

A CRITICAL REVIEW ON MARMA SHARIRA WITH CLINICAL IMPORTANCE OF MARMA**Dr. Nachita Kumari^{1*}, Dr. Shankar Lal Verma², Dr. Jitendra Kumar Sharma³, Dr. Purushottam Das Sharma⁴,
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ABSTRACT

This article presents a comprehensive review study on the concept of Marma Sharir in Ayurveda and its clinical importance. Marmaa 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. This review aims to explore the historical background, theoretical foundations, classification, and clinical relevance of Marm Sharir. There are total 107 Marma point mentioned in the Sushruta Samhita and charak sanhita 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. Marma is locating place of prana and energy. Any injuries directly affecting the Marma sthana (sites of Marmas) results to death immediately or later or serious complications. Diseases which are arises from marma sthan are difficult to cure. Achary charak mention that Vyadhi of Trimarma is difficult to treat for example disease of Shira Hridaya and Basti and Shira. Therefore the knowledge of Marma is very essential for the surgeon to protect the patient from any harm during the surgery. Sushruta mention 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. 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. The methodology employed in this study involves an extensive literature search of ancient Ayurvedic texts, such as Sushruta Samhita and Charak Samhita, as well as contemporary research articles and clinical studies related to Marma Sharir. The collected information is critically analyzed, synthesized, and presented in a coherent manner.

KEYWORDS: Marma, vital points, Ayurveda.**INTRODUCTION****CLASIFICATION OF MARMA**

The main body organ and structures involved in the site of Marmas Mamsa (muscles), Sira (blood vessels), Snayu (nerve or tendon or ligament), Asthi (bones) and Sandhi (joints).^[3]

A. Depending upon the structure Marma has been designated as-

1. Mamsa Marma 2. Sira Marma 3. Snayu Marma

4. Asthi Marma 5. Sandhi Marma

1. Mamsa Marma: The main body organ and structures involved in the site of *Marmas* have been *Mamsa* (muscles)

2. Sira Marma: Sira Marmas are the Marm points associated with veins and blood vessels. Manipulation of Sira Marmas can influence blood circulation, lymphatic flow, and the movement of vital fluids in the body.

3. Snayu Marma: Snayu Marmas are the Marma points associated with tendons and ligaments. Manipulating Snayu Marmas can affect the musculoskeletal system, joint mobility, and the smooth functioning of connective tissues.

4. Asthi Marma: Asthi Marmas are the Marm points related to bones. Manipulation of Asthi Marmas can impact the skeletal system, bone health, and structural integrity.

5. Sandhi Marma: Sandhi Marmas are the Marma points located at the joints. Manipulating Sandhi Marmas can

influence joint mobility, reduce stiffness, and promote joint health.

B. Under the prognosis of trauma over Marmas, Sushruta has classified into five groups

| s.no. | Name of marma | No. of marma | Result after trauma |
|-------|---------------------------|--------------|---------------------------------------|
| 1 | Sadya pranahara Marma | 19 | death after immediately |
| 2 | Kalantara pranahara Marma | 33 | death after lapse some time |
| 3 | Vishalyaghna Marma | 3 | death soon after removing the Shalya |
| 4 | Vaikalyakara Marma | 44 | injury precipitating the restlessness |
| 5 | Rujakara Marma | 8 | injury causing severe pain |

It's important to note that the exact number and classification of Marma points may vary slightly in different Ayurvedic texts and traditions. However, the general concept remains consistent - Marma points are specific anatomical locations where physiological, energetic, and therapeutic aspects intersect, making them significant in Ayurvedic diagnosis and treatment.

Significance of Marma Sharir

1. Diagnostic Tool: Marma Sharir plays a significant role in diagnostics within Ayurveda. As Acharay Sushrut mentioned disease that origin from Marma sthan are difficult to cure. By examining the Marma points, an Ayurvedic practitioner can gain insights into the patient's health status, identify imbalances, and assess the flow of vital energy. Disturbance or tenderness in specific Marma points can indicate underlying health conditions or imbalances in the body.

2. Therapeutic Intervention: Marma Sharir is utilized as a therapeutic intervention in Ayurvedic practice. Stimulating or massaging specific Marma points is believed to restore the flow of vital energy, relieve pain, and promote healing. Ayurvedic therapies such as Marma Chikitsa and Marma Massage focus on the manipulation and activation of Marma points to promote overall well-being and facilitate the body's natural healing mechanisms.

3. Preventive Healthcare: Understanding Marma Sharir is crucial in preventive healthcare practices. By maintaining the balance and integrity of Marma points, it is believed that the body's vital energy remains in harmony, reducing the likelihood of imbalances or diseases. Ayurvedic practices such as Yoga, Pranayama, and Meditation aim to promote the balance and flow of prana through the Marma points, thereby supporting overall health and well-being.

4. Integration of Body and Mind: Marma Sharir provides a connection between the physical body and the mind. According to Ayurveda, the Marma points are not only physical entities but also possess psychological and emotional significance. Activating or balancing specific Marma points can influence mental and emotional states, promoting relaxation, clarity of mind, and emotional well-being.

5. Traditional Practices: Marma Sharir has been preserved and transmitted through generations of Ayurvedic practitioners and healers. Traditional knowledge and practices related to Marma points have been passed down orally and through practical training. Traditional

healers and experts have developed expertise in identifying and manipulating Marma points for therapeutic purposes.

6. Standardization Efforts: Efforts have been made to standardize the classification and terminology of Marma points. Organizations and institutions dedicated to Ayurvedic research and education have worked towards creating a unified system for identifying and naming Marma points. This standardization aims to enhance communication, education, and research in the field of Marma Sharir.^[4]

The evolution and development of Marma Sharir reflect the rich heritage and continuous exploration of Ayurveda. From ancient texts to traditional practices and modern research, the concept of Marma Sharir has evolved and adapted over time. Its integration into contemporary Ayurvedic practice highlights its continued relevance and importance in promoting health and well-being. Ancient Ayurvedic texts have made significant contributions to the understanding and development of Marma Sharir. These texts serve as the foundational source of knowledge and provide valuable insights into the concept of Marma points and their applications. Here are some key contributions of ancient Ayurvedic texts to the understanding of Marma Sharir.^[5]

AIMS AND OBJECTIVE

1. To examine the historical background: Explore the origins and development of the concept of Marma Sharir in Ayurveda. Investigate the ancient texts, manuscripts, and historical references to understand the evolution of this knowledge over time.

2. To analyze the theoretical foundations: Evaluate the theoretical principles and concepts underlying Marma Sharir. Investigate the Ayurvedic texts, such as Sushruta Samhita and Charaka Samhita, to understand the anatomical, physiological, and energetic aspects related to Marma points.

3. To classify Marma points: Identify and classify the Marma points mentioned in Ayurvedic literature. Analyze the criteria, characteristics, and anatomical locations of these points to establish a comprehensive classification system.

4. To assess the clinical importance: Investigate the clinical applications and significance of Marma Sharir in Ayurveda. Explore the utilization of Marma points in diagnostics, therapeutic interventions, and preventive healthcare. Assess the evidence base, case studies, and

clinical experiences related to the clinical importance of Marma Sharir.

5. To evaluate therapeutic interventions: Examine the different therapeutic techniques utilized for stimulating or manipulating Marma points. Evaluate the efficacy, safety, and outcomes of these interventions in various health conditions, such as pain management, musculoskeletal disorders, and psychological well-being.

DISCUSSION

Evolution and development of Marma Sharir: The evolution and development of Marma Sharir can be traced back to the ancient Indian medical system of Ayurveda. The concept of Marma points and their significance in health and healing has been a part of Ayurvedic knowledge for centuries. Here is an overview of the evolution and development of Marma Sharir.

Anatomical Locations: Marma points are specific anatomical locations in the body where tissues, joints, muscles, veins, arteries, ligaments, and nerves intersect. Ayurvedic texts describe around 107 Marma points throughout the body, each with its unique characteristics and therapeutic significance.^[6]

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.

The concept of Marma Sharir in Ayurveda highlights the intricate relationship between anatomical structures, energetic pathways, and overall well-being. It emphasizes the holistic understanding of the human body, integrating physical, energetic, and psychological aspects. By recognizing and working with Marma points, Ayurveda aims to restore balance, promote healing, and support the harmonious functioning of the body-mind complex.

In Ayurveda, the energetic principles and vital energy pathways are integral to understanding the functioning of the human body and maintaining overall health. Here are the key concepts related to energetic principles and vital energy pathways in Ayurveda.

Understanding the energetic principles and vital energy pathways in Ayurveda is essential for maintaining optimal health and balance. It recognizes that physical health is intricately linked to the flow and balance of prana and emphasizes practices and therapies that support the harmonious movement of vital energy. By working with these energetic principles, Ayurveda aims to restore and maintain overall well-being at the physical, mental, and spiritual levels.^[7]

Role of Marma Sharir in preventive medicine

Marma Sharir continues to be an essential component of Ayurvedic practice. Ayurvedic physicians and practitioners utilize the knowledge of Marma points in diagnostics, therapeutic interventions, and preventive healthcare. Techniques such as Marma Chikitsa (therapy) and Marma Massage focus on the stimulation and manipulation of Marma points for various health conditions.

Energetic Balance: Marma points are believed to be energy centers that regulate the flow of prana (vital energy) throughout the body. Keeping these points in balance promotes the harmonious flow of energy, thereby supporting overall health and preventing the accumulation of energetic imbalances that can lead to disease.

Enhancing Immunity: Ayurveda recognizes that a strong immune system is crucial for maintaining good health and preventing diseases. By working with Marma points, Ayurvedic therapies and practices aim to enhance the body's immune response and support optimal functioning of the immune system, thereby reducing the risk of illnesses.

Stress Reduction: Marma points are sensitive to both physical and emotional stimuli. By addressing Marma points through therapies like Marma Massage or Marma Chikitsa, individuals can experience deep relaxation, stress reduction, and improved emotional well-being. Managing stress is vital for preventing a range of physical and mental health conditions.

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.^[8]

Diagnostic Applications

Assessment of Health: By examining Marma points, Ayurvedic practitioners can assess the overall health of an individual. Tenderness, pain, or abnormal sensations in specific Marma points can indicate underlying imbalances or diseases in the corresponding organs or systems.

Identifying Energetic Imbalances: Marma points are highly sensitive to disturbances in the flow of prana (vital energy). By palpating or examining Marma points, practitioners can identify imbalances in the energetic pathways and detect areas where the flow of energy may be obstructed or disrupted.

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.

Therapeutic Applications

Marma Chikitsa: Marma Chikitsa is a specialized therapeutic approach that involves the manipulation of Marma points to restore balance, promote healing, and address specific health conditions. Techniques such as gentle pressure, massage, or application of herbal preparations on Marma points are employed to stimulate the flow of prana, release blockages, and support the body's natural healing processes.

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.

Healing and Recovery: Manipulating Marma points can enhance circulation, lymphatic flow, and the delivery of nutrients to tissues. This promotes the healing process and speeds up recovery from injuries, wounds, surgeries, and other physical traumas.

Emotional and Psychological Well-being: Marma Sharir interventions not only affect the physical body but also impact emotional and psychological well-being. Balancing and harmonizing the flow of prana through Marma points can help reduce stress, anxiety, and emotional imbalances, promoting a sense of calmness, relaxation, and overall mental well-being.

Enhancing Energy and Vitality: Activating Marma points can revitalize and invigorate the body, enhancing energy levels and overall vitality. By harmonizing the flow of prana, Marma Sharir interventions help individuals feel more energized, rejuvenated, and balanced.

Integration of Body, Mind, and Spirit: Marma Sharir recognizes the interconnectedness of the body, mind, and spirit. Therapeutic applications of Marma Sharir aim to promote a holistic sense of well-being by addressing not only physical ailments but also emotional, mental, and spiritual imbalances.

The diagnostic and therapeutic applications of Marma Sharir provide a comprehensive approach to healthcare in Ayurveda. By recognizing the significance of these vital points and employing appropriate interventions, Ayurvedic practitioners can assess and address imbalances at their root, promoting optimal health, healing, and overall well-being.

CONCLUSION

The concept of Marma Sharir in Ayurveda highlights the intricate relationship between anatomical structures, energetic pathways, and overall well-being. It emphasizes the holistic understanding of the human body, integrating physical, energetic, and psychological aspects. By recognizing and working with Marma points, Ayurveda aims to restore balance, promote healing, and support the harmonious functioning of the body-mind complex.

In Ayurveda, the energetic principles and vital energy pathways are integral to understanding the functioning of the human body and maintaining overall health. Here are the key concepts related to energetic principles and vital energy pathways in Ayurveda. Marma points are considered vital energy junctions where multiple nadis intersect, and pranic energy is concentrated. These points are believed to hold significant energetic and therapeutic value. Activating or manipulating Marma points can influence the flow of prana and restore balance in the body-mind complex.

As understanding the energetic principles and vital energy pathways in Ayurveda is essential for maintaining optimal health and balance. Because *Marma* points are site of *prana* It recognizes that physical health is intricately linked to the flow and balance of prana and emphasizes practices and therapies that support the harmonious movement of vital energy. By working with these energetic principles, Ayurveda aims to restore and maintain overall well-being at the physical, mental, and spiritual levels.

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