



ANATOMICAL STUDY OF THE KOORPARA MARMA – A REVIEW

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Abstract: Marma is an important concept in Ayurvedic anatomy, representing specific anatomical regions of the body where vital structures are situated and where injury may result in pain, functional impairment, deformity, or even death. Among the Marmas of the upper limb, Koorpara Marma occupies an important position. It is described as a Sandhi Marma and is classified as a Vaikalyakara Marma. Anatomically, Koorpara Marma is situated at the junction of the Bahu and Prabahu, corresponding broadly to the region of the elbow joint

Keywords - Koorpara Marma, Koorpara Sandhi, Marma Sharira, Sandhi Marma, Vaikalyakara Marma, Elbow Joint

1. INTRODUCTION

Ayurveda is an ancient system of medicine that provides a comprehensive understanding of the human body through its concepts of structure, function, physiology, pathology, and clinical management. Sharira Rachana forms an important branch of Ayurvedic knowledge concerned with the structural organization of the body. Among the various anatomical concepts described in Ayurveda, Marma Sharira occupies a unique and important position.

The term Marma is derived from the Sanskrit root “Mri”, which denotes death or a vital point. Marmas are described as specific anatomical regions where important structures are present and where injury may produce serious consequences. Acharya Sushruta has described 107 Marmas in the human body and classified them according to their structural composition as Mamsa, Sira, Snayu, Asthi, and Sandhi Marma. On the basis of the consequences of injury, Marmas are further classified as Sadya-Pranahara, KalantaraPranahara, Vishalyaghna, Vaikalyakara, and Rujakara Marma.

The anatomical complexity of the elbow provides a basis for understanding the significance of Koorpara as a Sandhi Marma. Injury to the elbow region may result in pain, swelling, weakness, restricted movements, deformity, instability, neurological manifestations, and functional disability. These consequences demonstrate the importance of the elbow as a structurally and functionally significant region of the upper limb.

Hence, the present review focuses on the anatomical study of Koorpara Marma, including its classical location, measurement, classification, structural components, consequences of injury, and correlation with the anatomy of the modern elbow region.

2. KOORPARA MARMA

Among the Marmas of the upper extremity, Koorpara Marma holds considerable anatomical and clinical importance. Sushruta has described Koorpara as a Sandhi Marma situated in the region of the junction between the Bahu and Prabahu. The term Koorpara is generally correlated with the elbow region. It is described as a bilateral Marma and is traditionally assigned a measurement of approximately three Angula.

Koorpara Marma is also classified as a Vaikalyakara Marma. The classical description indicates that injury to this region may result in Kuni, suggesting an abnormality, deformity, or functional impairment of the affected upper limb. This classification highlights the importance of the Koorpara region in maintaining normal movement and function of the upper extremity.

From the perspective of modern anatomy, the elbow is a complex anatomical and functional unit. It consists of three articulations—the humeroulnar, humeroradial, and proximal radioulnar joints—which work together to provide flexion, extension, pronation, and supination. The region is further supported by the joint capsule, collateral and annular ligaments, muscles, tendons, nerves, and blood vessels. The coordinated functioning of these structures is essential for positioning the hand and performing activities of daily living.

Table 1: Ayurvedic–Anatomical Correlation of Koorpara Marma

Ayurvedic Component	Modern Anatomical Correlate
Mamsa	Biceps, brachialis, triceps, anconeus, forearm flexor and extensor muscles
Sira	Brachial artery, radial artery, ulnar artery, veins, and accompanying vessels
Snayu	Collateral ligaments, annular ligament, quadrate ligament, joint capsule, tendons
Asthi	Distal humerus, proximal radius, proximal ulna
Sandhi	Distal humerus, proximal radius, proximal ulna

3. MATERIAL

Literature review of Marma in Ayurved and modern texts

4. METHODOLOGY

Literary study of Koorpara marma was done using all the concerned Ayurvedic and modern text books. .

5. DISCUSSION

The elbow joint is one of the most important synovial joints of the upper limb, providing stability as well as mobility for various functional activities. It serves as the connecting link between the arm and forearm and plays a crucial role in positioning the hand during activities of daily living such as eating, writing, lifting, pushing, pulling, dressing, and occupational tasks. The elbow is a complex articulation formed by the humerus, radius, and ulna, together with an intricate arrangement of ligaments, muscles, tendons, nerves, and blood vessels. The coordinated action of these structures enables flexion, extension, pronation, and supination of the forearm while maintaining joint stability

6. CONCLUSION

Acharya Sushrut has given the information and importance of marmas according to Shalyatantra. So, he has given distinctive classification of marmas. Out of 107 total marmas, Kurpar marma represent 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 cephalic and median cubital vein, median nerve and its branches, capsular ligaments, radial and ulnar collateral ligaments of elbow joint, lower end of humerus, upper end of radius and ulna, humero ulnar, humero radial, superior radio ulnar joint constitutes elbow joints

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