



KURPARA MARMA- AN ANATOMICAL REVIEW

Review Article

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ABSTRACT

Kurpara Marma is one of the delicate and vital points of the body which has been located in the upper limbs mainly in the elbow joint. It is located both in the upper limbs and at the junction of the arm and the forearm. In the lower limb, this *Marma* is represented by *Janu Marma* located at the knee joint. A detailed understanding of *Kurpara Marma* along with its related structures and its injury. In *Vedas* and in classics of *Ayurveda* the concept of *Marma* was limited to the science of war and *Marma* points were mainly considered as only fatal and vital points i.e., trauma to them leads to debility or even death as these are the seat of *Prana* (life energy).

Keywords: *Kurpara Marma*, Elbow Joint, Forearm, Arm, Upper limb, Blood vessels, Joint, Bone, Ligaments.

INTRODUCTION: *Marmas* are the vital organs/ vital parts of the body where trauma/injury may cause sudden death or deformity to the body. The total no of *Marmas* is 107. *Marma* is formed by the combination of *Mamsa*(muscle), *Sira*(artery/vein/capillary), *Snayu*(ligament), *Asthi*(bones), and *Sandhi* (joints). *Kurpara Marma* is present in the *Udhvashakha of Sharira* (Upper part of the body) mainly between the arm and forearm. *Kurpara Marma* is 2 in number: i.e. one in both upper limbs, at the elbow joint. While understanding the exact location of *Kurpara Marma* in the limb, it can be understood as in the upper limb – *Kurpara Marma* is located in both upper limbs (left and right elbow joints). The *Kurpara Marma* is situated exactly at the meeting point of the *Bahu* (arm) and *Prabahu* (forearm). Categories of *Kurpara Marma*.¹

MATERIALS AND METHODS:

Mainly a Literary Study based on *Marma* literature available from *Ayurvedic* and

modern textbooks related to *Marma*. And textbook of anatomy.

AIMS & OBJECTIVES:

- Detailed understanding of *Kurpara Marma*
- Kurpara Marma*, with related *Mamsa*(muscle), *Sira*(vessels), *Snayu*(ligaments), *Asthi*(bones) and *Sandhi*(joints) was identified as mentioned in hypothesis.

Location of *kurpara marma*

According to *Sushrutaacharya* *kurpara marma* is located at the junction of the arm and the forearm i.e. exactly at the elbow joint to be precise.²

- Shakha Gata Marma* (Vital points located in the Limbs) – Since *Kurpara Marma* is located in the limbs which can be understood as upper limbs. They have included *Shakha gata Marma*.
- Sandhi Marma* – *Kurpara Marma* is predominantly composed of *Sandhi*, i.e. the joint or components making the elbow joint. The bony joint formed at the elbow joint forms the structural component of this type of *Marma* (Vital Points).

Therefore it is included under *Sandhi Marma*. The other tissues are present in less proportion in this *Marma* (Vital Points) like *Sira* (blood vessels), *Asthi* (bone), *Snayu* (ligaments, tendons, nerves), and *Mamsa* (muscles).

iii) *Vaikalyakara Marma* (One which is resulting in deformity) – *Kurpara Marmas* on getting injured causes *Vaikalya* (Deformity of the Structures) which can be

compared with the Elbow Joint. As injury to *Kurpara Marma* also results in deformity, it is included under *Vaikalyakara Marma* (deformity causing vital points).

iv) *Pramana* (Measurement): 3 *Angula* (Horizontal dimension or breadth of the middle segment of one's own middle finger) dimension.



(Image:1) (LOCATION OF KURPARA MARMA)¹¹

Abhigataj lakshana of kurpara marma

According to *Sushrutaacharya* any Injury to the *Kurpara Marma* leads to *Kunthataa* (functional deformity) of the *Kurpara Sandhi*. A lot of our activities and daily work are dependent on the fine actions done by elbow joints and the articulations related to these joints. When the *Marma* located at the *Kurpara Marma* gets injured, these activities are hampered leading to functional impairment.⁴

Kuni means functional deformity. And this feature can be correlated with symptoms such as difficulty in flexion, extension, palm drop, hand drop, and dangling of hand which is arisen due to loss of structural and functional integrity of above said anatomical structures (e.g. tendon of the bicep brachii, bicipital aponeurosis, pronator teres muscle, flexor carpi radialis longus muscle, palmaris longus muscle, flexor carpi ulnaris muscle, etc.) these anatomical structures are located at the elbow joint. Hence it is

proved that *Kurpara Marma* is a *Vaikalyakara Sandhi Marma* which causes partial or permanent residual deformity after a traumatic lesion.⁶

MODERN REVIEW:

Marma is the specific vital point of the anatomical location where five structures of the human body viz. *Mamsa*(muscle), *Sira* (artery/vein/capillary), *Snayu*(ligament), *Asthi*(bones), and *Sandhi*(joints) combine together at one point. *Marma* points are such fatal points spread all over the surface of the human body. These are the place where the *prana* (life Force) is said to be situated Main structures falling under *Kurpara Marma* are as follows:⁷

- i. Elbow Joint
- ii. Capsular ligament
- iii. Radial collateral ligament
- iv. Ulnar collateral ligament
- v. Annular ligament

Also associated structures with **Muscle structures** like Biceps brachii, Triceps

brachii, supinator, pronator teres, and extensor carpi radialis.^{3,8}

Arterial structures like the Brachial artery, tributaries of the cephalic and median cubital vein, median nerve, and its branches.⁸

Ligaments like Capsular ligament, radial and ulnar collateral ligaments of elbow joints.⁸

Structure related to **bones** like the Lower end of the Humerus, the upper end of the radius, and the ulna. Structures related to joints like Humeroulnar, humeroradial, superior radioulnar joint constituents Elbow joint. The Elbow joints are important hinge joints that help in keeping the flexibility of the upper limbs. Most of our daily activities depend upon the flexibility and range of movements which take place at this joint. Painful conditions of these joints should not be ignored or neglected as they can lead to severe conditions.

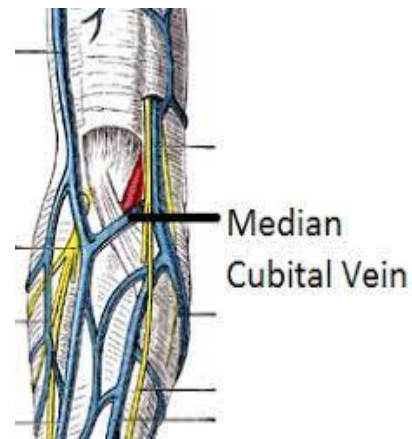
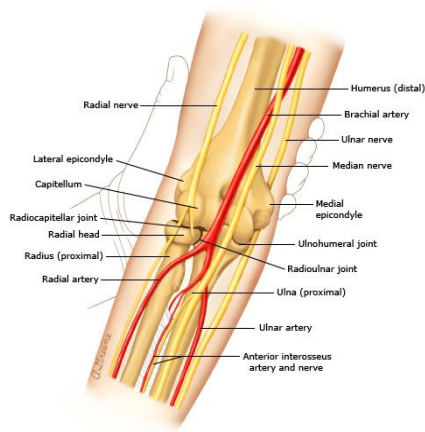
Different entities like muscles, blood vessels, and other tissues are also present around the *Kurpara Marma*. But this *Marma* in precise mainly comprises the joints and the bony ends which are involved in making the Elbow joint. Due

to these, it is considered a *Sandhi Marma*. The same will be the case when any type of injury to *Kurpara Marma* occurs and as a result, all the structures involved with this *marma* i.e. *Sira* (blood vessels), *Asthi* (bones), *Mamsa* (muscles) and *Snayu* (ligaments, tendons, etc) may get damaged. But the *sandhi* which chiefly makes up the structure of *Kurpara Marma* tends to get severely injured in comparison to other anatomical structures. The impact of an injury can be identified by comparing the effect of injury to it. The *Kurpara Marma* may be injured in these instances and pain in the joints may be an early indication of the impairing functional deformities of the joint. *Kurpara Marma* is present in the upper limb meeting place of the arm and forearm. If it gets injured there will be a disability. There are many anatomical and surgical structures related to *Kurpara Marma* which can be compared with elbow joint injury which leads to disability or loss of function. Even in today's fast life, it is very important to protect our *marma sthanas* because of heavy road traffic which results in accidents causing injury to *marmas*.⁹

Anatomical structures under the *kurpara marma*



(Image:2- Muscles of Forearm and Arm)¹² (Image:3- Ligaments of Elbow joint)¹³
(Image:4- Elbow joint)¹⁴



(Image:5- Arteries and Nerves around Elbow joint)¹⁵ (Image:6- Veins around Elbow joint)¹⁶

DISCUSSION: There are many references available about the *Marmas* by various *Acharyas*. But *Shushrutacharya* has given more elaborative information about the various *Marmas*. He has given the basic definition of *marmas* as it is the union of *Mamsa* (muscle), *Sira*(vessels), *Snayu*(Ligaments), *Asthi*(bones), And *Sandhi* (joints). All the above five structures are present in each *Marma*. *Kurpara Marma* is present in the upper limb between the arm and forearm. It is *Vaikalyakara Marma* means injury to this *Marma* produces structural and functional deformity. The site of *Kurpara Marma* is at the elbow joint. The structures seen during dissection are as follows: Biceps brachii, triceps brachii, supinator, pronator teres, and extensor carpi radialis which can be correlated with *Mamsa*. The brachial artery, tributaries of the cephalic and median cubital vein, median nerve, and its branches correlated with *Sira*. Capsular ligaments, radial and ulnar collateral ligaments of elbow joints correlated with *Snayu*. The lower end of the Humerus, the upper end of the radius, and the ulna correlated with *Asthi*. Humeroulnar and humeroradial, superior radioulnar joint constituents of elbow joints. So, from the

above discussion, it is clear that *Kurpara Marma* is *Vaikalyakara Marma* means injury to the above structure can cause structural and functional deformity. So, entirely elbow joints and the structures associated with them can be correlated with the *Kurpara Marma*.

CONCLUSION

Shushrutacharya has given the information and importance of *Marmas* according to *Shalyatantra* (surgical point of view). So, he has given the distinctive classification of *Marmas*. Out of 107 total *Marmas*, 44 *Marmas* are *Vaikalyakara Marmas*, and 6 *Vaikalyakara marmas* are present in the upper extremity. *Kurpar Marma* represents the elbow joint area along with its related structures as, Biceps brachii, triceps brachii, supinator, pronator teres and extensor carpi radialis muscles, brachial artery, tributaries of the cephalic and median cubital vein, median nerve and its branches, capsular ligaments, radial and ulnar collateral ligaments of the elbow joint, the lower end of humerus, upper end of radius and ulna, Humero ulnar, Humero radial, superior radioulnar joint constitutes elbow joints.

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