

MARMA CHIKITSA AS TRADITIONAL THERAPY OF HEALING: AN AYURVEDA PERSPECTIVE**Dr. Prasanna D. Ahire^{*1}, Dr. Preeti S. Dasari² and Dr. Parshuram Pawar³**¹P. G. Scholar, Department of Dravyaguna Vidyan, Shree Saptashruni Ayurveda Mahavidyalaya and Hospital, Nashik, India.²HOD and Professor, Department of Dravyaguna Vidyan, Shree Saptashruni Ayurveda Mahavidyalaya and Hospital, Nashik, India.³Professor, Department of Dravyaguna Vidyan, Shree Saptashruni Ayurveda Mahavidyalaya and Hospital, Nashik, India.***Corresponding Author: Dr. Prasanna D. Ahire**

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ABSTRACT

The "Aura" or energy of human is associated with multidimensional field & blockage of these field leads disruption in the flow of energy. Consequently this process leads disease, emotional and mental disorders. The ancient science of Indian system of medicine prescribed various healing approaches for the management of different pathological conditions. *Marma* therapy is one of them which play significant role towards the healthy well being. *Marma* are the vital areas of the body and damage to these *Marma* points may lead serious harmful effect. Physiologically *Marma* point act as a junction where various types of muscles, veins, ligaments, bones or joints meets with each other. As per the traditional text of ayurveda various diseases can be treated by *Marma* therapy. There various locations or *sthana* where *Marma* found and this specificity of *Marma* enable physician to treat various disease using *Marma* therapy; classically the *Marma* found in legs & feet region defined as *Shakha Marma*, *Marma* associated with trunk area termed as *Madhyamanga Marma* while *Marma* found in neck & head region mentioned as *Jatrudhara Marma* in classical text. This article described ayurveda perspective of *Marma* as healing therapy.

KEYWORDS: Ayurveda, Marma, Healing Therapy, Prana.**INTRODUCTION**

The air which travels through the body; act as a vital element and termed as *Prana* in Ayurveda. This *Prana* resides in some specific parts of the body such as; heart, brain, kidney and joints etc. These vital points are called *Marma* & consideration of these *Marma* points help to control physiological disturbances. Based on importance the *Marma* may be primary & secondary types. The injury to *Marma* points leads imbalanced *Prana* & vice-versa consequently pathological conditions persisted. The classical text of ayurveda described 107 *Marmas* points.^[1-5]

The aroma therapy is one of the important tools for treating *marmas* since aromatic oils possess ability to influence energy. The therapy help to penetrate aroma through *marma* region which are very sensitive points & these stimulating oils (camphor, eucalyptus or cinnamon) therefore help to open up energy of *marma* points. There are various approaches which utilized in *marmas* therapy such as; therapeutic touch, massage and pressure to

marma points. Ayurveda also described use of medicated massage oil & herbs prepared in sesame oil base for *marma* therapy. There are various remedies used in *marmas* therapy such as; *marmalepan ghee*, milk, mud, *mahanarayanataila* & *ksheerbalatailam* etc.

Gulpha Marma

Gulpha Marma is anguli pramana may be used for Siravedha and for ankle joint. It is resides in the Gulpha region at junction of Pada and Jangha. The injury to this point may leads symptoms such as: Ruja, khanjata and stabdha padata. Gulpha is Sandhi Marma associated with the joint injury & use for the management of joint pain.

Adhipati Marma

Adhipati Marma is located in skull area it is a Sandhi marma since abundance of veins occurs at this area. It is associated with sub arachnoid pressure on cerebral veins which may lead symptoms such as; Murcha, Bham & Pralap.

Indrabasti Marma

Indrabasti marma is one of the Mamsa marma situated around elbow and wrist. It mainly associated with muscles. Injury to this region may lead blood loss.

Lohitaksha Marma

Lohitaksha Marma is one of the Vaikalyakar Marma located in lower limb. It mainly associated with Sira. The any distress to this point may result hemorrhage.

Urvi Marma

Urvi Marma is Sira Marma positioned at in adductor canal mainly associated with femoral area and femoral vein. This Marma help to manage pathological consequences associated with process of transportation.^[2,6]

Classification of Marma on the basis of injury

- Sadyah Pranahara Marma:
Injury to Marma due to the loss of Prana vayu.
- Kalantara Pranahara Marma:
Marmas result in kalanthara pranahara.
- Vishalyaghna:
Foreign body affects Marma points.
- Vaikalyakara:
Involve Vikalya or Vaikalya means deformity.
- Rujakara Marma:
Marmas result in ruja when get injured.

Marma and Vata

Marma is related to Prana which mainly associated with Vata Dosha therefore Marma therapy predominantly dealt with Vata Dosha. Prana Vata, Udana Vata, Vyana Vata, Samana Vata and Apana Vata are considered for Marma since each Vata possess specific Sthana & properties thus different Marma points are recommended for different Vata Vyadhi. The disturbances in Vata Dosha may results Abhigata of the associated Marma.

The ayurveda mentioned importance of Marma therapy which helps to clear the channels, pacify the vitiated dosha & maintain circulation of Vata. The Marma therapy may involve use of external stimulation, use of medication, pulling techniques, panchkarma and massage techniques etc.

Marma as Healing Approach

- It opens blocked *shrotas* & thus improves process of circulation.
- It helps to pacifies *vata dosha* & correct the disturbed path of air transportation.
- It improves physical & mental flexibility since it removes *ama* & vitiated *vata* which may leads rigidity.
- It helps to boost overall process of transportation and detoxification.

Marma for Disease

Marma Chikitsa involves application of pressure on *Marma* points to induce the positive flow of *prana* along

through the various channels. Diseases such as; headache, bodyache, spinal alignment, joints pain and muscular sprain may be treat using various healing therapies along with *Marma Chikitsa* such as; *Swedana*, *Abhayanga*, *Pizhichil* and *Kizhi*. There are various specific *Marma* points used for the treatment of disease such as; *Kshipra Marma*, *Manibandha Marma* & *Katikatharuna Marma*, etc. *Kshipra Marma* found in hands & legs. *Manibandha Marma* found in upper limb it associated with *Sandhi*. *Katikatharuna Marma* basically an *Asthi Marma*. *Marma* therapy offer stimulation of specific points which removes blockages from the vital *shrotas* & provide physical and psychological relaxation. *Marma* therapy acts around specific body parts such as; *Asthi Snayu* & *Sandhi*, etc. *Marma* mainly concentrate diseases pertaining to neuro-muscular system, loco motor system, nervous system and blood circulation systems.^[5-10]

Some useful therapies of Marma under panchkarma are

- ❖ *Abhayanga Unmardana*
- ❖ *Dharachikitsa*
- ❖ *Shirodhara*
- ❖ *Pindasveda*
- ❖ *Urobasti*
- ❖ *Pichudharana*
- ❖ *Kati basti*

Some Ayurveda formulation used

- ❖ *Perondabhasma*
- ❖ *Kacchapaprishtabhasma*
- ❖ *Kapardikabhasma*
- ❖ *Navjeevana rasa*
- ❖ *Rajatabhasma*
- ❖ *Jaharmoharapisti*
- ❖ *Suvarnabhasma*
- ❖ *Gorochanadigulika*
- ❖ *Marmagutika*

Approach of Marma therapy in Parkinson's disease

Imbalance in *Ucchi Marma* leads Parkinson's disease. The *Marma* therapy may offer relief in Parkinson's disease. The therapy involves use of thumb over the nose tip extending the palm over head and touching scalp with the tip of middle finger. This all relaxes *Ucchi marma* since injury to *Ucchi Marma* may lead symptoms of Parkinson's. Similarly *Churiyadi Marma* disturbances may impart symptoms of parkinson's disease therefore *Marma* therapy relaxes such *Marma* & provide relief in disease symptoms.

Marma may help to treat following pathological condition

1. Muscular pain
2. Joint pain
3. Respiratory obstructions
4. Nervous system disorders
5. Headaches & migraines
6. Mental stress

7. Fatigue
8. *Vata vyadhi*
9. Paralysis
10. Cervical Spondylitis



Figure 1: Marma Points on basis of location.

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