

Case Study on Stana Vidradi with Special Reference to Abhyantara Marmabigata

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Abstract: *Background:* Ayurveda being the oldest science giving priority to prevention than cure. It is a science of life which believes in treating mind, body and soul for ensuring a complete state of health. It is well reflected in the unique concept and composition of marma. Sushrut Samhita provides detail description of marma. The Marma are specific anatomical locations in body through which vital life / bio energies of the human body flows. To be more specific, a Marma point is defined as an anatomical site where tridosha, triguna, bhutatma, muscles, veins, ligaments, bones and joints meet together. These are very important places, serving as the 'Seats of life' (Prana). Any injury to these points may lead to severe pain, disability, loss of function, loss of sensation and death. Therefore, it has been stated that these vital points should be prevented & not injured. here we are presenting a case, a lactating woman of age 32 years was presented with severe pain and swelling in right Sthana since 4days diagnosed as abhyantaram armabhigatajanyastanavidradi treated with marmanigutika application.

Keywords: Abhyantaramarma, Abhigata, Marmanigutika

1. Introduction

- Marma is a vital point where prana or vital energy is located. It is an anatomical area where the five anatomical structures Mamsa (Muscles), Sira (Vessels), Snayu (Ligaments), Asthi (Bone) and Sandhi (Joints) are collectively present¹.
- Marma is in variably made of Panchamahabhutas, these are said to be constituted by three important vital elements vayu, teja, and soma they also contain trigunas namely satva, rajatama and bhutatmas condition of body, mind and soul. The prana inheres in these locations as a matter of course; therefore, Marmas produce particular complications or desired healing based on how they are manipulated.
- Location of stanamarma
- Sthanarohita Marma are located above the Stana Chuchukas² i. e., nipples of the breasts. They are 2 in number and are located one on either side in the chest region. Each Sthanarohita Marma measures 2 angula in dimension. The location is the same on both right and left sides.
- Measurement - Pramana (measurement of Sthanarohita Marma) - Sthanarohita Marma occupies a space of 2 angula³ dimension (approximately equal to the horizontal dimension or breadth of middle segment of one's own middle finger). Each Sthanarohita Marma (right and left) has same dimensions.
- Effect of Injury
तत्रलोहितपूर्णकोष्ठतया (कासश्वासाभ्यांचम्रीयते⁴) Injury of Sthanarohita Marma causes gradual death. When Sthanarohita Marma is injured, it leads to Lohita Poorna Koshtataa (filling up of thoracic cavity or lungs with excessive blood, excessive bleeding into the thoracic or chest cavity) leading to Kasa (cough), shwaasa (dyspnoea, severe breathlessness) and gradual death.

2. Aims and Objectives

To study the efficacy of marmanigutika application for abhyantaramarmabhigatajanyavidradi instead of surgical

Incision and Drainage.

3. Case Report

A 32 years old female patient came to us with chief complaint pain in the right stana since 7days associated with hardness in the right stana since 7days. No H/o – DM/HTN/Asthma.

History of personal illness

A lactating woman (of one and half month) aged about 32 years was apparently normal before 7 days. Suddenly she developed mild pain in the right sthana which was gradually increasing to severe, associated with hardness of right stanadue to 7 days. She has consulted allopathic doctor they have given antibiotics and pain killers she did not get relief so she came to our clinic for further management.

Personal History

Occupation: - House wife

Pulse: - 85/min

Blood pressure: - 120/80 mm/hg

Local Examination

Hard induration noted at the right 1st sthana.

Tenderness over the induration was present.

Local rise of temperature – present

Material and method

Marmanigutika application twice a day

Type of Study: single case study.

Treatment

- Marmani Gutika⁵ Application: twice a day stana Pradesh is washed with sukoshnajala dried completely marmanigutika is applied to the stanapradesh in kalka form left it for 15 min and again washed with sukoshnajala.
- Musta jalapanainternaley.

4. Discussion

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- Acharyas have explained vidradi is the one where there will be involvement of vata pitta kapha and rakta dosha and will cause vidhaha to twaka and mamsa and leads to the formation of vidradi. Acharyas have explained as there will be more involvement of raktadusti leads to puya Utpatti⁶.
- Acharya explained bhedana and visravanachikitsa for stana vidradi⁷ but as it is marmastana and a female is one and half month lactating women rather than going for bhedana and visravana we have tried marmachikitsa for this case.
- There was aavarodha to the kshere then this collected ksheera along with vatadi dosha will cause marmabhigata and leads to tivraruja in stanapradesha.
- As the mother is feeding here baby we have to take care of both mother and baby after application of marmanigutika pain has subsided and after application for 3 days, without any surgical intervention around 400ml of puya has came out later on wound was washed with usnajala and for wound margins marmanigutika was applied over the wound jatyadi gruta⁸ was applied and the mother was able to feed her baby without any complications. After this musta and guduchijala was given for pana.
- Drugs in marmanigutika are having usnaveerya, Suksma and Tikshna guna and will do the pachana of apakvavidradi and leads to paka even mustajala will help for Deepana and pachana.

5. Conclusion

As we know sthanarohitamarma is sirajamarma and sadyopranaharamarma any abhibhata will leads to prana hani so rather than going for sashtrachikitsa we have tried marmachikitsa in this case and marmanigutika is having very good effect in converting vidradi from ama avasta to pakva and the patient has completely cured withing 15 days. And she was able to feed her baby without any complications.

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