

## CRITICAL APPRAISAL OF *SIRA MARMA* WITH SPECIAL REFERENCE TO *VIDHURA MARMA*

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### ABSTRACT

*Marmas are the points which lie in our whole body. According to Ayurvedic literature at these points, the Prana (Jivaniya Shakti/ Vital energy) situated naturally. Acharya Sushruta (Ayurvedic, surgeon of an ancient period) has described very nicely in the separate chapter known as Marma Sharira in Sharira Sthana. The science of Marma was extended by the physician and surgeons of ancient period to prevent death. A basic concept of Marma and concept of Chakras in Yoga and meridian system in acupressure /acupuncture resemble with each other closely. Marma can be viewed as the meridian points system of Ayurveda, that corresponding to visceral organs, a combination of vast structures i.e. nerves, artery, veins, bones and their joints and interconnected bodily systems. Description of Vidhura Marma by Acharya Vagbhata has been done under Dhamani Marma, belongs to head region the most dangerous region of the body prone to deadly injuries. Anatomical structures may involve in this are the tympanic membrane, vestibulocochlear nerve, stylomastoid artery, facial nerve, mastoid air cells etc. Any sharp injury at this level causes permanent deafness.*

**KEYWORDS:** Vidhura Marma, Facial Nerve, Vestibule-Cochlear Nerve, Stylomastoid Artery