

A REVIEW ON CLINICAL IMPORTANCE OF MARMA THERAPY**Shubhangini Rajendra Waratkar^{1*} and Vinod M. Choudhari²**

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ABSTRACT

Marma Sharir refers to the vital points or sensitive areas of the body where vital energy (Prana) is believed to be concentrated. These points are considered significant in both preventive and therapeutic aspects of Ayurvedic practice. There are total 107 Marma point mentioned in the Sushruta Samhita and Charak Samhita present in body.^[1] Marma sthanas are the point of junction of the Mansa, Sira, Asthi, Dhamni and Sandhi where the Prana situated.^[2] Ayurvedic Acharyas have classified the Marma Sthanas on the basis of location, number, composition, effects of injury etc. Marmas are vital parts of the body. Any injuries directly affecting the Marma sthana (Sites of marmas) results to death immediately or later or serious complications. This article presents a comprehensive review study on the concept of Marma Sharir with its clinical importance.

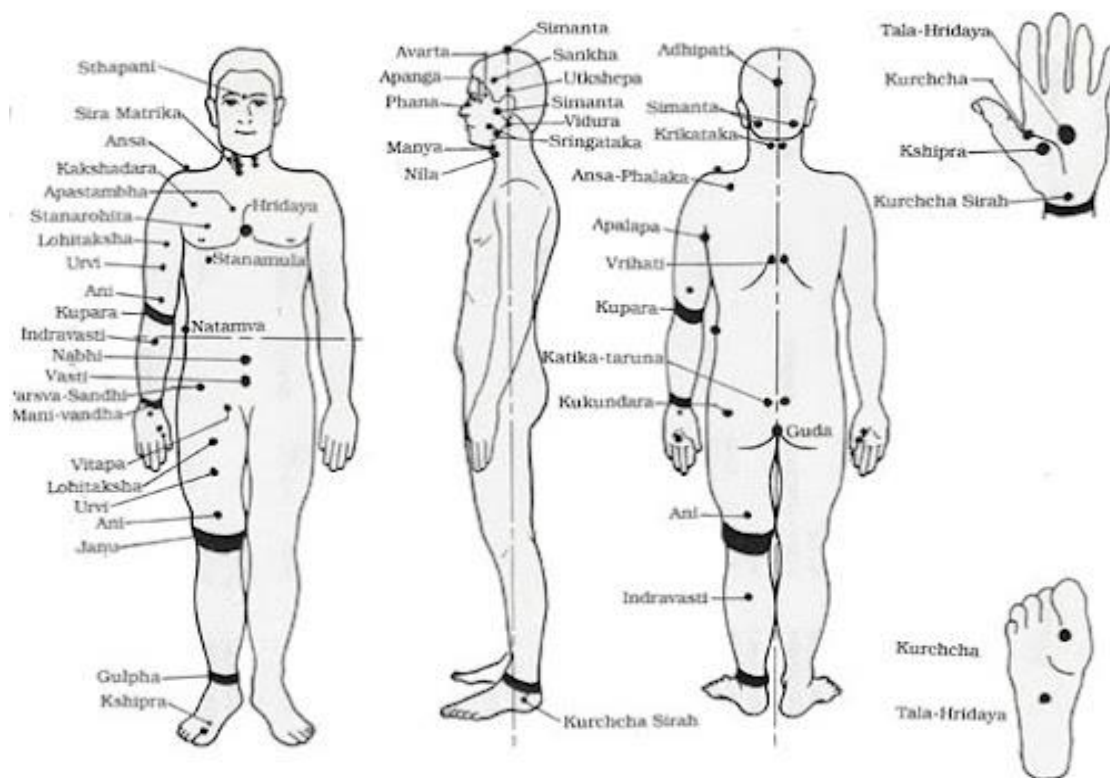
KEYWORDS: Marma, Marma therapy, Vital points, Ayurveda.

INTRODUCTION

Acharya Charaka mentioned in siddhistan that, injury to any marma point causes severe agonizing pain because these are the sites of chetana i.e. prana.^[3] Diseases which are arises from marma sthan are difficult to cure. Acharya charak also mentioned that Vyadhi of Trimarma is difficult to treat for example disease of Shira, Hridya and Basti. Acharya Sushruta mentioned that “knowledge of Marmas is half of the knowledge of surgery” because knowledge on various classification, their nature, extent of area, consequence & consequential prognosis of Marma plays an important role for the Vedhy particularly during

procedure over the Marma area of the body. So Vedhay should be known about Marma during diagnosis & treatment the disease. Therefore the knowledge of Marma is very essential for the surgeon to protect the patient from any harm during the surgery.

Marma points



Classification of marmas

A. Classification of Marmas according to their Location in different Regions of the Body^[4]

I.e. upper limbs (22), lower limbs (22), abdomen and chest (12), back (14), supraclavicular region (Neck and Head)(37).

B. Anatomical classification of marmas according to acharya sushruta^[5]

Acharya Sushruta has classified Marmas into five types according to the Dhatu from which they are made. These types include Mamsa-11 (Muscle), Asthi- 8(Bone), Snayu-27 (Ligament), Sira-41(Vessel) and Sandhi-20 (Joint).

C. Anatomical classification of marmas according to acharya vagbhatta

Acharya Vagbhatta has classified Marmas into six types according to the Dhatu bheda. He has added one additional Marma named 'Dhamani Marma'. These types include Mamsa-10

(Muscle), Asthi-8 (Bone), Snayu-23 (Ligament), Dhamani-9 (Artery), Sira-37 (Vein) and Sandhi-20 (Joint).

D. Classification according to the size of marmas^{[6],[7]}

The Size of Marma varies from ardha-anguli (half finger) to hatheli (palm) or mushti (fist). Out of 107 marmas, 56 are of half finger size, 12 are of one finger size, 6 are of two finger size, 4 are of three finger size, and 29 are of one palm or one fist size.

E. Classification according to the Result/Outcome (Symptoms if injured)^[8]

Sadyah Pranahara (Immediate death causing) (19), Kalantara Pranahara (Death causing after some time) (33), Vishalyagha (Fatal after removal of foreign material) (3), Vaikalyakara (Disabling) (44), and Rujakara (Painful) (8).

MATERIALS AND METHODS

It includes reviewing of Ayurvedic classics including relevant commentaries regarding Marma Therapy as well as contemporary research articles and clinical studies related to Marma Sharir.

DISCUSSION

Clinical importance of marma therapy

Pain management: Marma points are closely associated with pain perception and management. Therapeutic interventions that target specific Marma points can help alleviate acute or chronic pain, including musculoskeletal pain, joint stiffness, headaches, and neuropathic pain.

Energetic significance: Marma points are closely associated with the flow of vital energy (prana) in the body. They are considered entry points for prana into specific body regions and are believed to regulate the flow of energy within the body. Disruptions or imbalances in prana flow at these points can lead to various health issues.

Prevention and Well-being: Maintaining the integrity and balance of Marma points is considered crucial for overall health, preventive care, and well-being. Practices such as Yoga, Pranayama (breathing exercises), and Meditation are believed to enhance pranic flow through Marma points, supporting optimal health and vitality.

Integration of Body and Mind: Marma Sharir reflects the integration of the physical body and the mind in Ayurveda. It is believed that each Marma point has a connection not only with physical structures but also with emotional, mental, and spiritual aspects. Balancing or activating Marma points is considered to influence not only physical health but also mental and emotional well-being.

Balancing doshas: According to Ayurveda, imbalances in the three doshas (Vata, Pitta, and Kapha) are at the root of many diseases. Marma Sharir interventions help regulate the doshas by influencing the flow of prana and restoring balance in the body. By maintaining doshic balance, the body becomes more resilient to disease and better equipped to prevent imbalances.^[9]

Pulse Diagnosis (Nadi pariksha): The examination of Marma points is often integrated into pulse diagnosis, a traditional diagnostic method in Ayurveda. The quality, rhythm, and subtle variations in the pulse can provide insights into the functioning of Marma points, helping practitioners assess the overall state of health and the specific imbalances present in the body.

CONCLUSIONS

Thus from above discussion it is concluded that Marma therapy plays an important role in various clinical conditions. Thus, Protect Marma during uses of Kshar, Agni or Visha because these are site of Prana and Pidan of these causes pidan of Prana. So Marma points should always be protected from injury. Marma Chikitsa is safe, medicine less option for conscious relaxation of body and mind. The practice of relaxation results in reduction of skeletal muscles spasm and drastic reduction of metabolic activity. It gives a chance to make the body energy flow in a proper way, uninterruptedly, enhancing the physical health. In this way, with Marma Science we can promote health and vitality for daily life and obtain freedom from disease and suffering and disharmony.

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