

IMPORTANCE OF MARMA ACCORDING TO AYURVEDA: A REVIEW ARTICLE

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ABSTRACT

Marma is one of the important considerations as per ayurveda which play significant clinical role and may be correlated to the Acupressure/Acupuncture. *Marma* are the critical points of body associated with different organs and nerves. Ayurveda describe use of *Marma* therapy for various diseases and identification of *Marma* points which is to be cure since injury to these *Marma* points may causes serious harmful effect. Different types of muscles, veins, bones, ligaments and joints meets with each other at the *Marma* point thus these points acts as a physiological junction. This article summarizes various perspectives of *Marma* and their clinical importance as per ayurveda.

KEYWORDS: Ayurveda, Marma, Acupressure, Therapy.

INTRODUCTION

Marma therapy is a non invasive therapy. The classical text of Marmas is a common topic in three great Ayurveda classics of Charak Sushruta and Vagbhatta, which ayurveda described 107 *Marmas* points. *Sadhyopranhar*, *Kalantarpranhar*, *Vaikalyakar*, provides a wealth of information on their location, *Vishalyaghna*, *Rujakar* are *Marma* described anciently.

Function and application. *Dhamani, Sira, Asthi, Mamsa, Kandara, Sandhi* and Ayurveda considered some vital parts of body as *Prana Snayu* are the *sthana* (sites) used for where *Abhyanga* (massage) and *Mardana* (Acupressure) *sthana* (where life resides) & these vital points termed as performed. *Marma* points also help to balance *Tridoshas Marma*. The injury to these Marma points may be and *Trigunas* since it involve various *pranas* like; *vayu*, responsible for serious consequences, while use of *sattva, agni, rajas* and *atma*. help to treatment pathological.

Table 1: Some important Marma and their Sthana (Position).

<i>Sthana</i>	<i>Marma</i>
legs & feet	<i>Shakha Marma</i>
trunk area	<i>Madhyamanga Marma</i>
neck & head region	<i>Jatrudhara Marma</i>
Head and Brain, Pituitary, Pineal and Hypothalamus, Neck, Throat	<i>Kshipra</i>
Spinal(column), Uterus/Prostate,Bladder, Lumbar, Thyroid	<i>Kurcha</i>

DISCUSSION

POSITIONING OF SOME MARMA AND THEIR CLINICAL ROLE

Marma which resides in feet region are *Talahridaya Marma, Kurcha Marma, Kurchashira Marma, Kshipra Marma* and *Gulpha Marma*. *Talahridaya Marma* associated with functioning of respiration and circulation. *Kurcha Marma* related with *Prana Vayu* (body energy), *Kurchashira Marma* help to controls muscular system of body and boost digestive power, *Kshipra Marma* associated with functioning of heart and lungs while *Gulpha Marma* responsible for joints movements.

Marma which resides in head/face region are *Sthapani Marma, Avarta Marma, Shankha Marma, Phana Marma, Shringataka Marma, Hanu Marma, Kapala*.

Marma and *Nasa Madhya Marma*. *Sthapani Marma* controls mind and senses, *Avarta Marma* relates with *Vata dosha* and body posture. *Shankha Marma* controls *Vata* and relieve headache. *Phana Marma* balances *kapha* and relieves headaches. *Shringataka Marma* boosts *Ojas* and sense organ. *Hanu Marma* improves complexion and reduces stress. *Kapala Marma* relieves stress and excess emotions. *Nasa Madhya Marma* pacifies aggression and relief nasal congestion.

Marma Therapy

Utilization of external stimulation, pulling techniques, *panchkarma* and massage etc. are the part of *Marma* therapy along with *Abhyanga* and *Mardana*. *Marma* is related to the *Prana* which associated with *Vata Dosha* therefore *Marma* mainly deal with *Vata Dosha*. Different *Marma* points are considered for *Vata Vyadhi* depending upon involvement of *Vata* such as; *Prana Vata*, *Udana Vata*, *Vyana Vata*, *Samana Vata* and *Apana Vata*. *Marma* therapy not only helps in *Vata Vyadhi* but also helps to clear the channels (*shrotas*) and improves circulation of body. It develops physical & mental flexibility, removes *ama* (toxins) & clinically applied for many disease specially heart problem.

Marma therapy provides stimulation of vital points and thus removes blockages from the *shrotas* & offer physical and psychological repose. *Marma* therapy applied around the *Asthi*, *Snayu*, *Sira* & *Sandhi* etc. since this therapy mainly covers diseases related to neuron-muscular system, nervous system, loco motor system and blood circulation systems. *Marma Chikitsa* help to flow positive *prana* through the various channels using pressure on *Marma* points and this *prana* manage to treat diseases such as; headache, joints pain, paralysis *Hridaya Roga*, mental stress and muscular sprain, etc. Various therapies such as; *Swedana*, *Abhayanga*, *Pizhichil* and *Kizhi* are recommended by the traditional text of Ayurveda as *Marma Chikitsa*. *Abhyanga* (*Shirobhyanga*) help in diseases such as; *shirshoola*, *hanustambha*, *manyastambha*, *badhira* etc.

- ***Kurcha Marma***

Relates with digestive process, improves flow of *prana* for sensory activity.

- ***Kurchashira***

Promotes visual activity & reproductive stimulation.

- ***Kshipra***

Associated with functioning of heart & lungs.

- ***Talahridaya***

Boost immune system.

***Marma* help to treat following disease conditions:**

- Joint pain

- Respiratory obstructions
- Nervous system disorders
- Muscular pain
- Headaches & migraines
- Fatigue
- Mental stress
- Paralysis

Clinical Role of Some Specific *Marma Gulpha Marma*

Gulpha Marma positioned at *Gulpha* region (*Pada* and *Jangha* meet together), it is used for *Siravedha* and ankle joint. The injury to *Gulpha Marma* (*Gulpha* region) may causes: *Ruja*, *khanjata* and *stabdha padata*. It is used clinically in the management of joint injury, muscular sprain and pain.

Adhipati Marma

Adhipati Marma is resides at top of skull and superior sinus is a place of *Adhipati marma*. It is also considered as *Sandhi marma* due to the abundance of veins around this region. Clinically it associated with pathological symptoms such as; *Murcha*, *Bhram* and *Pralap*.

Lohitaksha Marma

Lohitaksha Marma found in lower limb in femoral triangle lateral to pubic symphysis. It is a *Vaikalyakar Marma* and also described as *Sira Marma*. It surrounded by skin, superficial fascia, fascia lata, femoral artery, femoral nerve and femoral vein. It is clinically responsible for hemorrhage due to the injury.

Urvi Marma

Urvi Marma related to the *Sira* and positioned at adductor canal, the structural component of this *Marma* site are femoral vein with Adductor Magnus, Sartorius and Vastus Medialis etc. It is clinically responsible for hemorrhage due to the injury.

CONCLUSION

Marmas are vital points, centers for the Prana. They can be used specifically for the diagnosis and treatment of disease or generally for promoting health and longevity. Marmas are integral to all Ayurvedic therapies from simple self treatments to complex clinical procedures. They

form one of the main pillars of Ayurvedic thought and practice. Marma therapy can be used along with all Ayurvedic therapies like panchakarma.

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