A Literature Review of Talhruday marma wsr to Anatomy

[1]Dr. Pallavi Girish Kulkarni[1], Dr. Varsha Aniruddh Deshpande[2]
*[1]Professor And H.O.D. Shareer Rachana Department *Shetkari Shikshan Prasarak Mandal's Jaywant Institute of Medical Science, Kille Macchindra gad, Tal. Walwa Dist. Sangali Maharashtra*
*[2]Principal and Professor Stri Rog Prasuti Department *Shetkari Shikshan Prasarak Mandal's Jaywant Institute of Medical Science, Kille Macchindra gad, Tal. Walwa Dist. Sangali Maharashtra*

Abstract: Talahruday marma is a marma point in the body that is located in the palm of the upper limb and the sole of the lower limb. It is believed that stimulating these points can have a grounding effect and soothe vata dosha.
Talahruday Marma is a Mansa Marma which is situated at Hasta(hand) and Paada(foot). The etymology of the word Talahruday can be assumed that it means Hridaya (According to Acharya Sushruta they are four in number, one each in all four limbs. Acharya Vagbhata also stated the same.
Talahruday Marma is a type of Mansa Marma which is situated at the centre of Hastatala and Paadatala. It is also included in Sakhagata Marma and KalaantaraPranahara Marma. Any injury to Talahruday Marma leads to Ruja (severe pain) and Marana (death) over a period of time gradually.
Talahruday marma was found to have mild immediate effect and good long-term effect in normalizing the blood pressure of the patient. So this article is focusing on literature review of Talhruday marma wsr to Anatomy.

Key words: Talhruday

INTRODUCTION

Talhruday marma is one of the vital marma of the body present in hands & feet. Talahruday marma is a vital point in the body that is located in the center of the palm and the sole of the foot. [1]

MARMA is one of the important topic of Ayurveda. Marma are the vital points when affects, leads to termination of life. Thus from anatomical point of view knowledge about Marma is highly important.

Talahruday Marma is a type of Mansa Marma which is situated at the centre of Hastatala and Paadatala. They are four in number which is located one each in all four limbs. It is also included in Sakhagata Marma and Kalaantara Pranahara Marma. Any injury to Talahruday Marma leads to Ruja (severe pain) and Marana (death) over a period of time gradually. [2]

Exact location: The exact location of Talahruday Marma in the upper limb is in the middle of the palm, on the line of middle finger in both hands and in the lower limb it is located in the middle of sole, on the line of the middle toe in both foot. Sushruta Acharya explained Marma is aggregation of Mansa, Sira, Snayu, Asthi, Sandhi in which Prana dwells by nature.[3]

AIM & OBJECTIVE

To study the details of Talhruday marma through literature wsr to anatomy.

MATERIAL & METHODS

Method: Literature Review

Structure:

Talahruday marma is included into various categories as

1-Shakhagata marma
2-Mansa marma
3-Kalantra pranhara.

Measurement: ½ Angula dimension.

The etymology of the word can be assumed that it means “Hrudaya”(center) of the Hastatala and Paadatala. So derived as Talahruday Marma

In hand, the region of Talahruday Marma is the center of the palm in straight linethe middle finger which contains the superficial palmar arch, tendons of the muscles of flexor and extensor compartment of forearm, oblique head of adductor pollicis, second and third lumbricals, second and third palmar interossei and nerves of the hand shielded by palmar aponeurosis, superficial fascia and a thick layer of skin. In foot, the region of Talahruday Marma is the centre of the foot instraightline with the middle toe

which contains the muscles of flexor, extensor compartment of sole and oblique head of adductor hallucis and nerves of the foot shielded by plantar aponeurosis, superficial fascia and a thick layer of skin. [4]

Function: [5]

The Talahruday marma is a point in the body that is associated with the cardiovascular and respiratory systems, and is thought to be important for communication:

- Cardiovascular system: Talahruday marma is thought to be effective in treating hypertension, hypotension, palpitation, and other cardiovascular diseases.
- Respiratory system: Talahruday marma is closely linked to the lungs and respiratory health.
- Communication: Talahruday marma is considered a vital point for communication.

DISCUSSION

Clinical significance:

To enhance the flow of energy in the body, If we can massage the Talahruday marma point in the center of palm by pressing thumb into it.

According to Ayurvedic literature, traumatic injury to the Talahruday marma can cause extreme pain and death. [6]

Talahruday marma therapy is said to be beneficial for treating cardiovascular diseases like hypertension, hypotension, and palpitation. It may also be helpful for treating diseases of the central nervous system, diabetes, thyroid dysfunction, and other endocrine imbalances. [7]

Hasta & pada are the karmedriya involved in daily routine activities and locomotion should be used delicately used & taken care of keeping them away & protecting them against the injuries. Pain in the region of the talhruday is a serious pain.[8]

CONCLUSIONS

1. The Talahruday marma is a vital point in the body that is associated with the cardiovascular system.
2. Injuries to Talahruday Marma cause extreme agony and death over time.
3. Protection of Talhrudya marma is essential from health point of view.

REFERENCES

[1] www.internationaljournal.org
[2] Sushruta Sanhita of Maharishi Sushruta edited by Ayurvedic-Tatva Sandipika by Kaviraj Ambikadutta Shastri A.M.S. forward by Dr. Pranjivan Manekchand Mehta printed by Chaukhamba Sanskrit Sansthan, Varanasi, edition reprinted, 2014; 1: 6-31
[3] Sharma et al. World Journal of Pharmaceutical and Life Science, wjpls, Vol 7, Issue 9, 2021.
[4] IBID
[5] www.easyayurveda.com
[6] IBID
[7] IBID
[8] IBID