

**ROLE OF PRUSHTAGAT MARMA WITH SPECIAL REFERENCE TO  
BACK PAIN MANAGEMENT****Dr. Rabiya Sattar Shirgave\*<sup>1</sup>, Dr. Prashant Malagae<sup>2</sup>**

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**ABSTRACT**

Back pain represents one of the most common musculoskeletal disorders worldwide and is responsible for a significant burden of disability. Ayurveda explains the structural and functional significance of vital anatomical points known as Marma. Prushtagat Marma are the Marmas located in the posterior region of the body, particularly along the spine and scapular region. Injury or dysfunction of these structures may lead to severe pain, restricted mobility and neurological manifestations. The present study reviews the role of Prushtagat Marma in the management of back pain with special reference to lumbar spondylosis and sciatica. The study is based on classical Ayurvedic texts and modern anatomical literature. Therapeutic approaches such as Marma therapy, Abhyanga, Swedana and Basti are discussed in relation to their potential role in pain reduction and functional restoration. The findings

suggest that understanding Prushtagat Marma from an integrative perspective may provide a holistic strategy for prevention and management of spinal disorders.

**KEYWORDS:** Prushtagat Marma, Back Pain, Marma Therapy, Lumbar Spondylosis, Sciatica, Ayurveda.

## 1. INTRODUCTION

Back pain affects nearly 60–80% of the global population at some stage of life and is considered one of the leading causes of disability and healthcare expenditure. Degenerative changes, intervertebral disc pathology, muscular strain and nerve compression are common etiological factors described in modern medicine.

In Ayurveda, painful disorders of the back are explained mainly due to vitiation of Vata Dosha. Conditions such as Katigraha, Prushtagraha, Gridhrasi and Sandhigata Vata are frequently correlated with modern spinal disorders. Ayurvedic classics emphasize the importance of Marma, the vital anatomical sites where muscles, vessels, ligaments, bones and joints intersect. Sushruta described 107 Marma points in the human body that possess significant physiological and clinical importance.

Among them, several Marmas are located in the posterior region of the trunk and are collectively referred to as Prushtagat Marma. These Marmas play an important role in maintaining spinal stability, posture, locomotion and neuromuscular coordination. Injury to these Marmas can produce severe pain, deformity or functional impairment. Therefore, understanding the anatomical and therapeutic significance of Prushtagat Marma is important for integrative management of spinal disorders.

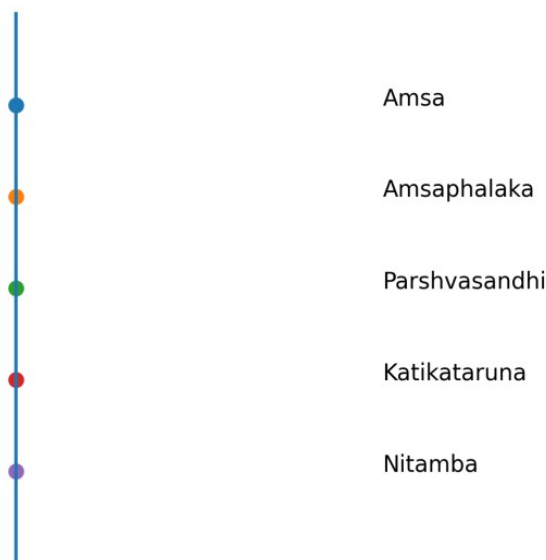
## 2. MATERIALS AND METHODS

This study is a narrative literature review based on classical Ayurvedic texts and modern scientific sources. Primary information regarding Marma was collected from Sushruta Samhita, Charaka Samhita and Ashtanga Hridaya. Modern anatomical correlations were obtained from standard textbooks of anatomy and orthopedics as well as peer-reviewed research articles related to Marma therapy and musculoskeletal disorders. The collected data were systematically analyzed to establish conceptual correlation between Prushtagat Marma and common causes of back pain.

### 3. Prushtagat Marma

Marma	Classical Location	Structural Components	Probable Modern Correlation
Amsa	Shoulder region	Snayu & Sandhi	Shoulder joint and rotator muscles
Amsaphalaka	Scapular region	Asthi	Scapula and surrounding muscles
Parshvasandhi	Lateral thoracic region	Sandhi	Costovertebral articulation
Katikataruna	Lumbar region	Asthi & Snayu	Lumbar vertebrae and ligaments
Nitamba	Pelvic region	Asthi & Sandhi	Iliac bone and sacroiliac joint

Schematic Representation of Major Prushtagat Marma Points (Posterior View)



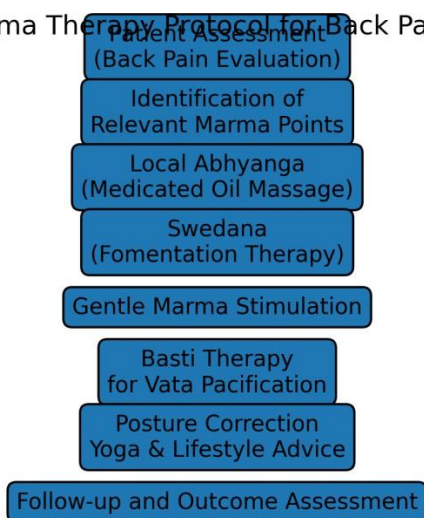
**Figure 1: Prushtagat Marma Points.**

**4. Clinical Correlation**

Lumbar Spondylosis is a degenerative disorder affecting the intervertebral discs and vertebral bodies. In Ayurvedic perspective this condition resembles Katigraha and involves aggravation of Vata Dosha affecting Katikataruna Marma. Sciatica or Gridhrasi is characterized by radiating pain along the course of the sciatic nerve from the lower back to the lower limb. Involvement of Katikataruna and Nitamba Marma may contribute to the manifestation of this disorder.

**Marma Therapy Protocol**

Flowchart: Marma Therapy Protocol for Back Pain Management



The therapeutic protocol includes assessment of the patient followed by identification of the

relevant Marma points. Local Abhyanga using medicated oils is performed to reduce stiffness and improve circulation. Swedana is applied to relieve muscle spasm. Gentle stimulation of the Marma points is carried out with controlled pressure techniques. Basti therapy is recommended for pacification of aggravated Vata Dosha. Lifestyle modifications including yoga, ergonomic posture and regular exercise are advised for long-term management.

## 5. DISCUSSION

The anatomical distribution of Prushtagat Marma corresponds closely with important musculoskeletal and neurovascular structures of the back. Modern research indicates that stimulation of specific anatomical points may influence neuromuscular pathways, circulation and pain perception. Marma therapy may therefore act through neurophysiological and biomechanical mechanisms. Integrating traditional Ayurvedic principles with modern understanding of spinal pathology may provide a comprehensive strategy for managing chronic back pain.

## 6. CONCLUSION

Prushtagat Marmas play a significant role in maintaining the structural and functional integrity of the posterior trunk. Their involvement in spinal disorders such as lumbar spondylosis and sciatica highlights their clinical relevance. Therapeutic stimulation and protection of these Marmas through Ayurvedic interventions may offer a safe and holistic approach for back pain management. Further clinical trials are necessary to validate these observations.

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