



MARMA THERAPY IN TREATMENT OF OSTEOARTHRITIS

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ABSTRACT

Marmas are the junction on the body where two or more types of tissue meet, such as muscle, vein, ligaments, bones or joints. *Sushruta samhita* describes 107 *Marma* on human body. *Marma chikitsa* is primarily a matter of therapeutic touch. Treatment is focused on symptomatic management, without using pharmacological management being used as a first line of treatment. Osteoarthritis (OA) is a disease of the joints, such as knee or hip which leads to pain, crepitus, swelling and fluid accumulation in the joints (effusion), and can severely limit activity for some patients. This is not a life threatening disease but this is more troublesome and affect the quality of life. In Muscular and Joint pain, we should use disposable needle no 26. With this needle the point which is tender should be punctured which is nearest to the *Marma*. It is also called as *Suchi vedhan karma*. In osteoarthritis, maximum tenderness point on knee joint is identified & at that point *suchi vedhana* is done. Benefits of using *Marma* therapy include relieving pain, balancing the body and maintaining good health. In this study 37 patients, 9 male and 26 female of different age groups, and with main symptom of pain due to osteoarthritis. All patients have done *marma* therapy in our hospital in past 6 month with certain number of treatment.

KEYWORDS: *Marma, Maram chikitsa, Suchi vedh, Osteoarthritis.*

INTRODUCTION

Marma in Sanskrit means hidden or secret. *Marmas* are the junctions on body where two or more types of tissue meet, such as muscle, vein, ligaments, bones or joints.^[1] *Sushruta samhita* describes 107 *Marma* points in body.^[2] In traditional *Marma* therapy 365 *Marma* points are in practice. Major *Marma* points of the body corresponds to seven *Chakras* or energy centers, while minor point radiate out along trunk and limbs. *Marma* points were mainly considered as only fatal point i.e. trauma to them leads to debility or even death as these are seats of *Prana*, *Tejas*, and *Ojas*. *Marmas* are the seat of various emotions like fear (*Vata*), anger (*Pitta*) or attachment (*Kapha*), as well as various *gunas* like *sattva* (calm), *rajas* (aggression) and *tamas* (inertia).^[3] Due to this concept, *Marmas* goes beyond modern medicine and it is based on the principles of mind-body medicine.

Osteoarthritis is a disease of joints which results from breakdown of joint cartilage and underlying bone. Joint pain and stiffness are the most common symptoms. Other symptoms may include joint swelling, decreased range of motion etc. Initially, these symptoms may occur only

following work, but they may become constant over time. The joints of knee, hips and lower back are most commonly involved in Osteoarthritis. Causes include previous joint injury, abnormal joint or limb development, and inherited factors.^[4] *Sushruta in sharira sthana* 8, '*Siravedha*' has advised, puncturing the *sira* (channels) by using needles, which are as small as '*vrihi*' (*Vrihi* is the outer cover of the rice grain, which is pointed at both ends).^[5] This means *Siravedhan* needles should be as pointed as *Vrihi*. Needles now available in this caliber are of no. 26. Hence, for this purpose we should use disposable needle no 26. With this needle the point which is tender should be punctured which is nearest to the *Marma*. *Suchi vedha* is altogether different from *Siravedha*, in which blood comes out. *Suchi vedhan* is done on *keshavahinya* (minute capillaries) in which there is no oozing of blood, but only pacifying effect on *doshas* occurs.

Benefits of using *Marma* therapy include relieving pain, balancing the body and maintaining good health. At the *Marma* point, *Suchivedh* reduces tension, increases circulation and enables the body to relax deeply.

AIM AND OBJECTIVES

Aim

To study the effect of marma therapy in treatment of osteoarthritis.

Objectives

1. To understand the concept of *marma* therapy.
2. To study the effect of *marma* therapy in treatment of osteoarthritis.

MATERIAL AND METHODS

This study was primary done to examine and understand the effect of Marma therapy in pain management of osteoarthritis. In this study 37 patients are participated, 9 male and 28 female of different age group. All patients have done marma therapy in our government ayurveda hospital, osmanabad, in past 6 month with certain number of treatment. Treatment were done with the disposable needle no 26. With this needle the point which is tender should be punctured which is nearest to the *Marma* depending on the health condition and localization of pain.

Role of *Marma* therapy

There are four basic benefits of *Marma* therapy.

1. It removes blocks in energy channels called *Srotas*.
2. It normalizes *Vata dosha* and brings it to its normal pathway, especially *Vyana Vata* (a type of *Vata* which controls the autonomic nervous system.).
3. It creates physical, mental and emotional flexibility. Because of *Aama* (toxins) and *Vata*, rigidity occurs in human body, As *Vata* increases in body, it leads to degeneration. *Marma* therapy reduces the *Aama* and *Vata*, so it creates flexibility in physical, mental and emotional behavior.
4. It builds a positive link with the unconscious mind and creates a powerful experience and dynamic transformation at the physical, mental, emotional and spiritual level.^[6]

RESULT AND DISCUSSION

This study was done from October 2016 to March 2017. From total 37 patients, 9 male and 28 female. Although more female are selected for treatment, we can't say precisely, that the women suffers from osteoarthritis more often than men. According to same studies, females generally at a high risk of osteoarthritis. Female also tend to have more severe knee OA, particularly after menopausal age. According to age, there were 5 groups are shown on table 1.

Table 1: Age groups.

Age group	Number of patients	Response Percent
<40	1	2.71
40-50	8	21.63
50-60	13	35.14
60-70	10	27.10
>70	5	13.52

During the Marma therapy 21 patients haven't been taking any other pharmacy medicine, 15 patients were taking other therapies, mostly the painkillers and tablets for hypertension and diabetes.

For explanation and the degree of the pain was used categorical numerical rating scale 1-10 (1-no pain, 10-severe pain). Before the therapies most of the patients had severe pain with grade 10 (9 patients) and after the therapies most of the patients had minimum pain with

grade 2 (10 patients) and 9 patients had no pain - grade 1. The results from the pain scale before and after the treatments are shown on table 3. After the acupuncture treatment in 15 patients the pain and other symptoms were completely gone, in 20 patients the symptoms were partially gone and in 2 patients () there was no improvement. In 22 patients, the overall health improved totally, in 13 patients the condition is partially better and only 2 patients didn't have any improvement.

Table 2: Number of therapies done

Number of therapies	Number of patients	Response percent
1-5	3	8.10
5-10	7	18.92
10-15	4	10.82
15-20	12	32.43
20-30	5	13.51
>30	6	16.22

Table 3: Pain scale rating (1 – no pain, 10- severe pain).

Pain degree	before treatment	After treatment
1	1	9
2	0	10
3	0	5
4	4	6
5	6	5
6	3	0
7	3	0
8	7	1
9	4	1
10	9	0

Marmas are the special *Ayurvedic* energy points similar to acupuncture points. In *Ayurveda* '*Marmasthana*' are special points of energies in the body. *Marma* therapy can release blocked *Vata* in body and stimulate functions, evoking the body's natural healing response through various physiological systems. *Marma* therapy is an important tool of both disease preventive and disease treatment in *Ayurveda*. It can be used to balance the *doshas* to increase *Agni* (the digestive fire), to reduce *Ama* (detoxification) as well as to promote energy (*vajikaran*) and to aid in rejuvenation (*rasayana*).

Marma therapy also affects on nervous system, endocrine, immune system, cardiovascular system and digestive system. By stimulating body's various systems, *Marma* therapy can help to resolve pain and improve sleep, digestion and sense of well-being. These responses of *Marma* therapy occur locally or at a distance. And they are mediated mainly by sensory neurons to many structures within the Central nervous system. Opioids peptides are release during *Marma* therapy and the analgesic effects of *Marma* therapy are at least partially explained by their action.

CONCLUSION

In *Ayurveda* the concept of *marma* has a vital role. *Marma* are the seat of *soma*, *vayu*, *teja*, *sattva*, *rajas*, *tama* and *jivatma*. A number of degenerative problems are discussed in different *Ayurvedic* texts. Most of these degenerative problems come under the heading of *vata roga*. These *vata* disorders (80 types) can be treated by *marma* therapy successfully. Benefits of using *Marma* therapy include relieving pain, balancing the body and maintaining good health. Though *Marma* therapy is fairly comprehensive and long duration, its results are immediate as well as permanent. Keeping this concept in mind one should try to apply *marma chikitsa* to provide the cure for Osteoarthritis.

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