.r. to its *Marmabhighat* in Auto Rikshaw Drivers.

**Keywords:**

*Manibandha Marma*, *Marma Shareera*, Auto Rikshaw drivers, Wrist Joint.

**INTRODUCTION-**

*Marma Sharira* is one of the prominent subjects in *Ayurveda*. References of *Marma* are found in *Rigveda*<sup>[1]</sup>. There are 107 *Marma* located at different places all over the body. Of which, 11 *Marma* are present in the extremities, 26 *Marma* are present in the trunk, 3 in the abdomen, 9 in the thorax, 14 *Marma* are located in the back, and 37 in the head–neck region<sup>[2-4]</sup>. According to *Acharya Sushruta*, *Marma* are constituted by the combination of five

elements. The five elements are *Mamsa* (muscle), *Sira* (blood vessels), *Snayu* (ligaments), *Asthi* (bones), and *Sandhi* (joints)<sup>[5]</sup>. For the purpose of description, the *Marma* are considered under various heads. The *Marma* are categorized according to their locations in body. They are *Shakhagata Marma* (*Marma* located in extremities), *Urahgata Marma* (*Marma* located in thorax), *Udaragata Marma* (*Marma* located in abdomen), and *Urdhvajatrugata Marma* (*Marma* located in head and neck region). *Acharya Sushruta* has described symptoms of injury to the *Marma* of lower limb, and he has instructed further to consider symptoms of injury to the upper limb *Marma* same as that of the lower limb *Marma*<sup>[6]</sup>. Another type of categorization is according to the structures involved in the formation of the *Marma* (dominance of structure present at the site of *Marma*). They are categorized as *Sira Marma*, *Snayu Marma*, *Sandhi Marma*, *Asthi Marma*, and *Mamsa Marma*. *Marma* are further divided into five types according to the manifestations of symptoms that occur when the *Marma* are injured. The possible fate of any wound ranges from pain to fatal end. *Acharya Sushruta* has classified this range into several heads according to post-traumatic results<sup>[7]</sup>. An injury to the *Sadya Pranahara Marma* causes death within 7 days. An injury to the *Kalantara Pranahara Marma* causes death within 2 weeks to 1 month<sup>[8]</sup>. *Vishalyaghna Marma* does not cause death until the weapon is inside the *Marma* location. If the weapon or the foreign body is removed forcibly, then the removal causes death of the patient. If the weapon remains in the *Marma* location till it falls at its own Paka (putrefaction) of the wound, then the patient survives.

*Vaikalyakar Marma* are those locations that cause deformity when injured. An injury to the *Rujakar Marma* causes pain<sup>[9]</sup>.

*Manibandha Marma* is a *Rujakar Marma* and a *Sandhi Marma*. It comprises various components. Carpal bones, distal ends of radius and ulna, various ligaments, tendons, and nerves are situated in the area of wrist joint. An injury to these components results in painful conditions of wrists. These conditions are mostly irreversible and that is the reason why *Acharya Sushruta* has labeled it as *Rujakar Marma*.

Occupation is an important factor for manifestation of many diseases in human beings. Professional drivers have a higher prevalence of occupational disorders than other groups<sup>[10]</sup>. In Auto Rikshaw driving as a task involves prolonged sitting, a fixed posture and vibration any of which could directly lead to effect on their health. Auto Rikshaw drivers are more prone to musculoskeletal injuries related to their occupation, when a vehicle is in motion the body is subjected to different forces; accelerations and deaccelerations, lateral swaying from side to side and whole body up and down vibrations. Though the concept of *marma* is related with traumatology. Hence it is necessary to explore the ancient concepts on modern platform on the basis of scientific study and as a preventive measure to be taken. By considering the above information there is need to evaluate the influences of occupation on human being, so that we can take proper care to secure them from injuries.

## **AIMS AND OBJECTIVES –**

1. To study *Manibandha Marma* in detail.

2. To assess the relationship between *Marmabhighat* of *Manibandha Marma* and Auto Rikshaw drivers.

## MATERIALS & METHODS-

1. Reviewing of *Ayurvedic* classics including relevant commentaries regarding *Manibandha Marma*.
2. Review of all available literature related to Auto Rikshaw drivers and their occupation.
3. Reviewing of journals, internet materials and previous research papers related to this subject.

### Description-



According to *Acharya Sushruta*, *Manibandha Marma* is a *Sandhi Marma* and a *Rujakar Marma*. *Manibandha Marma* falls under the category of *Rujakar Marma* on the basis of effect-wise classification. *Ruja* the word stands for pain. *Rujakar Marma* shows the dominance of *Agni* and *Vayu* element in its *Panchbhautik* composition. *Rujakar Marma* if injured causes tremendous pain and if not treated properly can lead ultimately to deformity. An injury to *Manibandha Marma* causes *Ruja* (pain) and *Kunthata*, which means loss of function<sup>[11,12,13]</sup>. Hence, any injury at the site of *Manibandha Marma* causes tremendous pain and stiffness of hand.

According to *Rachanabheda*, it is a *Sandhi Marma*<sup>[13]</sup>. Though *Manibandha Marma* is a *Sandhi Marma*, various ligaments and cartilages are also involved in the joint. These components are equally responsible for painful conditions of the wrist. Hence, all the components of the joint should be considered as a part of the *Manibandha Marma*.

In Auto Rikshaw driving as a task involves prolonged sitting, a fixed posture and vibration any of which could directly lead to effect on their health. Auto Rikshaw drivers are more prone to musculoskeletal injuries related to their occupation, when a vehicle is in motion the body is subjected to different forces; accelerations and deaccelerations, lateral swaying from side to side and whole body up and down vibrations. In Auto Rikshaw drivers wrist joint are under optimum usage as there will be frequent flexion and extension of wrist joint especially of left hand because he must change the gears frequently<sup>[14]</sup>. The presence of pain and swelling helps to conclude the stress on soft tissue like muscle and tendon i.e. involvement of musculoskeletal disorders. Therefore due to over use of joint there may be a stress which may lead to severe pain and structural changes in those joints.

## DISCUSSION-

*Acharya Sushruta* has defined the types of *Sandhi* (joints), and *Manibandha* is a *Kora Sandhi* (hinge joint) according to his classification of joints<sup>[15]</sup>. *Manibandha Marma* is located in the *Manibandha Sandhi*, that is, wrist joint. According to *Ghanekar Tika* (a commentary on *Sushrut Samhita*), *Manibandha Marma* is located in wrist joint, which includes both

radioulnar and radiocarpal joints. *Rasayog Sagar* interprets *Manibandha Marma* as intercarpal ligaments. As *Manibandha Marma* is a *Sandhi Marma*, overall joints should be considered in case of *Manibandha Marma* and not just the ligaments. *Manibandha Marma* comprises various components. Carpal bones, distal ends of radius and ulna, various ligaments, tendons, and nerves are situated in the area of wrist joint. In addition to this, the structures present in its vicinity, which may or may not have direct relation with it should also be taken under consideration. As It is also a *Rujakar Marma*. Any injury to the wrist joint can make the joint painful. The injury can result in the loss of function of the joint. Driving Auto Rikshaws involves repetitive movement of the wrist, specially flexion and extension while accelerating and intense gripping while applying the brakes. This causes pain and sometimes loss of function of wrist region. These two symptoms are the *marmabhighat lakshanas* of *Manibandha Marma* and it affects on driving of Auto Rikshaws and their daily activities.

### CONCLUSION-

From above discussion it is concluded that there is effect of long term driving of Auto Rikshaw drivers which causes *marmabhighat* of *Manibandha Marma* including pain and loss of function of wrist region.

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*Conflict of Interest:* Non

*Source of funding:* Nil

*Cite this article:*

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Ayurline: International Journal of Research In Indian Medicine 2023; 7(4):01-05