

Review Article

A Review on *Granthokta Marma Chikitsa* and it's Relevance in Clinical Practice

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ABSTRACT:

Marma is one of the unique & important topic discussed in Ayurveda Marma are several vital points that is centers for the prana having importance regarding traumatic effect. Marmas are important anatomical landmarks having surgical importance. Aurveda describe use of Marma therapy for various diseases and identification of Marma points which is to be cured, since injury to these Marma points may causes serious harmful effect. Different types of muscles, veins, bones, ligaments and joints meets with each other at the Marma point thus these points acts as a physiological junction. It important for the surgeon and physician to have knowledge of these points for the purpose of avoiding them, so as to cut in to them could result in a catastrophic outcome. An important principle of Marma therapy is quite simple. Where a strong blow can cause injury, a mild touch can cause healing. This is the most important principle of Marma therapy. Marma chikitsa becomes a power tool for influencing the healing of every known condition. Especially Sushruta Samhita influence the modern & practical surgery, if not by theory but by concepts. The knowledge of the Marmas constitutes half of the knowledge of Shalya tantra.

KEY WORDS: Ancient Indian science, Concept of Marma, Marma therapy, Pranasthana, Division of Marma.

INTRODUCTION:

Marma science and Marma therapy is the part of ancient Indian Surgery but it remain unnoticed for last many years. Marma Chikitsa is been practiced in many parts of our country since ancient times but the world is unknown to this effective therapy. Concepts of Marma in Ayurveda, Chakra System in Yoga and Meridian System in Acupressure/Acupuncture resemble each other closely.

Thousands of patients with surgical disorders were treated and relieved through Marma therapy in Haridwar, Govt. Ayur. College, and in South India since last many years. Marma therapy is an effective and non-invasive and easy method which we can use in our day to day practice. So the study of the different aspects of the Marma therapy and its scientific presentation is the need of the time.

History:

Marma science is the part of Vedic science. The first references found in Rigveda which dates back 4000 B.C. In Athrava veda we found references of Marma. Marma shastra is also mentioned in Brihatrayi.

Detail Anatomy of Marma, is explained by Maharshi Sushruta. In southern India, Agasti Marma shastra is in clinical practice widely since many centuries. The pioneer of it is sage Agastya.

Conceptuals of Marma:

The word Marma comes from Sanskrit origin word 'mri' meaning death.

"Mriyate Marayanti iti Marmani"- is the definition of Marma, that means death or serious damage to body or health after infliction the point of their situation. Hence these areas are called Marma. Marma in sanskrit means hidden or secret.

By defination, a Marma point is a junction on body were two or more types of tissue meet such as muscles, veins, ligaments, bones or joints.

चतुर्विधा यास्तु सिराः शरीरे प्रायेण ता मर्मसु सन्निविष्टाः

स्नाय्वस्थिमांसानि तथैव सन्धीन् सन्तार्ष्य देहं प्रतियापयन्ति ॥ सु.शा. ६/१९

It is said that each letter of word Marma has got a significant meaning "Ma" means prana or vayu. The 'Repha' (Raphar) indicates house or seats, hence the word Marma means house or seat of prana or vayu. Sushruta expresses the same idea.

मर्माणि मांससिरास्नारवास्थिसन्धिसन्निपाताः तेषु स्वभावत्र एव विशेषेण प्राणास्तिष्ठन्ति तस्मान्मर्मस्वभिहातास्तांस्तान् भावानापद्यन्ते॥ सु. शा. ६/१६

According to Vagbhata - structures which show irregular pulsation and where the pain or pressure persists can be labeled as 'Marmasthana'. Maharshi Sushruta says there is existence of triguna, tridosha and panchamahabhuta in Marma.

सोममारूत सोममारूतेजांसि रजःसत्वतमांसि च मर्मसु प्रायशः पुंसां भूतात्मा चावतिष्ठते मर्मस्वभिहातास्तस्मान् जीवन्ति शरीरिणः ॥ सु. शा. ६/३५

Naturally the 'treatment of Marmas' must consider such constitutional factors. 'Marmas' as energy centers, are most connected with prana and with the correspondingly vata dosha as already noted but they have their effects on the other doshas as well. Marma therapy is the energy healing of Ayurveda; utilizing 107 points or doorways into the body and consciousness. Each point allows for entry into the charkas, the vibrational energy centers along the spine in the "subtle" body, releasing blocked energy and stimulating pranic flow (Ref – Patanjali Yog Darshan). Marma points, considered doorways or entry points into our body's inner pathways, when gently pressed on the skin can stimulate a chain of positive events. Maharshi Sushruta classified these Marmas on the basis of their sankhya bheda, praman bheda, vyapath bheda (prognostic), nivesha bheda, mana bheda.

Relevance in clinical practice:

From the review of ancient literature and the work going on now a days on Marma therapy –

1. Marma therapy contribute to increase physical mental or spiritual energies.
2. On the physical level it helps to revitalize or re-energize the body tissues.
3. At cellular level it improves the vital functions like digestion, respiration, blood and excretion.
4. It harmonizes the functioning of nervous and endocrine systems to control psychological disorders.

Marma chikita can be used in following conditions-

1. Muscular and joint pain
2. Frozen joints
3. Muscular strain
4. Respiratory conditions
5. Digestion and elimination problems
6. Nervous system disorders
7. Headaches and migraines

8. General aging problems
9. Glandular tissues
10. Anxiety and depression
11. Stress response, fears and phobias
12. Confusion, memory loss and mental focus
13. Low energy and fatigue

Diseases curable & manageable by marma chikitsa:

To name a few disease in which Marma chikitsa is highly appreciated in giving cure are:

1. Paralysis
2. Sciatic pain
3. Migraine
4. Tremors
5. Diabetic neuropathy
6. Muscular twitching & cramps
7. Trigeminal Neuralgia
8. Facial or Bell's palsy
9. Urinary incontinence
10. Lumbar Spondylitis
11. Lumbar Spondilolisthesis (Disc bulge or prolapse)
12. Cervical Spondylitis
13. Cervical Spondilolisthesis (Disc bulge or prolapse)
14. Frozen shoulder (periarthritis)
15. Carpal tunnel syndrome
16. Muscular and joint pain
17. Frozen joints
18. Muscular strain
19. Respiratory conditions
20. Digestion and elimination problems.

Marma can be used specifically for the diagnosis & treatment of disease or generally for promoting health and longevity. Marmas are integral to all ayurvedic therapies from simple self treatments to complex clinical procedures. Marma therapy is an effective and non invasive therapy.

So in short Marma chikitsa can be used in following ways-

1. In musculo skeletal injuries and lesions.
2. To treat disease of nerves and brain.
3. In the pain management.
4. To improve the function of body organs by achieving homeostasis.
5. To activate the mal developed or deformed body parts or musculature etc. We can give deepana pachana treatment before actually giving Marma chikitsa by pressure, massage or puncture etc. So that inflammation will be under control then after proper Marma chikitsa, as per requirement bandaging, oil pouring (Tail Dhara), Rasayana chikitsa can be given to the patient.

CONCLUSION:

To popularize Marma therapy it is important to observe the effect of Marma therapy in different diseases in a large scale. In the present times, the development of Marma therapy as harmless, cheapest and easiest therapy is the need of the day. For this purpose we have to take responsibility to spread the self-healing technique in terms of Marma therapy. Marma form one of the main pillar of aurvedic thought and practice. It is true that without our heartfelt involvement, assistance and participation, this science cannot flourish or carry on.

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