

Opinion note

Marma therapy – a drug-less treatment for neurological disorders

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ABSTRACT

According to medical science, the specific parts of the body, which are very vulnerable to trauma, are known as Marma. Any trauma to these places may lead to death or many other complications regarding physiological functions and anatomical configuration. So, during any surgical intervention/ para-surgical procedures, one has to take care of these vital points. As we know, in accidental cases, some people die without massive outside injuries but some survive despite of having extensive injuries and become healthy later on after proper treatment. That is because the vital points (Marma) are injured and a person dies immediately. Therefore, these vital points are important for the survival of human beings. On the other hand, the stimulation of these points is important to treat a number of diseases both in acute and chronic conditions because these places are known as vital parts and are the source of energy. In the present situation where the whole of medical science is away from the reach of the common man due to its expensiveness and hazards, it is highly essential to take the privilege of making Marma science and therapy as a mainstream treatment mainly for pain management as in case of Ayurveda, instant pain management is a big issue.

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INTRODUCTION

There are mainly two health systems working throughout the world. They are the conventional or traditional systems of medicine. Both systems used medicine for the treatment and were always linked with adverse effects. Marma therapy offers non-invasive and instant effects on many diseases. Presently, Marma therapy is being given through Ayurvedic knowledge in several hospitals but in the outpatient department.

Marma therapy is a universally sustainable medical science and in existence since the evolution of human beings on earth. The *marmas* are mentioned and discussed in *Sushruta Samhita* (Ch. 6) as anatomical considerations of different parts of the body, as vital organs. In practice, it is also apparent that any trauma to these vital points may lead to death. The origin of Marma Science is believed from Anganyasa Mrityunjay Mantra as given below.

The cases of neurological disorders including due to bad lifestyle are sharply increasing nowadays. Marma therapy creates an opportunity to experience powerful and dynamic transformation at the physical, mental, emotional and

spiritual levels by building a positive link with the unconscious mind and treating the disease instantly with no side effects. The therapy works well on musculoskeletal disorders, alimentary tract diseases, respiratory tract diseases, cardiovascular diseases, neurological diseases, genitourinary tract diseases, metabolic disorders, eye and ear-related disorders, cerebral palsy, Down syndrome, mental retardation, autism, speech disorders etc.

ॐ त्रयम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय माऽमृतात् ॥

In ancient times, except for the experts of *marma* science, it was taught and exposed only to the king, his army chief and warriors. This was the main aim of obscuring the *marma* science. The evidence of *marma* points can be found in our ancient texts such as Ramayan, Mahabharat, Shri Krishna Leela, etc. Following are the key evidence of Marma.

1. In the battle between Lord Rama and Ravana, hitting the arrow to the navel of Ravana killed him immediately.
2. Lord Shri Krishna lost his life when a hunter shot an arrow in his sole.
3. Shraavan Kumar's demise due to arrow injury to his Sthapani marma.
4. In addition, Jesus Christ departed his life due to damage to marma points.

Marma therapy is considered to be the most effective therapy and it has the following advantages.

1. Instant
2. Permanent
3. Natural
4. A non-invasive way of healing
5. Non-pharmacological/ drug-less therapy
6. Inexpensive
7. Self-practised
8. Effective in congenital diseases like cerebral palsy, Down's syndrome, autism and other delayed milestone disorders.
9. Effective in Lifestyle disorders like diabetes, dyslipidemia, coronary artery disease and hypertension
10. Effective in diseases due to anxiety and stress like irritable bowel syndrome, thyroid hypofunction, abdominal symptoms and insomnia.
11. Effective in different surgical diseases like haemangioma, displacement of the umbilicus, Burn contracture and keloids, postoperative sciatic nerve injury with a scar on the gluteal region and non-healing ulcer.
12. Effective in common diseases of older age groups like rheumatic arthritis, osteoarthritis, Fracture of the neck bone, fracture of the lower end of radius and kyphosis.

KEY APPLICATIONS OF MARMA THERAPY

1. Marma Science is the oldest, easily available, free, universally sustainable, self-dependent and often instant-result-oriented way of treatment.
2. It is non-invasive and can be applied without surgical intervention and medication.
3. According to Ayurveda, there is a system of *marma* inherent in the human body, which regulates all body and brain functions.
4. By the stimulation of *marma* points, one can treat a number of diseases.
5. During stimulation of *marma* points, we send calculated multifold sensory input to the spinal cord and brain and receive an instant motor response in terms of immediate pain relief, muscle relaxation and many more responses.
6. The nervous system along with the endocrine system regulates the functions of all other systems of the body. And these two systems

can be maintained or regulated by the stimulation of *marma* points.

7. Marma therapy improves the reception of sensory stimuli from the internal and external environment.
8. This therapy improves and provokes better coordination and control of voluntary and involuntary activities of the body.

POSITIONS OF MARMA IN THE BODY

There are a total of 107 *Marma*, distributed all over the body. These are sub-categorizing as per Table 1 and their names are given in Table 2. The structure-wise marmas and property-wise marmas are given in Fig. 1 and Fig. 2.

Table 1. Number of marmas in different parts of the body

S.No.	Body Part	Number of Marma
1	Neck and Head	37
2	Extremities	44
3	Back	14
4	Thorax and abdomen	12
Total		107

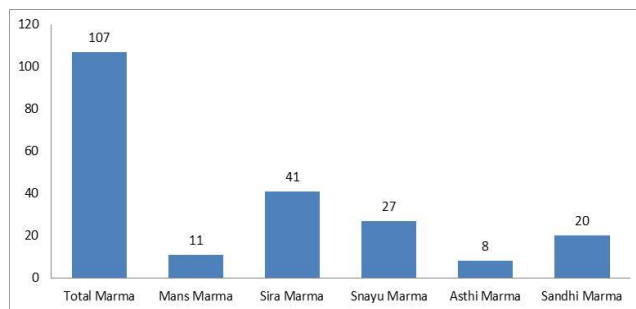


Fig. 1. Structure-wise distribution of Marma points

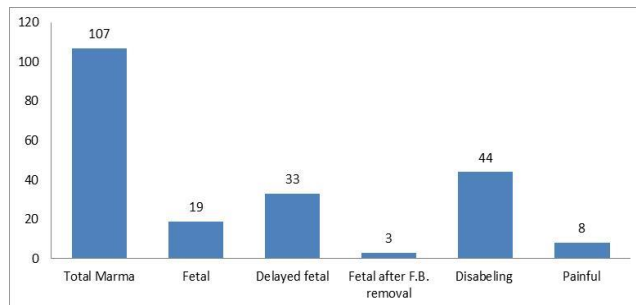


Fig. 2. Property-wise distribution of Marma points

Table 2. Name and numbers of marmas

Name of the marma	Number of marma
Mamsa marma (Total 11)	
Tala Hridaya	4
Indravasti	4
Guda	1
Stanarohita	2

Sira marma (Total 41)	
Nila Manya	4
Matrika	8
Sringataka	4
Apanga	2
Sthapani	1
Phana	2
Stanamula	2
Apalapa	2
Apasthamha	2
Hridaya	1
Nabhi	1
Parswa Sandhi	2
Brihati	2
Lohitaksha	4
Urvi	4
Snayu marma (Total 27)	
Ani	4
Vitapa	2
Kashadhara	2
Kurcha	4

Kurcha Sira	4
Vasti	1
Kshipra	4
Amsa	2
Vidhura	2
Utkshapa	2
Asthi marma (Total 8)	
Katika Taruna	2
Nitamba	2
Amsa Phalaka	2
Sankha	2
Sandhi marma (Total 20)	
Janu	2
Kurpura	2
Simanta	5
Adhipati	1
Gulpha	2
Manibandha	2
Kukundara	2
Avarta	2
Krikatika	2

DISTRIBUTION OF MARMA POINTS IN THE HUMAN BODY

The positions of all *marmas* are shown in Fig. 3.

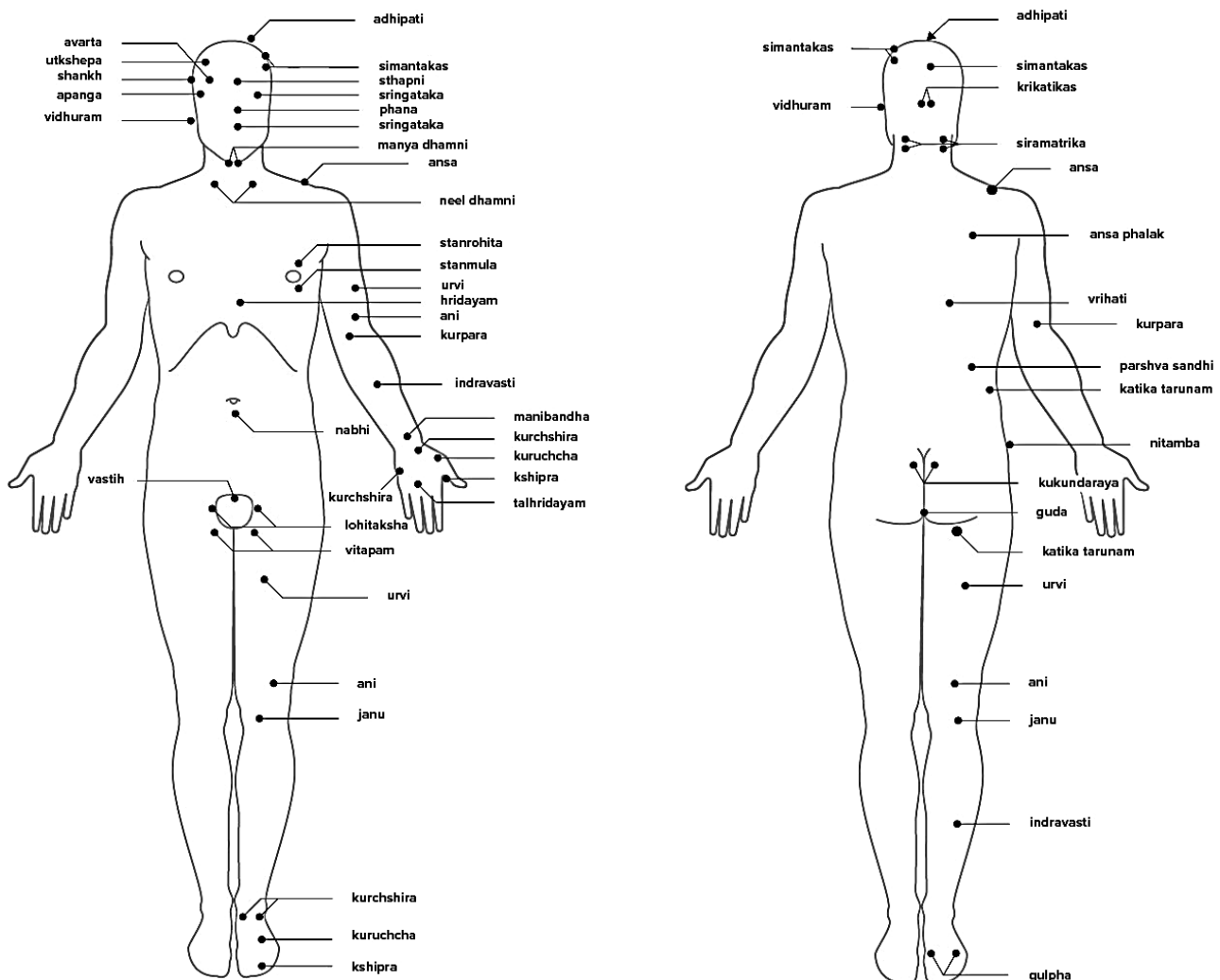


Fig. 3. Positions of different marmas

TREATMENT THROUGH MARMA THERAPY

Marma therapy is a universally sustainable medical science and in existence since the evolution of human beings on earth. Marma is defined as an anatomical site where muscles, veins, ligaments, bones and joints meet together. There are one hundred and seven (107) marmas (vital spots) out of which eleven are present in each limb, twenty-six in the trunk (three in the abdomen, nine in the thorax, fourteen in the back) and thirty-seven in the head-neck region. They are also the sites where not only tridosha are present but their subtle forms prana, ojus and tejas are also present with sattva, raja and tama (Joshi, 1991).

Marma Science is part of Vedic science. Naturally, it has influenced all other sciences which we find in Veda (400 BC) like Ayurveda, Yoga, Martial arts, Sidha system of medicine etc. the first reference is found in Rig Veda that there is a reference to words like Varman or drapi, which is some kind of body armour or corselet to protect the body from the assault of enemy weapons. In Atharva-Veda also find the reference to the term kavacha or corselet or breast-plate for protection. In Mahabharata, the great epic also finds many references for Marma or Varma. Martial art became effective and popular for self-defense because the monks were able to protect themselves against weapons due to their knowledge of marma. As non-violence was taught by this religion, they were not allowed to use weapons even for their self-protection, hence the art of marma was taught to all

monks for unarmed self-protection. In ancient times, except for the experts of marma science, it was taught and exposed only to the king, his army chief and warriors. This was the main aim of obscuring the marma science. The evidence of marma points can be found in our ancient texts such as Ramayan, Mahabharat, Shri Krishna Leela, etc.

As per Ayurveda, marma inherent in the human body regulates all body and brain functions. During stimulation of marma points, we send calculated multifold sensory input to the spinal cord and brain and receive an instant motor response in terms of immediate pain relief, muscle relaxation and many more responses (Joshi, 2020).

CONFLICTS OF INTEREST

The author declares no conflicts of interest.

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