



AYURVEDA REVIEW ON PATHOLOGICAL AND CLINICAL IMPORTANCE OF MARMA SHARIRA

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ABSTRACT

Ayurveda presented several view point related to the diseases and health preservation. Ayurveda mentioned many concepts which explain reason behind the pathological manifestations of diseases. Similarly Ayurveda explores many anatomical aspects which are to be considered while treating some diseases. Ayurveda gives concept of Marma or Marma Sharira as vital points of body. These Marma point founds in all over the body, built by groups of muscles, vessels, tendons, ligaments and bones, etc. Marma points are so sensitive that injury or trauma to the Marma may result severe pathological and painful manifestations even death also. Various Ayurveda literatures described 107 Marmas which can be utilizes for diagnostic as well as therapeutic purposes. Consideration of these points is very important while performing surgical interventions therefore this knowledge need to be explored. Considering this present article summarizes pathological and clinical importance of Marma Sharira.

KEYWORDS: Ayurveda, Sharir Rachana, Marma, Anatomy, Injury.

INTRODUCTION

Ayurveda described term *Marma* for vital areas of body, *Marma Sthana* are considered meeting points of *Snayu*, *Mamsa*, *Asthi* and *Sira*, etc. *Marma* points in body stimulate flow of *Prana* and maintain *Chakra* of circulation. *Marma Sharira* is very important aspect with relation to the anatomical consideration. *Marma* also acts as junction of *Vata*, *Pitta* and *Kapha* elements thus associated with pathological as well as physiological events. *Marmas* are the area where energy of life concentrated, *Sthana* of *Tridosha* junction, associated with *Prana*, *Ojasa* and *Tejas*.^[1-5] Physiologically *Marma Chikitsa* control flow of vital energy (*Prana*) when gentle pressure applied on *Marma* points. This is unique approach to control flow of vital *Prana* and gives benefits in many health problems. The anatomical knowledge of *Marma* points is very important to use them for diagnostic and therapeutic purpose. Moreover this anatomical knowledge helps to prevent any accidental injury related to the *Marma* points during surgical interventions.^[4-6]

Classification

Marma on the basis of their location broadly classified into three categories as follows:

1. *Marma* of legs & feet/limb (*Marma* of four extremities)
2. *Marma* at trunk
3. *Marma* of neck & head region.

They can also be described on the basis of their presence in muscle, vessels, bones and joints, etc, five basic categories of *Marma* based on their location predominance depicted in **Figure 1**.

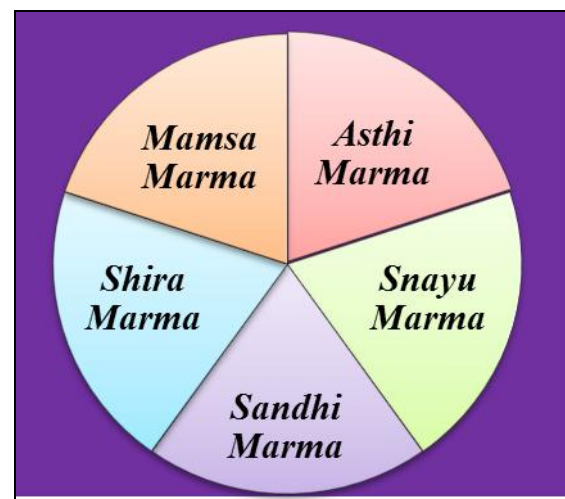


Figure 1: Five basic categories of Marma.

Marma located in the flesh or muscle are called *Mansamarma*, located in vessels are termed as *Siramarma*, located in ligaments are called *Snayumarma*, *Asthimarma* found in bones and *Sandhimarma* located in

joints. There are 11 *Mamsa Marma*, 8 *Asthi Marma*, 27 *Snayu Marma*, 20 *Sandhi Marma* and 41 *Shira Marma*. Ayurveda classics described 107 *Marma* points found in different parts of body as depicted in **Table 1**.

Table 1: Location of 107 Marmas of Body.

S. No.	Location of Marma	Number of Marma
1	Marma points in limbs	11
2	Marma points in trunk region	26
3	Marma points in head and neck region	37
4	Marma points located in other body area	33

Marma Chikitsa

Anatomically *Marma* are deep-seated structures with unique dimensions and depth, the knowledge of *Marma* points provides way for treating some common health ailments including joint pain and headache, etc. Similarly Ayurveda therapies like *Abhayanga*, *Pizhichil* and *Swedana*, etc. also exerts their effects by affecting *Marma* points. *Marma* therapy utilizes *Prana* as subtle energy to induce healing process, *Marma* therapy not only alter body, but also affects mind thus provides overall benefits. *Marma* points are so sensitive that strong blow can injured them while mild touch on same point induces healing process thus gentle massage of *Marma* can provide health benefits of *Marma Chikitsa* especially in case of pain and stiffness, etc. *Marma Chikitsa* establishes balances between *Tridosha* and *Trigunas* therefore maintain physical as well as mental balance. *Marma* therapy can be used effectively for treating many health problems including muscular pain, joint pain, frozen joints, headaches, migraine, paralysis, sciatic pain and spondylitis, etc. The advantages of *Marma chikitsa* are that it provides natural way for treating disease, improves natural healing process, release stress, revitalize body, boost immunity, maintain homeostasis of body, improves body postures, it offers therapeutic benefits without invasive procedures, does not impart adverse effects and provides instant relief. *Marmasthana* help in identifying *Vikruti* in elemental

makeup. *Marma Chikitsa* requires appropriate knowledge of *Marma* points since any accidental event may result severe health issues.^[7-10]

Marmas affects body parts can be used for *Marma Chikitsa*, which are as follows.

1. Small intestine related with *Nabhi marma*
2. *Shringataka marma* affects sense organs (eyes and nose) along with tongue and nerves
3. Mind, brain and nerves system affected by *Sthapani marma*
4. *Phana marma* alters sinuses and ears
5. Lungs related with *Talhridayam marma*
6. *Indravasti marma* affects G.I.T. mainly intestine
7. *Janu marma* is related with heart, spleen and liver
8. *Sthapni marma* controls *Chakra* like; *Prana*, *Manas* and *Ajna*.
9. *Neel marma* controls speech and thyroid activities.
10. *Hridaya marma* is related to the air *Chakra* and circulatory system.
11. *Marmasthana* at chest stimulate *Kapha*.
12. *Marma* of umbilical points affect *Pitta*.
13. *Marma* of colon points influences *Vata*.

Marma and Injury

The ancient texts of Ayurveda described that injury to specific *Marmas* causes severe health problems including death; some of them described in **Table 2**.

Table 2: Effects of injury to some important Marma.

S. No.	Marma	Results of Injury
1	<i>Sadyah Pranahara Marma</i>	Loss of <i>Prana vayu</i> (Death)
2	<i>Vishalyaghna</i>	Death may occur
3	<i>Rujakara Marma</i>	Injury generally not causes death, but may leads <i>Ruja</i>
4	<i>Vaikalyakara</i>	Injury to this causes deformity of organs.
5	<i>Kalantara Pranahara Marma</i>	Injury may result gradual loss of life

Location of important Marma and their related organs.

- ✚ *Sthapani marma* located at center of forehead and affects mind and nerves.
- ✚ *Shringataka marma* present at the center of chin affects eyes, ears and nose.
- ✚ *Phana marma* present at the base of the nostrils and affects sinuses and ears
- ✚ *Manibandha marma* present where inner wrist meets the palm of each hand.

✚ *Janu marma* present at the bottom of each kneecap and affects liver, spleen and heart.

✚ *Talhridayam marma* present at the center of palm of hand and affects lungs.

✚ *Indravasti marma* present at the center of calf muscle and affects digestion and functioning of the small intestine.^[9-12]

CONCLUSION

Marma are energy points of body and these points can be used for healing and therapeutic purposes. Anatomically

they are neuro-lymphatic points which stimulate body's organs. They are also considered points of acupressure therapy since gentle massage on these points causes clinical effects. *Marma Chikitsa* works by manipulating energy or *Prana* to improve tonicity and circulatory process at the affected site. *Marma Chikitsa* helps to relieve muscles stiffness, boosts circulation, alleviates anxiety, improves digestion, boost functioning of endocrine system, alters parasympathetic activities, cure joint pain, relieves headaches, treat migraine and suppress anxiety, etc. This therapy offers great relief in paralysis, sciatic pain and headache, etc.

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