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Review Article

MARMACHIKITSA: THE ENERGY PATHWAY FOR HEALING BODY AND MIND

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Abstract

Marma concept is the unique principle of *Ayurveda*. In the ancient *Ayurvedic* literature the concept of *Marma* was limited to the war and *Marma* point is considered as the fatal points. In India and beyond countries *Ayurved* therapy and practices are applied in medical use. *Marmachikitsa* is one of them. The pathway within the human body which conduct energy is *Srotas*. The energy stored in the body in the form of *Prana*. And blockage in this pathway leads to obstruction in flow of energy which leads to different pathological conditions. Marmatherapy is one of the best healing approach towards the healthy well-being. Physiologically *Marma* are the vital area where prana resides and act as junction of muscles, veins, ligaments, bones meets with each other. According to Ayurvedic classical text various type of disease can be treated by *Marmachikitsa*. *Marmachikitsa* enables physician to treat disease by knowing the *Marmasthana*. By applying the gentle pressure and massage on *Marmasthana* or Marmapoint will causes release of blockage of energy in energy pathway which improves blood circulation which leads to easy flow of energy and nourishes the tissue. *Marmachikitsa* is the non-invasive approach for healing body and mind.

Key words – *Marma*, Energy, *Prana*, *Ayurveda*.

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INTRODUCTION

Marma is very unique and essential concept of *Ayurvedic Sharir*. The literature about *Marma* is seen in *Brihatrayee* which is described in *Sushruta Samhita* the sixth *Adhyaya* of *Sharirsthana* [1]. *Marma* means the vital points of the body. In *vedic* time *Marma* point were called mystic point[2]. According to *Acharya Sushruta Marma* is the junction of *Mamsa*, *Sira*, *Snayu*, *Asthi*, and *Sandhi*[3]. It is also known as *Jeevsthan* and *Pranaytana*. The concept of *Marma* is the basis of *Panchakarma Chikitsa* and acupuncture therapy.

Marma point massage dates back to southern India year 1500 BC. The power of *Marma* point was first discovered by Master of kalari. Practitioners used *Marma* point massage to stimulate healing in areas that corresponds to the injuries. For example, the *Marma* point located on the back of calf, which is related with the transverse part of large intestine. Gentle massaged to that point, trigger flow of energy to induce healing. *Ayurvedic* physicians, all over India learnt the importance of *Marmachikitsa*. In today's life *Marmachikitsa* is still essential component of *ayurvedic* healing. According to *Acharya Sushruta* there are 107 *Marmas* in the human body which is very important vital places[4]. Any injury to these parts may lead to sever pain, disability, loss of functions, loss of sensation and even death also. *Marmachikitsa* is the very essential aspect of the *Ayurvedic* treatment. *Marmachikitsa* is the type of *Ayurvedic* treatment in which the gentle pressure or massage is applied over the *Marma* point which induce the flow of vital energy i.e. *prana* along a system of subtle channels called *Nadis*[5]. The *Marma* means the conjugation of muscles, nerve, joint, tendon and ligaments. The healing through *Marma chikitsa* will affects the physical health. The aim of *Marmachikitsa* is to stimulate the various body organs and system. The action of *Marma* which is controlled by *prana Vayu*. This *prana Vayu* is essential to maintain the longevity of life. The aim of *Marma* therapy to energizing the body and relieves the illness and stress related diseases.

According to *Acharya Sushruta* the five fundamental anatomical structures involved on *Marma* point[6]. These structures are: 1. *Mamsa* 2. *Sira* 3. *Snayu* 4. *Asthi* 5. *Sandhi*

Acharya Sushruta also classified the *Marma* into five groups according to the effect of trauma on it:

1. *Sadyapranhara* (fatal) *Marma*.
2. *Kalantar pranhar* (delayed fatal) *Marma*.
3. *Vishalyaghna* (fatal after removal of foreign body) *Marma*.
4. *Vaikalyakar* (disabling) *Marma*
5. *Rujakar* (painful) *Marma*.

Therapeutic values of Marma:-

Marma is beneficial for many conditions including: -

1. Muscular and joint pain

2. Frozen joints
3. Muscular strain
4. Digestion problems
5. Neurological disorders
6. Headache and migraines
7. Anxiety and depression

Importance of Marmachikitsa: -

1. It provides a pathway for inner healing
2. It creat a balance between all vital energy
3. It removes physical and emotional stress and relives occupational illness.
4. It regulates the body temperature.
5. It creates physical, mental, and emotional flexibility.

Role of Marmachikitsa: -

1. This therapy removes the block in energy channels called *Srotas* with the help of *Marma* massage.
2. It brings the normal pathway of *Vyan Vayu* which regulate the autonomic nervous system.
3. *Marmachikitsa* brings flexibility in physical and mental illness and promote spiritual health.
4. It helps to the process of detoxifications.
5. *Marmachikitsa* pacifies the vitiated *Dosha* and maintain the circulation of energy i.e. *Prana*.

Aim of Marmachikitsa: -

The main aim of *Marmachikitsa* is the preservation of health of healthy individual and brings the physical and mental health. With the aim of *Marmachikitsa* we can fulfill the aim of *Charak Samhita* as well as *Sushrut Samhita*. *Marmatherapy* is a curative treatment as well as supportive treatment. As a curative treatment it can be used in many diseases such as sports injury, headache etc. and as supportive therapy which can be used along with physiotherapy. *Marmachikitsa* is the unique traditional skill of *Ayurveda* which is very popular among many places. In the present era the scientific study of *Marmachikitsa* is very essential fact and need of the hours. In day to day life various physiotherapist, physicians, and bonesetters practices this type of specialty.

DISCUSSION

Application of external stimulation, massage, *Abhyanga*, *Mardana*, along with *Panchakarma* are the part of *Marmachikitsa*. *Marma* points are related to *Prana* i.e. vital energy and which is related to *Vata Dosha*. There are some *Marma* points which is considered for *Vata -Vyadhi*. *Marmachikitsa* helps to remove blockage in the *Srotasa* and

improves the circulation of the body. *Marmachikitsa* improves the physical and mental health and clinically essential for certain *Vata* disorder. *Marmachikitsa* removes the blockage of *Srotasa* and relieves the symptoms related to the organ. The application of *Marmachikitsa* on the *Asthi*, *Snayu*, *Sandhi*, *Sira* cures the disease related to the neuromuscular system, nervous system. The application of pressure on *Marma* points there is flow of vital energy i.e. *Prana* which is essential to treat the disease like headache, heart disease, joint pain, mental stress etc. Therapies like *Mardana*, *Abhyanga*, *Snehana*, *Swedana* comes under *Marmchikitsa* also.

CONCLUSION

Ayurveda describes the 107 Marmapoints related to particular region of the body. Thus, healing is done by applying the pressure on marmapoints which removes the blockage in srotasa and improve the circulation of the system and which further improves physical health. As we know, Marma is the junction of Mamsa, Sira, Snayu, Asthi, Sandhi and these are the five principle of marmachikitsa which helps to balance the whole system to function normally. In the present era Marmachikitsa is the need of the hour because this therapy develop the preventive health and longevity of the body and mind.

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