



e-ISSN: 2319-8753 | p-ISSN: 2347-6710

IJRSET

International Journal of Innovative Research in
SCIENCE | ENGINEERING | TECHNOLOGY

INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH

IN SCIENCE | ENGINEERING | TECHNOLOGY

Volume 11, Issue 2, February 2022

ISSN INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 7.569

9940 572 462

6381 907 438

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www.ijirset.com

Marma Chikitsa and its Importance in the Present Scenario

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ABSTRACT: *Marma chikitsa is an important part of Ayurveda that helps to maintain health by cleansing blocked energy. The word Marma is of Sanskrit origin 'Mrin Maranae'. The Sanskrit phrase, "mriyatae asmin iti marma" means 'there is likelihood of death or serious damage to health when these points are inflicted. Hence, these areas are called marma. Marma in Sanskrit also means hidden or secret. By definition, a Marma point is a juncture on the body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints. Marma chikitsa utilizes 107 points or "doorways" into the body and consciousness. The mind is considered as the 108th marma. Major marma points correspond to the seven chakras, or energy centers of the body, while minor points radiate out along the torso and limbs. These points range in size from one to six inches in diameter. The points were mapped out in detail centuries ago in the ' Sushruta Samhita ', a classic Ayurvedic text.*

The points cover both the front and back of the body, including

- 22 on the lower extremities
- 22 on the arms
- 12 on the chest and stomach
- 14 on the back, &
- 37 on the head and neck

KEYWORDS: Marma chikitsa, ayurveda, mind, juncture, points, Sushruta, Samhita, chakras, secret

I. INTRODUCTION

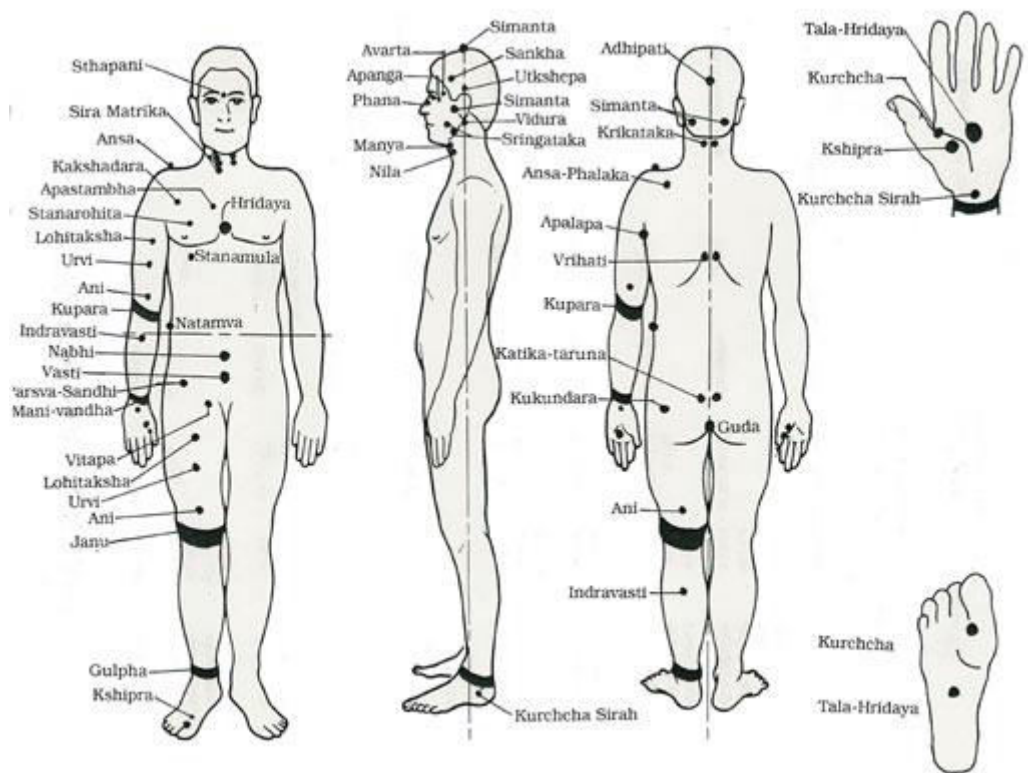
In Marma chikitsa, a very light stimulation of points on the body is done. It removes blockages from the marma points giving physical and psychological relaxation and strength. This is a powerful process and a chikitsa that works with these subtle and sensitive energy points to open the energy channels in the body are called srothas. Marma points, when gently pressed on the skin can stimulate a chain of positive events. Marma chikitsa is profound and work at many levels - physical, emotional, mental and spiritual and can create dramatic shifts in the body.

- Relief from chronic or acute pain, both locally and distally
- Detoxification at all levels.[1,2]
- Significant improvement in bodily/organ functions, especially immunity, digestive, respiratory, neural & psychological
- Healthier skin and a radiant appearance
- Balances body temperature and can balance the doshas
- Releases neuro-chemicals such as serotonin, melatonin for improved cognitive function and deeper sleep

Marma chikitsa can actually alter consciousness and change one's awareness. Through working on the marma points, we can control:

- prana (energy) levels
- our sensory and motor organs, and eventually
- the entire mind-body complex

This gives us easier access to higher realms of consciousness. From that place, a person can move forward with self-care, creativity and renewed energy.[3,4]



Ayurvedic medicine — and ideas about the existence of life energy and marma points — has been around since roughly 2 B.C. In Ayurvedic medicine, marma points are anatomical locations in your body where a concentration of life energy exists. Marma points are said to contain the three doshas:

- vata (air and space)
- kapha (earth and water)
- pitta (fire and water)[5,6]

These doshas are believed to be linked to your physical and emotional well-being. Like traditional Chinese acupuncture, Ayurvedic medicine believes that stimulation of the marma points can improve your physical and mental health. It's also believed that injury to the marma points can result in negative health effects in the body and in some cases, further injury and even death. It's said that there are 107 marma points in various locations around the human body:

- 11 marma points in your limbs
- 26 marma points in your trunk
- 37 marma points in your head and neck region
- 33 marma points located elsewhere in your body[7,8]

Generally, this is performed by a trained massage therapist who has experience with Ayurvedic medicine. These massage therapists have extensive knowledge of the locations and functions of the various marma points. Aromatic massage oils, sometimes infused with herbs, are typically used to increase the benefits of the massage.

II. DISCUSSION

Marma points massage chikitsa can be both relaxing and invigorating. It can not only help loosen your muscles and tissues, but it's also thought to help promote the proper flow of energy around your body. The good news is that you don't have to be a certified massage therapist to give yourself a marma points massage. Here's how you can massage your own marma points without a professional:

1. Use the tips of your fingers to gently but firmly stimulate each marma point listed below.

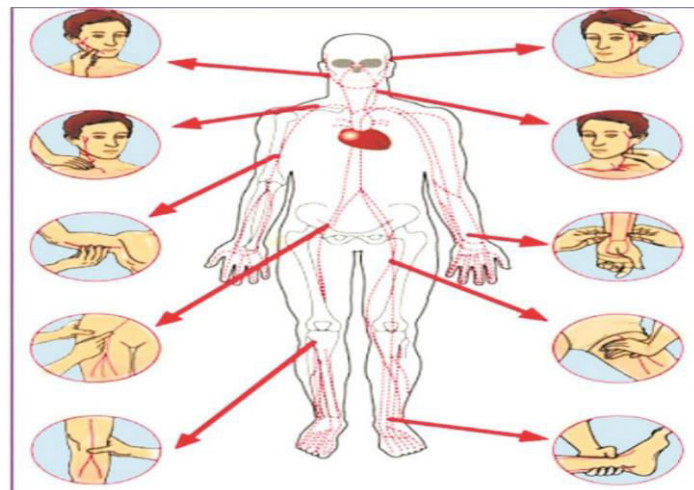
2. Massage each point in a clockwise circular motion for up to 5 minutes.
3. Optionally, use herb-infused massage oils during your massage.

Below, you'll find some of the more notable marma points that you can easily stimulate using the massage technique above.[9,10]

Marma point	Location	Believed to affect
Sthapani marma	center of forehead	mind, brain, and nerves
Phana marma	either side of the nose at the base of the nostrils	sinuses, ears, sense of smell, and stress levels
Shringataka marma	center of the chin	eyes, ears, nose, tongue, and various nerves
Talhridayam marma	center of the palm of each hand	lungs
Manibandha marma	center of the spot where your inner wrist meets the palm of each hand	body stiffness
Nabhi marma	center of the navel	small intestines
Janu marma	lower inner point at the bottom of each kneecap	heart, liver, and spleen
Indravasti marma	center of each calf muscle	digestion and the small intestine
Kurcha marma	center of the ball of each foot, between the first and second toes	vision
Talhridayam marma	center of the sole of each foot	lungs (similar to the talhridayam marma points on the hands)

Marma helps clear the chakras, thus enabling the flow of energy which means getting rid of disease from the body. While Marma helps in the overall improvement of health, some specific benefits are-

- It helps in the removal of toxins in the body.
- Enables better digestion and increase in metabolism, thus promoting weightloss for obese people.
- Makes skin clearer
- Improves mental abilities
- Gets rid of joint pains and aches
- Enables better mental control and helps in anger management
- Helps in management of ailments like arthritis, diabetes, hypertension, autoimmune diseases and even cancer.[11,12]



III. IMPLICATIONS

1. Basti marma (बस्ति मर्म): Control of urinary system functionality



Involuntary urination is not only the problem of infants it also includes adults and elder ones, to exterminate it ayurveda appertain basti marma.

2. Guda marma (गुदा मर्म): Base of vital energy for life



Anal canal is not just a route to expel egesta however it a speck that activates the mooladhara chakra to awaken the serpentine power.[13,14]

3. Headache (शिरःशूल)!



Our gesture of hand on forehead is not only the sign of apathy or pain but with knowledge of right pressure points we can relieve ourselves from gloomy headache

4. Hridaya marma (हृदय मर्म): Health and spirituality



Hridya is a habitat of atma as per ayurveda with extreme potential of rejuvenation of the soma and its functions to its full extent.[15,16]

5. Kshipra marma (क्षिप्र मर्म): Remote control to release stress

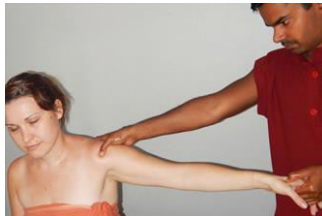


A minute point in the hand that abolish ailments above the shoulder region is illustrated in ayurveda i.e an armature of you and with you forever.

6. Marma chikitsa for insomnia

We are the reason for our deprived sleep which now has turned into conditions like restlessness, exhaustion and insomnia. Making ayurveda and marma chikitsa part of our life could help us to induce the natural phenomena. [17,18]

7. Marma Chikitsa in Primary Frozen Shoulder (Apabahuka)



A case representation of a lady in her fifties who got relief from her lasting shoulder pain just after few sittings of marma chikitsa.

8. Nabhi marma: The predominant point of navel region



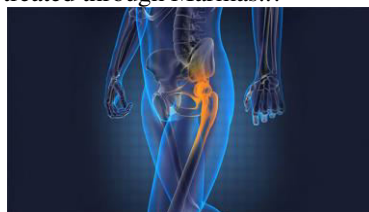
Navel is not just a pit in your body, it is nabhi marma that produce paranormal results in your body just with a click on it.

9. Sthapni marma: The intellectual booster



Ayurveda elucidated that strong consciousness is recommended to attain spirituality, a supreme subject of universe which attracts the divine souls so to accomplish it stimulate sthapni marma. [19,20]

10. Avascular necrosis femoral head treated through Marmas..!



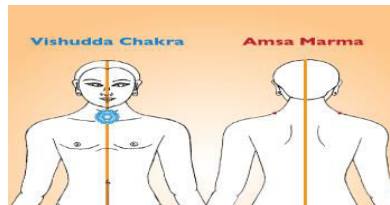
Avascular necrosis, osteonecrosis, aseptic necrosis, or ischemic bone necrosis are the names of the condition where in our bone tends to collapse due to lack of proper blood supply.

11. Adhipati marma



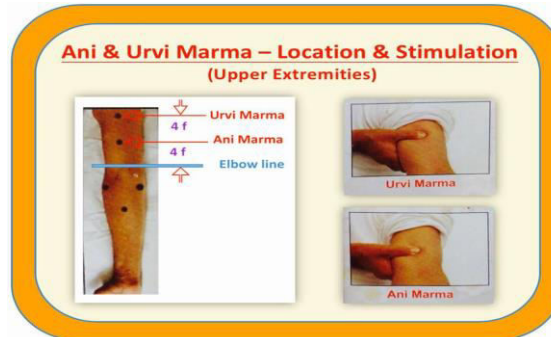
You can experience an incorporeality, bliss and holiness by activating adhipati marma which is a great lean on for all the minded species along with marmas.

12. Amsa marma



Now you can easily get rid from situations like neckache, stiffness, cervical spondylitis, frozen shoulder, migraine etc by simply stimulating the amsa marma which is located in between the neck & shoulder joint. [21]

13. Ani and urvi marma



Magnificent marma points (ani and urvi marma) are present in your soma that provides you relief from edema and inflammation of extremities along with increased work efficiency of thorax organs like heart, lungs, oesophagus.

14. Apanga marma



Want to increase vision of your eyes, strengthen eye muscles, relief from headache and eye stress, stimulate an amazing point present at the end of your eyebrow for astonishing results called a s apnaga marma.

15. Fana marma



Upset from common cold, sinusitis, rhinitis and anosmia, just give few minutes to invigorate fana marma (a point at the base of the nose) and notice the amazing results.

16. Indra Basti marma



In vedic sciences indra means the controller or god of water similarly in ayurveda indra basti is the point which monitors water related diseases such increased frequency of urine, b.p.h, excessive sweating, etc. [20,21]

17. Kanth marma



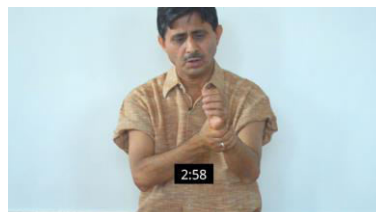
You can improve your power of perceiving flavour and talking by simply stimulating the marma points present in the neck region baptized as kanth marmas.

18. Kurpara marma



Stimulation of marma point (kurpara marma) present on elbow joint is a small step towards bigger approach i.e to obliterate the maladies of liver, gall bladder, oesophagus, stomach, pancreas, spleen and diaphragm namely diabetes, hepatitis, cholecystitis, hiccups, diaphragm irritation [19]

19. Manibandh marma



Whenever we are in tension we unintentionally hold our wrist joint because our body knows that there is a specific marma at this joint i.e manibandh marma and its stimulation provides us relief from mental stress.

20. Seemant marma



Continuous pain in your head runs your daily activities but now 1 minute chikitsa of marma points on skull (stimulation of seemant marma) definitely solve your problem.

21. Stanamula and Stanarohita Marma



A rare treatment but with astonished outcomes is marma chikitsa where just with the stimulation of some specific points (stanamula and stanarohita) on thorax region, ailments like pyothorax, pneumothorax, haemothorax, interstitial lung disease, allergic bronchitis and bronchial asthma are abolished forever.

22. Talhridaya Marma



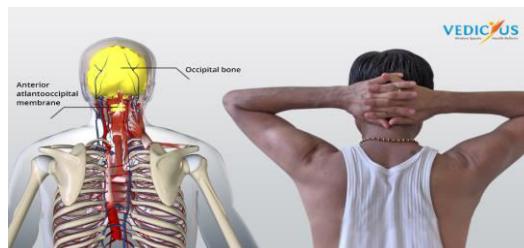
The power of controlling heart problems and hurting situations of your life is now in your hands i.e just with the stimulation talahridaya marma you can feel the real difference.

23. Vidhura Marma



A small point present behind your pinna keeps auricle; an avenue for sound and body balancer up to the mark.

24. Krikatika marma



Krikatika marma point is situated in the neck who's stimulation helps to improve the muscles tone of the neck and enhances the functionality.

25. Katikataruna marma



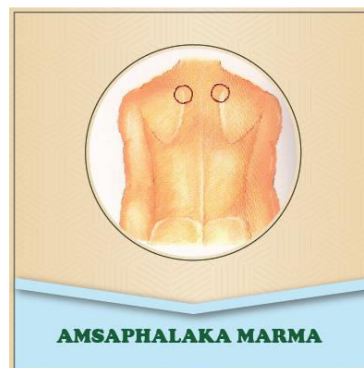
Katikataruna marma is an important marma point of back which could be self stimulated to ease the backache, back stress and promote good health.[18]

26. Janu marma



Janu marma is an important marma point of knee joint that helps to relieve knee pain and the conditions associated with knee joint.

27. Amsaphalaka marma



If you have limited movement of your shoulder or pain in movement then stimulation of amsaphalaka marma may be beneficial for you in the condition.

28. Kukundara marma



Acting as a remote control, stimulation of kukundara marma provides energy to our lower body and helps various conditions associated with our lower extremity.[17]

29. Vitapa marma the insight padmasana



Padmasana also promotes vitality and reproductive functions which through ayurvedic parlance could be understood better i.e science of vitapa marma.

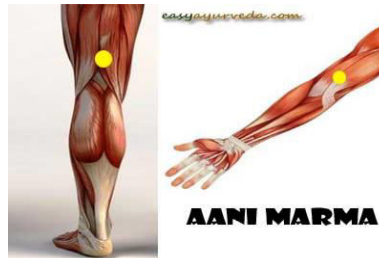
30. Parsvasandhi marma the pressure point for kidneys



Parshwa Sandhi Marma
A type of Sira and
Kalantara Pranahara Marma

Our side of the waist has got two marma points that influence the functions adrenal glands and kidneys known as parshvasandhi marma points.

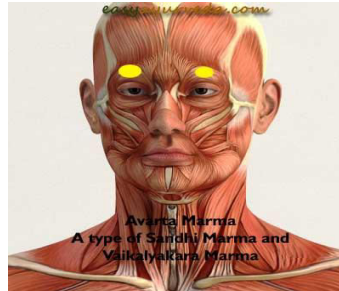
31. Aani marma



AANI MARMA

Proper stimulation of aani marma is beneficial in the conditions like tennis elbow, golfer's elbow, muscle wasting or bicipital tendinitis, and promotes self care and self healing.

32. Avarta marma



Avarta Marma
A type of Sandhi Marma and
Valkaryakara Marma

A sandhi marma located above the center of each eyebrow, which on moderate stimulation helps to relax eye tension and can be used as therapeutic for eye disorders, headaches and even facial paralysis.

IV. RESULTS

Marma Ayurveda practitioner uses the marma points to identify the energy imbalance of tissues and organs, and this helps for better diagnosis and treatment. Marma activation enhances the cellular intelligence, cellular metabolism and cellular immune function. Allowing the free flow of the mind energy helps to activate the metabolic fire, so that the circulation and nutrition and rejuvenation of cells happens much faster. Marma chikitsa activates the neural pathway to the brain and from brain to the area of the body to be treated. The energy channels in the whole body become stronger and cleaner. Therefore, the usual Ayurveda treatments become far more effective with Marma as a supporting component.[18,19] Along with the normal Ayurvedic treatments, we use Marma in three specific ways.

First way....this energy channel activation will be done individually on each patient by the chief physician himself because it requires years of dedicated practice to do Marma chikitsa. Second way.... the meditation and Yoga sessions are designed in such a way that the focus is the energy channels. Marma meditation and Marma yoga is what is taught here and it has been passed on for generations. Marmayogi was the name by which the grandfather of the chief physician was called by his patients. The name has stuck for generations. Third way.... the chief physician will teach you a couple of marma activations, specific to your disease that you can do when you go back home. This helps you to



continue the chikitsa at home and gives you long term benefits. In short Marma Ayurveda is a tool that increases the free flow of mind energy all over the body and it dramatically increases the effectiveness of the usual body-oriented Ayurveda treatments.

V. CONCLUSIONS

You need to follow a few preconditions so that you can benefit the most from this treatment.

1. You must be fasting for at least 3 hours before Marma Chikitsa appointment time. This includes no food/tea/coffee/aerated drinks/tender coconut water/smoking
2. You can have water until 1 hour before your Marma Chikitsa appointment
3. Refrain from drinking the previous night
4. Please do not undertake Marma Chikitsa during menses unless you suffer from irregular menstrual cycles

A Marma Chikitsa session may last upto 30 minutes. Each session focusses on harmonising the flow of Prana to restore health and vitality in the body and calmness in the mind.[20] Marma Chikitsa alleviates pain by stimulating the flow of prana, thus pacifying the doshas. This Chikitsa activates agni and effectively detoxifies and cleanses all bodily structures. Marma stimulation can improve metabolism, circulation, nutrition and rejuvenation of the tissues. Marma Chikitsa can significantly calm the mind and reduce stress. These energy points may also trigger the release of unexpressed or unresolved emotions. It also helps to process the unprocessed thought, feeling, emotion stored in majja dhatu (nervous system) and mano vaha srotas (channels in the plane of thinking and processing information) and removing obstacles to the flow of prana (cellular intelligence).

Some of the physical conditions that are treatable with Marma Chikitsa;

1. Heart conditions
2. Respiratory conditions
3. Asthma
4. Digestive disorders
5. Gas troubles
6. Liver disorders
7. Heel spur
8. Initial stages of rheumatoid arthritis, osteo-arthritis
9. Migraine Headaches
10. Lock Jaw
11. Cervical Spondylosis
12. Kyphosis
13. Ear and Jaw pains
14. Reproductive disorders
15. Uterine disorders
16. Nervous disorders
17. Initial stages of Parkinson's disease
18. Improves Immunity
19. Excretory System
20. Constipation
21. Varicose Veins
22. Knee conditions
23. Low back pains
24. Disc Bulge

Some of the emotional and psychological conditions that are treatable;

1. Depression
2. Anxiety
3. Sleep disorders[21]

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