

PERSONAL REMEDIAL THERAPY THROUGH *MARMA CHIKITSA* AS ABSOLUTE HOLISTIC MODALITY CURE- A REVIEW

Dr. Ishan Parashar*¹ and Dr. Archana Kukade Shinde²

¹PG-Scholar-Shalya Tantra Dept., ²Professor, Shalya Tantra Dept, Bhimrao Ambedkar
University Agra Uttar Pradesh, Dr. D. Y. Patil Vidyapeeth (Deemed to be University),
Pimpri, Pune- 411018.

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*Corresponding Author

Dr. Ishan Parashar

PG-Scholar-Shalya Tantra
Dept., of Dr. D. Y. Patil
College of Ayurved and
Research Centre, Dr. D. Y.
Patil Vidyapeeth (Deemed
to be University), Pimpri,
Pune- 411018.

ABSTRACT

According to *Ayurvedic* medicine, a person's health is significantly influenced by the five elements of the world. The vital force within us starts to stink when water becomes stagnant. The nature of the *prana* (life force) that flows through us can provide information about our bodily and mental well-being. We are likely to feel good and healthy when our *prana* (life force) is strong and freely flowing through *nadis* (nerves/blood vessels) or energy channels. The energy of these components is thought to travel through certain anatomical sites in your body known as *Marma* (which refers to the energy points and energy channels that connect body and mind). The process of stimulating these areas through soft massage therapy is known as *Marma therapy*. Musculoskeletal disorders have increased dramatically as a result of sedentary lifestyles and metropolitan

cultures. By using certain anatomical site on our bodies and specific *yoga-asanas* (physical postures chosen for yoga), Ayurveda's *Marma therapy* offers significant pain alleviation for these ailments that have such a continual nagging sensation. The subtle energy channels known as *Marma* (which refers to the energy points and energy channels that connect body and mind) points are where the vital *prana* (life force) travels throughout the body-mind complex. A powerful yet extremely subtle Ayurvedic massage technique called *Marma* therapy includes activating the nodes or *Marma*(which refers to the energy points and energy channels that connect body and mind). *Marma* (which refers to the energy points and energy channels that connect body and mind) may not require applying a lot of pressure to the body, in contrast to other types of massage that concentrate on lubricating the joints, oleation, and

relieving muscle stiffness. It treats the body from the inside out and avoids painkillers with possible long-term negative effects.

KEY WORDS: *AYURVEDA, MARMA CHIKITSA, YOGA ASANA, PAIN.*

INTRODUCTION

In a constantly digitalizing and sedentary lifestyle-driven culture, humanity is facing a number of new difficulties, many of which are appearing as diseases that are difficult to treat. The community is therefore increasingly looking for and demanding alternative safe, economical, and straight forward therapeutic options. *Ayurveda*, with the appropriate scientific expertise and training, provides one of these treatments in the form of *Marma chikitsa* (therapy that connects energy points and energy channels that connect the body and mind). Ayurvedic medicines and beliefs about life energy and *Marma* points (energy points and energy channels that connect the body and mind) have been practised since approximately 2 B.C.

Marma chikitsa, a therapy that links energy points and channels that unites the body and mind, is extremely important in treating minor discomfort and minor daily pain brought on by our sedentary lifestyle. It also helps improve immunity, reducing health risks, and lowering acute work-induced stress, which is primarily brought on by prolonged desk work, as is frequently the case for IT workers.

To attain this goal of total health that is physical, social, mental and spiritual one should regularly practice the stimulation of *Marma*'s on its own body and it would be dazzling to know and realize that the whole body can be revitalized by simple practicing *Marma chikitsa* present in our body in a certain way. *Marma* (which refers to the energy points and energy channels that connect body and mind) are specific anatomical locations in your body through which the energy of these elements is believed to flow and it is *Marma therapy* to practice of stimulating these spots through gentle massage therapy.

Our body contains 107 *Marma* (which refers to the energy points and energy channels that connect body and mind) points, which are energy spots and channels that link the body and the mind. Each point is the meeting place of a particular vein, ligament, bone, or joint in the body, a particular *Dosha* (defect/factor that can create problems), a form of *Prana* (life force) organ, and an energy line called a *Shrotra* (organ through which material flows). We can raise

awareness, increase blood flow, and promote the function and health of the specific organs by merely stimulating or massaging certain places. Many patients are unable to visit the doctor's office every day, so it is important to teach them how to stimulate their own *Marma* (which refers to the energy points and energy channels that connect body and mind) points so that regular therapy can continue at home as well. This is especially important for patients who are bedridden, have limited mobility, live far away in rural areas, or have occupational disorders, but the choice of which *Marma* (which refers to the energy points and energy channels that connect body and mind) points to stimulate depends on the disorder.

Therapeutic focus of *Marma* therapy

Different *yogasanas* can be used to stimulate one's own *Marma* (which refers to the energy points and energy channels that connect body and mind) points, however patients who are bedridden and unable to perform *yogasanas* adequately can simply apply pressure to their own *Marma*(which refers to the energy points and energy channels that connect body and mind) points with their own fingers. When the patient has an empty stomach in the morning, *Marma*(which refers to the energy points and energy channels that connect body and mind) point stimulation is most effective. A clinician can also engage in self-*Marma*(which refers to the energy points and energy channels that connect body and mind) stimulation to hone their senses and intellect, maintain their health, and direct their energy for treatment. Before stimulating these *Marma* (which refers to the energy points and energy channels that connect body and mind) points, one should conduct *pranayama* and recite "OM" at least five times. One should also wear comfortable clothing that allows one to perform *yoga* poses with ease.

1. *Adhipati marma*- the position of *Adhipati marma*, which can be stimulated with the pulp of the index finger or all five fingers and pressed gently three to four times, is the point where the middle finger of the patient's outstretched hand reaches when the thumb touches the tip of the nose and the hairline becomes curvy on top.
2. *Sthapni marma*- can be activated by inserting the thumb at the glabella, between both eyebrows, and applying pressure for 8–10 seconds before releasing and repeating the action 3-5 times.
3. *Apanga marma*- When the spot on the lateral edge of the eyebrows is gently pressed, *Apanga marma* can be triggered. You'll be able to feel a slight depression where the *Apanga marma* was. Do it three to five times.
4. *Phana marma*: can be activated by lightly pressing the tip of the little finger over a little groove that is just lateral to the ala nasi and repeating for three to five times.

5. *Nila-manyamatrika marma* can be stimulated by extending the neck backwards and gently touching the trachea with the tips of the fingers and thumb in an upwards downward motion. Repeat this motion three to five times.
6. *Ansa marma* - *Dhanuka asana*, *Gomukha asana*, *Ardhamatsyendra asana*, *Panchimottana asana*, *Hastotthana asana*, *Chakra asana*, and *Vrikha asanas* can all promote *ansa marma*. Can also be stimulated by placing the heel of the opposing hand over the collarbone and applying pressure until the middle finger tip hits the spot, repeating the action three to five times.
7. *Ani-urvi marma*- *Padmasana*, *Vrikshasana*, *Simha asana*, *Gomukha asana*, and *Ardhamatsyendra asana* can all induce *ani-urvi marma*. Repeat it three to five times, pressing with the opposite hand's thumb each time.
8. *Kurpara marma*- *Utkatasana* and *Garudasana* can induce *Kurpara marma*. The point where the index finger reaches is the point to press repeatedly for three to five times by pressing on both sides of the elbow while keeping our thumb on the bony prominence (olecranon process).
9. *Indravasti*, *Talhritya*, *Kurcha* and *Kshipra marma*- *Tadasana*, *Vrikshana*, *Chakra Asana*, *Yogamudra Bhujanga Asana Matsyasana*, and *Savangasana* can all induce pose number eight. also by exerting pressure with the opposite hand's thumb.
10. *Manibandha marma*- *Yogamudra*, *Gomukha asana*, *Paschimottana asana*, *Garudasana*, *Tadasana*, *Konasana*, and *Adhomukhasana* are some poses that can trigger it. Also by firmly grasping the wrist of the other hand with the thumb and index finger.
11. *Hridaya marma*- Feel the heartbeat by placing a gentle pressure with the right hand on the pre-cordial area while using the left arm that is folded.
12. *Stanmool* and *Stanarohit marma*- can be stimulated by inserting two *angula* above and below the mammary glands with the thumb and index finger of one hand, and then gently applying pressure with the other.
13. *Nabhi marma*- Making a fist with the right hand, extend the thumb, and lean forward while applying pressure to the umbilicus.
14. *Vasti marma*- by placing pressure on the suprapubic area, bending forward, taking a breath, and then returning to normal. Repeat this motion 3-5 times.
15. *Parshwa-sandhi marma*- Place both hands so that the thumbs are facing backwards on the flanks, slightly below the ribcage. Now, lightly press there with the points of both thumbs.
16. *Kukundara marma*- With your bilateral thumbs, press into the groove on your lower back while holding both hands on your waist. Repeat this process three to five times.

17. *Katikataruna marma*- can be performed while resting supine by flexing the knee joint until the ankle reaches the hip, softly exerting pressure via the sole of the foot, and repeating the motion three to five times.
18. *Janu marma* - can be activated by maintaining one leg straight and one leg slightly bent. Then, using both hands, gently press the medial and lateral knee borders, repeating this process three to five times.
19. *Indra vasti marma*- Lie back in a comfortable position, flex your knee slightly, and press with both thumbs on the back of the leg. perform this 3–5 times.
20. *Gulpha marma*- Keep one leg over the knee of the other leg while stimulating the medial and lateral *marma* with the opposite and same side hands, respectively, for three to five repetitions.

It should be remembered that the frequency is increased for therapeutic purposes and that each *Marma* should be stimulated at least 18–25 times, depending on the situation.

DISCUSSION

Marmas(which refers to the energy points and energy channels that connect body and mind) have a connection to the three *Doshas* (*Vata*, *Pitta* and *Kapha*). *Ayurveda* states that a healthy human body should have a fairly steady balance of the three *Doshas* (*Vata*, *Pitta* and *Kapha*). The goal of therapy is to restore this equilibrium because disruption of it results in disease.^[1] The Ayurvedic remedies therefore aim to preserve or to re-establish this balance. As these *Doshas* reside in the *Marmas* (which refers to the energy points and energy channels that connect body and mind) and determine their appropriate working or obstructed state, as well as the appearance of faults or energy weakness at these sites, *Schrott et al.* (2016)^[3] claim that the *Marma Therapy* is particularly helpful in this regard. The *Trimarmas*, or *Basti*, *Hridaya*, and *Sirah*, have been given a lot of attention by Acharya *Charaka*^[6]; these three major *Marmas* (which refers to the energy points and energy channels that connect body and mind) appear to be directly related to the three *Doshas*, which are known to predominately reside in the same regions, namely *Vata* in the lower abdomen (site of *Basti Marma*), *Pitta* in the heart region (site of *Hridaya Marma*), and *Kapha* in the head area (site of *sirah marma*). The three *doshas* (*Vata*, *Pitta*, and *Kapha*), as well as their subtle forms (*Prana*, *Tejas*, and *Ojas*), and the three *gunas* (*Sattva*, *Rajas*, and *Tamas*), are all present in *Marmas*(which refers to the energy points and energy channels that connect body and mind), according to Acharya *Sushruta* [*Sushruta Sharira* 6/35].^[1] The balance of the three *Doshas* and their

subtle forms (*Prana*, *Tejas*, and *Ojas*), as well as the three *Gunas*, which include *Sattva* (mind), may therefore be correlated with the stimulation of *Marmas*(which refers to the energy points and energy channels that connect body and mind).^[2] *Ojas* represents the immunity power; by properly balancing it through the appropriate stimulation of *Marmas*(which refers to the energy points and energy channels that connect body and mind), the immune system may be strengthened as well as it can have a rejuvenating effect. The right stimulation of *Marmas*(which refers to the energy points and energy channels that connect body and mind) can reduce stress thanks to its relationship with the *Sattva Guna* (mind).^[2]

As *Marmas* (which refers to the energy points and energy channels that connect body and mind) are the locations where *Prana*, the vital life force that controls the body's physical and subtle processes, resides, their stimulation can change the state of these areas, which has a corresponding impact on the flow of energy and the physical and subtle processes.^[2,7] Therefore, through the appropriate stimulation of *Marmas*, (which refers to the energy points and energy channels that connect body and mind) the *Prana* can be modulated in such a way that it can be used to clear obstructions and alter the body's subtle and physical energy currents, producing the desired healing effect.^[2,4,7]

Since the vitiation of *Prana* also results in the majority of diseases, *Marma* (which refers to the energy points and energy channels that connect body and mind) Therapy is particularly effective in treating *Vata* disorders, which are chronic degenerative diseases.^[2,4] The movement and circulation of the *Prana*, as well as the skin, are all related to the five types of *Vata Dosha*, with *Vyana Vayu* being the most closely related to the *Marmas*(which refers to the energy points and energy channels that connect body and mind).^[2,4,5] In order to balance the *Vyana Vayu* and *Vata Dosha*, activation of the *Marmas*(which refers to the energy points and energy channels that connect body and mind) is necessary^[4], which has the desired therapeutic effect.

The objective of comprehensive health—which includes physical, mental, emotional, and spiritual health—can be attained by using *marma* points as channels connecting the physical body to the inner conscious and mind. *Marma chikitsa* also fosters *prana*, which is the vital energy or strength of the body. *Marma*(which refers to the energy points and energy channels that connect body and mind) stimulation also clears nourishing channel blockages (*strotas*), which undoes the harmful alterations (*strotas avrodha*) *Marma Chikitsa* is extremely

effective at reducing pain and raising the body's pain threshold because it regulates the nerve system and aids in the control of the "*Vata dosha*," which is necessary for the appropriate harmony of the other two *doshas* (*Pitta* and *Kapha*). Therefore, by practising certain *Yoga asanas* and *Marma chikitsa*, these common modalities can be treated quickly, which substantially decreases our tension and discomfort and also lowers the likelihood of worsening these conditions.

CONCLUSION

The advantages of activating *Marma* points are various, both subtle and more obvious. These *Marma*(which refers to the energy points and energy channels that connect body and mind) points offer exceptional spiritual and physical advantages when worked on. It is an age-old technique for reviving our organs and tissues by clearing out the energy blockages there. It promotes uninterrupted prana flow. Additionally, it facilitates the recovery of certain organs connected to the *Marma*(which refers to the energy points and energy channels that connect body and mind) points. *Marma chikitsa* is extremely important in lowering pain, tension, and discomfort brought on by daily lifestyle disorders. Because it can be done on one's own, it lowers the likelihood of diseases escalating and requiring a lengthy hospital stay. As a result, it can be said that *Marma*(which refers to the energy points and energy channels that connect body and mind) Science, a very old branch of knowledge, has a lot of potential for usage as a successful therapeutic method.

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