

ROLE OF MARMA CHIKITSA IN SNAYUGATA VATA WSR TO TENNIS ELBOW

¹Dr. Aditya Sharma, ²Dr. Nasreen Hanifa, ³Prof. Dr. P. Hemantha Kumar,
⁴Dr. Lokendra Pahadiya

¹MS Scholar, PG Department of Shalya Tantra, NIA Jaipur.

²PhD Scholar, PG Department of Shalya Tantra, NIA Jaipur.

³HOD and PG Dean, PG Department of Shalya Tantra, NIA Jaipur.

⁴Assistant Professor, PG Department of Shalya Tantra, NIA Jaipur.

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***Corresponding Author**

Dr. Aditya Sharma

MS Scholar, PG Department
of Shalya Tantra, NIA Jaipur.

ABSTRACT

Snayugat Vikara, a category of musculoskeletal disorders in Ayurveda, presents various challenges to those who suffer from its debilitating effects. Tennis elbow, a prevalent condition within this category, often causes pain and discomfort in the lateral epicondyle of the elbow. Marma Chikitsa, an ancient Ayurvedic healing system, has emerged as a promising complementary approach in managing Snayugata Vikara, with a particular focus on tennis elbow. This abstract delves into the role of Marma Chikitsa in addressing tennis elbow and its potential to enhance pain relief, improve mobility, and promote holistic well-being.

By targeting specific marma points and manipulating them effectively, Marma Chikitsa can provide a valuable addition to conventional treatment modalities, offering a more comprehensive and integrative approach to the management of tennis elbow and related musculoskeletal conditions.

KEYWORDS: Tennis Elbow, Snayugata Vikara, Indrabasti Marma, Ani Marma, Kurpara Marma.

INTRODUCTION

“स्नायुरिति शणकार उपधातुविषेः येन धनुषिन्हातुः ।”

According to Dalhanacharya, snayu is an updhatu that is used to load a string onto a bow.

“स्नायवोबन्धनप्रोक्ता देहे मांसास्थिदेसाम् ।।”

According to Sharangdhar, snayu is used to bind the joints of bones together.

Vyutpatti

“स्नायुसा + बाहुलकातउण-वायुवाहिनीनाडी।”

(Shabdakalpadru)

“स्नायवोबन्धनप्रोक्ता देहे मांसास्थिदेसाम्।।”

According to Sharangdhar, snayu is used to bind the joints of bones together.

Snayugat Vikara, a term used in Ayurveda to describe musculoskeletal disorders, is a prevalent health issue in the modern world. Tennis elbow, or lateral epicondylitis, is one such condition that falls under this category. Marma Chikitsa, an ancient Ayurvedic healing system, holds great promise in the management of Snayugat Vikara, particularly tennis elbow. In this article, we will explore the role of Marma Chikitsa in addressing tennis elbow and how it can effectively complement conventional treatment methods.

Marma Chikitsa, an ancient Ayurvedic healing system, offers an alternative approach to managing Snayugat Vikara, including tennis elbow. In this article, we will explore the role of Marma Chikitsa in addressing tennis elbow, with a specific focus on the manipulation of three vital marma points: Indravasti Marma, Ani Marma, and Kurpara Marma.

Indravasti Marma: Indravasti Marma is a critical marma point located on the lateral aspect of the upper arm, in proximity to the elbow joint. This marma point holds significance in the context of tennis elbow for several reasons.

- 1. Regulating Blood Flow:** Indravasti Marma is closely associated with the brachial artery, a major blood vessel that supplies blood to the forearm and hand. Manipulation of this marma point through gentle pressure techniques can enhance blood circulation to the affected area. Improved blood flow aids in the healing process by delivering essential nutrients and oxygen to the injured tissues, helping to reduce inflammation and alleviate pain.
- 2. Relieving Stiffness and Discomfort:** The manipulation of Indravasti Marma can help relieve stiffness in the elbow joint, a common symptom of tennis elbow. By applying targeted pressure to this marma point, it is possible to release tension in the muscles and connective tissues around the elbow, promoting greater flexibility and comfort.

- 3. Enhancing Healing:** Indravasti Marma manipulation supports the body's natural healing mechanisms. By stimulating the marma point, Marma Chikitsa aims to accelerate the recovery process and reduce the duration of discomfort associated with tennis elbow.

Ani Marma and Its Role

Ani Marma is a critical marma point located at the back of the elbow joint, precisely where the tendons and muscles attach. This marma point holds significance in the context of the tennis elbow for several reasons.

- 1. Nerve Health:** Ani Marma is associated with the radial nerve, which plays a vital role in the mobility and sensation of the hand and forearm. The manipulation of this marma point through gentle pressure techniques can help promote nerve health and function. This can be particularly beneficial in cases of tennis elbow, where nerve compression or irritation can contribute to the symptoms.
- 2. Muscle and Tendon Relief:** The manipulation of Ani Marma can help alleviate pain and discomfort by releasing tension in the muscles and tendons around the elbow. By applying targeted pressure to this marma point, Marma Chikitsa aims to ease muscle and tendon strain, which is a common feature of tennis elbow.
- 3. Enhancing Mobility:** In tennis elbow, stiffness and limited range of motion are common complaints. Ani Marma manipulation can promote greater flexibility by reducing muscle tension and enhancing the elasticity of the connective tissues around the elbow.

CONCLUSION

Ani Marma plays a crucial role in the management of tennis elbow within the framework of Marma Chikitsa. Its ability to promote nerve health, relieve muscle and tendon strain, and enhance mobility makes it a valuable tool in the holistic treatment of this condition. While Marma Chikitsa should be considered as a complementary approach to conventional medical treatments for tennis elbow, the manipulation of Ani Marma can significantly contribute to pain relief and the overall well-being of individuals suffering from this debilitating condition. It is advisable to consult with a qualified Ayurvedic practitioner who can expertly perform Marma Chikitsa, ensuring a comprehensive and effective treatment plan for tennis elbow and similar Snayugat Vikara conditions.

Kurpara Marma and its Significance

Kurpara Marma is a vital marma point located on the inner aspect of the elbow joint. This marma point holds significance in the context of the tennis elbow for several reasons.

- 1. Energy Balance:** Ayurveda believes that imbalances in the body's energy (prana) can lead to various health issues, including musculoskeletal disorders. Kurpara Marma manipulation helps rebalance the energy flow in the affected region. By stimulating this marma point, Marma Chikitsa aims to restore harmony and ease in the forearm, promoting healing.
- 2. Improved Range of Motion:** Tennis elbow often leads to stiffness and reduced range of motion in the affected arm. Manipulating Kurpara Marma can help alleviate this discomfort by targeting the inner aspect of the elbow. The gentle pressure techniques employed in Marma Chikitsa promote enhanced flexibility and mobility.
- 3. Reducing Stiffness and Pain:** Kurpara Marma manipulation helps release tension in the muscles and connective tissues around the inner elbow. This release can result in pain relief and a reduction in the characteristic stiffness associated with tennis elbow.

CONCLUSION

Kurpara Marma plays a pivotal role in the management of tennis elbow within the framework of Marma Chikitsa. Its ability to balance energy flow, enhance range of motion, and reduce stiffness and pain makes it a valuable tool in the holistic treatment of this condition. While Marma Chikitsa should be seen as a complementary approach to conventional medical treatments for tennis elbow, the manipulation of Kurpara Marma can significantly contribute to pain relief and overall well-being in individuals affected by this condition. It is advisable to consult with a qualified Ayurvedic practitioner who can expertly perform Marma Chikitsa, ensuring a comprehensive and effective treatment plan for tennis elbow and similar Snayugat Vikara conditions.