

**AN OBSERVATIONAL STUDY ON JANUMARMABHIGHATA WITH
SPECIAL REFERANCE TO KHANJATA**



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Ayurveda Vachaspati

[Doctor of Medicine – Ayurveda]

Specialty – Rachana Sharir

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Abstract

Marma is the vital point of the body which is comprise of union of *mamsa, sira, snayu, asthi, sandhi* and *prana*. Any injury to vital part i.e. *marma* will leads to death or death like symptoms. *Janu marma* is one of the *sandhi* and *vaikalyakara marma* which is located in the lower limb at the knee joint. Injury to this *marma* will leads to *khanjata* i.e. limping of lower limb. Though detailed description is found in *Samhita* regarding *janumarma*, the exact location of *janu marma* is very hard to traced. *Janumarma* is comprise of many structures, it is hard to identify the structure which produce *khvajata* when *janumarma* get injured.

Even the advancement in the medical science have still some lacuna while treating the knee joint injury or even after the operative procedure performed to treat knee injury the person may suffer with some limping. So, exact location of *janumarma* needed to identify with which we can prevent the consequence such as limping that occur even after the surgical procedure.

Aims

- To study *Janumarmabhighata* w.s.r. to *Khanjata*.

Objectives:

- Literary study of *Janu Sandhi* (knee joint), *Janu Marma* as per Ayurvedic and modern text.
- Determination of anatomical location and structures present at the site of *Janusandhi* by Cadaveric study.
- Clinical study of *Janumarmabhighat Lakshana* by observing the victims of knee injury

Results:

- Detail study of *Janumarmabhighata* with special reference *Kahnjata* was done.

Discussion/ Conclusion:

- From the discussion and clinical observation, it is concluded that the effect of *Janumarmaabhighata* is relevant in correlation with *Khanjata*.