



LITERARY REVIEW OF MEDICINAL PLANTS W.S.R. TO TRIVIDH MARMA

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ABSTRACT

Acharya charak described about *Trimarma* in *Trimarmiya Chikitsa* and also in *Trimarmiyasiddhi* in which he described about *Hriday, Sira and Basti* as physician point of view. Acharya Sushruta described Marma in Sharir Sthana of Sushruta Samhita i.e. Pratyeka Marma Nirdeśa Shariram, in which he has considered Marma, as a seat where number of tissues are agglomerated and accounted as a vital part but he explained only about 19 sadhya pranhar marma in which they explained about hriday, shira, and basti along with sankha, guda, shrangatak, kanta – sira. Marma is a ayurvedic anatomical term for vital points of the body. Out of 107 marma points, three marma are very important because they are not only the vital points but they also control the complete body system and Injury to these trimarmas quickly affects the vitality of a person and may be fatal. These trimarma are the Sira (brain), Hriday (heart) and Basti (kidney and urinary system). In today's strenuous, sedentary and hectic lifestyle people facing severe health problems related to Heart, Brain & Kidney. All these three organs are related to each other & the disease are also interlinked to one another. One disease related to these organs may increase the severity of other organ or disease and vice versa. So, current study is taken to review the role of medicinal plants in the management of trividh marma.

KEYWORDS: Medicinal plants, Trividh marma, Shira, Hriday, Basti.

INTRODUCTION

‘स्वस्थस्य स्वास्थ्यं रक्षणम् आतुरस्य विकार
प्रशमनम्’¹ च. सु. ३०/२६

It is a science which advocates the maintenance of health and to relieve the suffering of human being. In this modern age world, which is said to be a world of amazing achievement, is also a horrible world of stress. In today's, 21st century all the peoples were suffering from the diseases of vital organ viz. Brain, Heart and Kidney.

Brain is the primary vital organ and the normal state of this is important to carry out all the necessary procedure related to body and mind. Heart is the second most important organ which is responsible for the maintenance of blood flow throughout the body and providing the oxygenated blood to brain for its normal function. Kidney is the third most important vital organ which is responsible for the removal of all toxic elements or toxic effects of drugs from body.

Brain, Heart and kidney together called as *Trividh marma* and are placed under ten organ along which *Prana* (Life) is gets associated.

‘दशैवायतनान्याहुः प्राणाः येषु प्रतिष्ठिताः ॥

शंखौ मर्मत्रयं कण्ठो रक्तं शुक्रौजसि गुदम् ॥’²

च.सू. २९/०३

मर्मत्रयमिति हृदयबस्तीशिरसि ।³

चक्र.

The diseases like Parkinson Disease, Cerebral vascular episode, Alzheimer disease, Paralysis, insanity, Anxiety etc. are related to Brain, while the diseases like HTN, CHF, MI, IHD are related to Heart and that of renal calculi, urinary incontinence, renal failure etc. are related to kidney and all these disease are interlinked to each other. Hence there is an importance to maintain the normal state of these entire three vital organs.