

A Review of Vidhura Marma with Clinical and Anatomical Correlation

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Abstract

The traditional Indian system of medicine called Ayurveda highly values the idea of Marma points, which are the critical points in the human body housing Prana. Any harm to these regions may lead to severe sickness or even permanent disabilities. The name Marma derives from the Sanskrit root word Mri, which means anything that can inflict death or disfigurement upon injury. According to historical Ayurvedic literature, there are 107 Marma points found in the human body. One such point, the Vidhura Marma, is of particular significance since it relates to hearing capacity. The renowned scholars Acharya Sushruta refers to it as a Snayu Marma, while Acharya Vagbhata categorizes it as Dhamani Marma. Damage to the area leads to Badhirya (hearing loss), thus belonging to Vaikalyakara Marma.

Key words : Ayurveda, Marma Sharira, Vidhura Marma, Badhirya, Ear injury.

The Marma Sharira is one of the most unique features of Ayurveda. The Marma points are those important anatomical locations where Mamsa (flesh), Sira (blood vessels), Snayu (tendons), Asthi (bones), and Sandhi (joints) intersect. These points are described as centers for Prana, and any damage at these points could be detrimental.

Mamsa, Sira, Snayu, Asthi, and Sandhi, there exists an interaction of Dosha (Vata, Pitta, Kapha), Guna (Sattva, Rajas, Tamas), and Chetana in the Marma points. Depending on the nature of harm caused by the injury, different types of Marma points have been described, including Vaikalyakara Marma points.

As per Acharya Sushruta, apart from One such example would be that of Vidhura Marma. As per conventional knowledge,

damage to the Marma results in deafness. In the modern world, due to increased cases of surgeries on and around the head and neck area, awareness about the Vidhura Marma has become quite essential from both a clinical and surgical perspective. For the preparation of the manuscript relevant literature¹⁻¹² has been consulted.

Vidhura Marma: Classical Description:

Acharya Sushruta as well as Acharya Vagbhata classify Vidhura Marma as a Vaikalyakara Marma. The controversy arises in respect of the predominant structure of the Marma.

- Acharya Sushruta opines that it is a Snayu Marma.
- Conversely, Acharya Vagbhata categorizes it as a Dhamani Marma.

As per classical literature, trauma to Vidhura Marma causes Badhirya (deafness). This Marma is situated posteriorly and inferior to the external ear, *i.e.*, in the area behind the ear lobe in the vicinity of mastoid process. The size of Vidhura Marma is specified as Ardha Angula (about 1 cm in radius).

Mahabhuta predominance: Soma (Aap Mahabhuta)

Number: Two (one on each side)

Effect of injury: Hearing impairment (*Badhirya*)

Due to its *Somya* nature, injury to this Marma does not cause death but results in functional disability.

Modern Anatomical Correlation :

Depending upon the location and clinical

features, several vital anatomical structures can be related to Vidhura Marma:

- Facial nerve (particularly around the stylomastoid foramen)
- Vestibulocochlear nerve
- The stylomastoid artery (a branch from the posterior auricular artery)
- The auricular branches from the maxillary artery
- The stylomastoid vein
- The great auricular nerve
- The mastoid process and mastoid air cells
- The middle ear space

Among these, the stylomastoid artery and structures involved in the auditory pathway are vital for hearing capability. In case of injury to these vessels and nerves, the occurrence of hearing loss due to injury to the Vidhura Marma area can be explained.

The importance of Vidhura Marma cannot be overstated from both an anatomical and surgical standpoint. While Acharya Sushruta classifies it as Snayu Marma, its association with only the facial nerve as a ligament does not completely justify the auditory defect following injury to this marma point. The involvement of facial nerve causes only facial paralysis and not deafness.

The classification of Vidhura Marma as Dhamani Marma by Acharya Vagbhata seems more realistic. The association of arteries in the stylo-mastoid foramen and elsewhere around the ear is more rational for the condition of deafness. Damage to vessels in the area of Vidhura Marma would lead to a lack of blood supply to the auditory system, resulting in hearing deficiency.

Vidhura Marma is an important anatomical point directly linked to the mechanism of hearing. Damage to Vidhura Marma results in deafness and therefore comes under Vaikalyakara Marma. It becomes imperative for any surgeon to be well-versed with the anatomy, location, and structure of Vidhura Marma, particularly when undertaking otological surgery or head and neck surgery. The science of Ayurveda may not deal with individual nerves and blood vessels; however, the principle of Marma serves as a useful tool to prevent surgical complications.

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