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JRIM

Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

An Anatomical Study of Phana Marma with Special Reference to Ghrana Nasa (Smell Failure)

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ABSTRACT:

Acharya Sushruta explores Marma Sharira, an ancient traumatological anatomy. The presentations are similar, but Charaka gave Trimarma. Phana Marma is considered Vaikalyakara Marma because injury to this area causes loss of smell, which is important in clinical aspects of head injuries. Head injuries are serious because the brain is involved, and most head injuries occur in road accidents, where people die or have serious deformities. If the olfactory nerve or bulb in Phana Marma is injured, gandha agnan (loss of smell) occurs. Sense of smell loss is anosmia. Anosmia can be transient or permanent, such as from an accident. Anosmia can be caused by nasal mucosa inflammation, nasal channel blockage, or temporal lobe damage. Chronic mucosa alterations in the para nasal sinus lining and middle and superior turbinates cause inflammation. Ayurveda considers the head Uthamanga compared to other body parts. We require Phana Marma's detailed anatomy to detect and cure ailments, especially surgically. Our everyday work, especially driving, helps prevent head injuries in sports.

Keywords: Marma, Phana Marma, Vaikalyakara Marma, Olfaction, Anosmia

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Website: <http://heb-nic.in/jrim>

Received on 12/01/2025

Accepted on 21/01/2025 © HEB All rights reserved

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