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MARMA CHIKITSA A BOON IN PRESENT ERA

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ABSTRACT

Ayurveda is the science of life. It is the oldest system of medicine in world that has a unique perspective for harmonious living. Marma is the unique concept of Ayurveda whose detailed description is mentioned in Sushruta Samhita. Marma is defined as vital point of body, the region in which there is confluence of Mansa, Sira, Snayu, Asthi and Sandhi. Pran is situated on these places naturally. Marma Chikitsa is a supreme method of Ayurvedic treatment, for whole spectrum of health disorders. Stimulation of Marma points through various technique help in the removing of blockages from the Marma points giving physical and physiological relaxation and stimulate the flow of Pran thus resulting treat the various disorders and maintain the healthy state. In the present scenario Marma Chikitsa is an immediate and permanent way of healthy living at physical, mental, emotional and spiritual levels.

KEYWORDS: Marma, Pran, Marma Chikitsa.

INTRODUCTION

The human Anatomy is an important and fundamental subject for health science. The science of Marma known as Marma Vigyanam is a dynamic part, specially described in Sushruta

Samhita. Brihatrayi has explained about the Marma and their impact on body but noteworthy description of Marma is found in Pratyek Marmanirdesham Shariram Adhyaya of Sharirasthanam in Sushruta Samhita. Ayurveda classics has mentioned one hundred seven Marma. Marma Vijyaniyam was developed as science of war. Knowledge of Marma exists from very ancient time of Vedas, which dates back 4000B.C. Marma is a common topic in three great Ayurveda classics of Charaka, Sushruta and Vagbhatta. Ayurveda classics described "Maryanti Iti Marmani'', it means Marma are the vital points of the body which show several fatal signs and symptoms on traumatic injury. Acharya Charaka has given prime importance to Trimarma (Hridaya, Shira and Basti) and including them in Pranaytana. Acharya Sushruta has classified Marma on various anatomical basis which are Rachna (structure involved), Shadanga (regional), Pramana (dimensional) and Parinama (prognostic). Marma are the point where Mansa, Sira, Snayu, Asthi and Sandhi conjoin together and they are the site of Prana. According to Acharya Sushruta Marma comprises of Jala, Vayu, Tej, Satva, Raja, Tama and Bhootatma. Marma points are specific anatomical locations of our body through which the energy of these elements is believed to flow. Marma Chikitsa is the practice of stimulation of these Marma points through various technique.

DESCRIPTION OF MARMA POINTS

Acharya Sushruta has stated one hundred seven Marma. Almost all the Ayurvedic classics that is Brihatrayi (Charaka Samhita1, Sushruta Samhita2, Ashtang Hridaya3) and Laghutrayi (Bhavprakash4, Madhav Nidan5, Sharangadhar Samhita6) has follows the Acharya Sushruta in relation to total number of Marma.

▶ In Charaka Samhita, ninth chapter of Siddhisthana - Trimarmiya Siddhi, Acharya Charaka has explained Marma are those places of the human body where sensation of pain is felt more as compared to other parts of the body due to the association of Chetna with these points7.

▶ In Sharir Sthan, sixth chapter, Acharya Sushruta has asserted that Marma is confluence of Mansa, Sira, Snayu, Asthi and Sandhi. Prana is situated at these sites naturally. Therefore, injury to any Marma may lead to serious consequences. Acharya Charaka has described one hundred and seven Marmas are found in the human body but he has not described them in detail. Acharya Sushruta and Acharya Vagbhatta had categorized Marmas in four types such as- Shadanga, Rachna, Parinama, Parimaan. In Sushruta Samhita, Asthang Sangraha8, Asthang Hridaya and Bhavprakash Samhita, Marmas are one hundred and seven. Out of these, eleven are present in each Sakthi (lower limb) and Bahu (upper limb) separately thus

forty-four in the four extremities, three in Udar, nine in the Urah, fourteen in the Prishth thus twenty-six in the trunk and thirty-seven in Urdhvajatrugat.

MARMA CHIKITSA

Marma Chikitsa is the science of gentle stimulation of Marma points through various technique.

 Marma Chikitsa removes blocks in energy channels (Srotas).

 Pacifies doshas bringing it to normal path (especially Vyan Vayu which controls autonomic nervous system).

 Creates physical, mental and emotional flexibility.

 Creates an opportunity to experience powerful and dynamic transformation at physical, mental, emotional and spiritual level by building a positive link with the unconscious mind.9

 Marma Chikitsa harmonizes the normal functioning of the human body and protect against the diseases and plays major role to fulfil the quate- Swasthasya Swasthya Rakshanam, Aturasya Vikar Prashmanam.

IMPORTANCE OF MARMA CHIKITSA

 Marma Chikitsa can be used in the following ways

To treat the diseases of nerves and brain.

In traumatic neurological or neuro surgical lesions, traumatic paraplegia, hemiplegia and monoplegia.

In orthopaedic lesions, especially prolapsed inter vertebral disc etc.

To reduce the pain of nerves, muscles, ligaments, bones and joints.

To produce anaesthesia during any surgical interference.

To improve the function of body organs by achieving homeostasis.

To activate the mal-developed or deformed body parts or musculature etc.10

MARMA CHIKITSA IN DIFFERENT DISEASES

 Shoulder pain - Kshipra Marma and Kurpara Marma.

 Pain in abdomen - Kurpara and Urvi Marma.

 Chest Pain - Kurpara, Urvi and Ani Marma.

 Cervical (neck) pain - Kshipra, Kurpara, Ani Marma.

 Leg and knee pain - Kshipra, Gulpha.

 Sciatic pain - Kshipra, Gulpha11

PROCEDURE

Posture- Sukhasana, Padmasana, Vajrasana

▶ Pressure- According to nature of Marma

▶ Stimulation time- 0.8 second / stimulation

▶ Repetition- 15-18 times in single seating

▶ Time- three times in a day

POSTURE FOR THE PRACTICE OF SELF MARMA CHIKITSA

1. Simple cross-legged posture (Sukhasana)
2. Lotus posture (Padmasana)
3. Half lotus posture (Ardha Padmasana)
4. Diamond posture (Vajrasana)
5. Sitting posture on chair
6. Standing posture

PRE-THERAPY EXERCISES

It comprises of the following steps: -

 Total relaxation of body.

 Deep breathing exercise.

 Perception of body as whole.

 Perception of psychic centres.

 Perception of Marma points.

 Gentle massage with thumb and fingers over the Marma points.12

DISCUSSION

Marma points act as conduits between the inner conscious mind and the physical body by encouraging Marma, Prana is channelled and the Vata Dosha is calmed. It maintains a person healthy and energised while enhancing their aura or energy field. Pain gait hypothesis by Marma Therapy states that by stimulating a specific Marma, acute pain is generated, which prevents the transfer of chronic pain and raises the threshold of pain.

▶ According to Acharya Sushruta, the location of Prana is nothing more than Marma at the place where all the veins, muscles, bones, joints, nerves, ligaments and other tissues come together. By removing obstructions to Prana flow, Marma therapy reduces soreness. It also stimulates nerves, which calms muscle spasms. Active inflammation begins when a specific

location of soreness is stimulated. As a result, increased circulation aids in the reduction of chronic inflammation. Marma Chikitsa helps to boost vitality and this vitality works in a way that promotes health maintenance.

CONCLUSION

Marma Chikitsa is a fast-acting, drug-free, affordable, time and labour saving, simple and non-invasive alternative therapy method. Marma Chikitsa plays a crucial function in preserving health and directing energy within the mind, body and soul. A non-invasive and non-pharmacological method called Marma Chikitsa helps to achieve total harmony in the healing of the body and mind, allowing the illness to pass.

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