

IMPROVEMENT OF QUALITY OF LIFE AND DISEASE PARAMETERS BY MARMA
CHKITSA IN DIABETIC PATIENT; A CASE STUDYPreeti Tiwari^{1*}, Anish Kumar Pathak² and Rakesh Kumar Sharma³¹Associate Professor, Dept. of Samhita Siddhant, Sri Sai Institute of Ayurvedic Research and Medicine, Bhopal (M.P.)
India.²Assistant Professor, Dept. of Rachana Sharir, Sri Sai Institute of Ayurvedic Research and Medicine, Bhopal (M.P.)
India.³Associate Professor, PG Dept. of Rachana Sharir, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University,
Jodhpur (Rajasthan) India.

*Corresponding Author: Dr. Preeti Tiwari

Associate Professor, Dept. of Samhita Siddhant, Sri Sai Institute of Ayurvedic Research and Medicine, Bhopal (M.P.) India.

Article Received on 17/09/2024

Article Revised on 07/10/2024

Article Accepted on 27/10/2024

ABSTRACT

A 46 year-old male with Type-2 diabetes mellitus for many years, presented with classical signs and symptoms of disease. In addition to standard treatment and life style modification, *Marma Chikitsa* was used for relieving disease symptoms and clinical parameters. *Marma Chikitsa* is an Ayurvedic therapy involving stimulation of specific *Marma* points such as *Kurcha*, *Kurchashira* and *Indravasti*, etc. This therapy improves energy flow, remove toxins and nourish tissues. Over 12 weeks, with regular stimulation of these *Marma* points, along with a *Pathya ahara* and healthy lifestyle, the patient experienced significant improvements. His symptoms were reduced and blood glucose levels became more controlled, illustrating the potential of *Marma Chikitsa* in diabetes. This case study suggested that *Marma Chikitsa* can be used as an effective and safe adjuvant therapy in managing diabetes parameters along with other therapies and life style modification.

KEYWORD: Ayurveda, Marma, Stimulation, Diabetes, Prameha.

INTRODUCTION

The pathogenesis of diabetes (*Prameha*) mainly involves *Agnimandya* and impaired *Chayapachaya Kriya*, which leads to elevated glucose levels. When diabetes remains uncontrolled, it can result many complications and sometime become fatal. There are many factors which can trigger diabetes including poor dietary habits, obesity, stress, genetic predisposition and sedentary life style, etc. *Kleda* is a primary factor in *Prameha*, The excess *Kleda* and *Kapha*, combined with *Srotorodha* and vitiated *Rasa Dhatu* initiates disease pathogenesis. In terms of treatment, Ayurveda emphasizes the concepts of *Samprapti Vighatana* and *Nidana Parivarjana* for managing diseases. Ayurveda, being a holistic science, offers several non-invasive techniques, one of which is *Marma Chikitsa*, a promising approach to managing and preventing the complications of diabetes.^[1-4]

Marma Chikitsa is a therapy that focuses on the manipulation of *Prana* within the body to support the healing process. This practice involves stimulation of *Marma* which are the vital points of body; act as gateways to the body and mind. According to Ayurveda precise pressure to these points, helps to release blocked

energy and restores balances of *Dosha* and *Dhatu*. This technique activates nerve fibers which stimulate hypothalamic-pituitary-adrenal axis. This stimulation triggers release of endorphins, serotonin and cortisol, thus reduces anxiety and improve circulation.^[5-7]

In managing diabetes symptoms *Marma Chikitsa* may offers benefit since it helps to regulate diabetes and metabolism along with normalization of blood circulation. *Marma* points like *Kurchashira*, *Indrabasti* and *Nabhi* can regulates *Pachaka Pitta*, thereby helps in controlling glucose levels and delaying complications of diabetes. Pressing these points helps to release *Srotorodha*, improving blood flow and regulate hormonal secretion. Considering these all facts here we are presenting a case of diabetic patient which acquired appreciable symptomatic relief after the *Marma chikitsa* as adjuvant therapy.^[6-8]

CASE REPORT

A 46 year-old male with classical signs and symptoms of Type-2 diabetes reported at Sri Sai Institute of Ayurvedic Research and Medicine, Kolar Road, Bhopal, Madhya Pradesh, India. The diagnostic criteria established by the

standard guidelines were used for assigning the patient as diabetic. After the through diagnosis patient was considered as classical case of Type 2 Diabetes Mellitus.

Diagnosis

- Fasting plasma glucose level
- Two-hour post-glucose load plasma glucose
- HbA1c level

Family history: Nil

Personal life style: Involved in sedentary life style, day time sleep, consumption of high-carbohydrate diet and oily food.

Subjective parameters

- Polyuria, polyphagia, dryness of mouth, burning sensation in soles and fatigue.

Objective parameters

- FBS, PPBS, HbA1C

Treatment & Procedural protocol

Specific *Marma* points like *Kurpar*, *Indrabasti* and *Talhridaya* were stimulated to control diabetes and

prevent complications. The suggested technique involves applying pressure to the *Marma* points with the thumb, in sync with the patient's breathing. This stimulation, performed for 3-4 minutes for multiple times. The stimulation process was repeated, using the pulp of the thumb for pressure application. Different sessions in supine or prone positions were performed to maximize therapeutic effects. Patient was advised to remain adhere with dietary and life style recommendation suggested by medical science for diabetic patient.^[5-7]

➤ **Marma points:** *Kurpar*, *Indrabasti* and *Talhridaya*

➤ **Treatment duration:** 12 Weeks

➤ **Follow up period:** 15 days

➤ **Advices:** *Pathya Ahara-Vihara*

Nidana Parivarjana

OBSERVATION AND RESULTS

Significant improvement was noted in the clinical parameters of Type-2 Diabetes Mellitus after the complete treatment (**Table 1**). The evaluation of results was carried out by analyzing both subjective and objective parameters on the 0th day (prior to treatment) and every 15 days till the complete duration of 12 weeks.

Table 1: Effect of therapy on subjective parameters.

Subjective Parameters/Complaints	Effect after the Treatment
Increased frequency of micturition	Absent
Increased thirst	Reduced
Excessive hunger (gradual)	Reduced
Dryness of mouth	Absent
Fatigue	Reduced
Burning sensation on soles	Absent
Polyuria	Reduced
Polyphagia	Reduced

Significant improvements were observed in both subjective and objective parameters following treatment. Subjective parameters; polyuria, polyphagia, burning sensations, dryness of the mouth and fatigue were relived appreciably after the therapy.

In terms of objective measures, fasting blood sugar (FBS), postprandial blood sugar (PPBS) and HbA1c levels also demonstrated considerable improvement after

treatment, with the reduction in HbA1c being maintained during the follow-up.

DISCUSSION

This case study demonstrates the efficacy of *Marma Chikitsa* as an adjunctive therapy in managing Type 2 diabetes mellitus. The significant improvements in subjective and objective parameters were noticed after the therapy. *Marma Chikitsa* offers several advantages in diabetes as depicted in **Figure 1**.

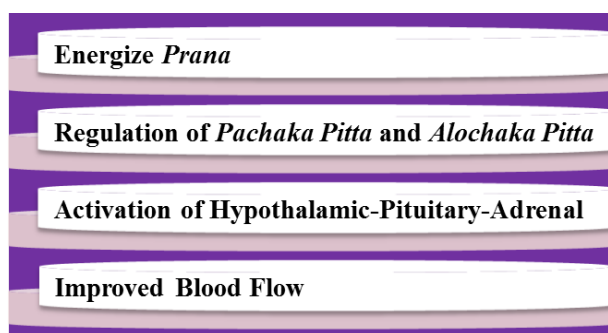


Figure 1: Benefits of *marma chikitsa* in diabetes.

The stimulation of specific *Marma* points appears to facilitate energy flow and enhance metabolic processes. The influence of *Marma Chikitsa* on *Prana* and *Tridosha* is particularly noteworthy, as it not only addresses physical symptoms but also promotes mental well-being, reducing stress and anxiety associated with diabetes. This dual impact can be attributed to the therapy's ability to regulate the hypothalamic-pituitary-adrenal (HPA) axis, thereby facilitating hormonal balance that contributes to overall health. The observed biochemical changes further support the hypothesis that *Marma Chikitsa* can positively impact metabolic disorders like diabetes. Moreover, the results emphasized significance of dietary modifications and lifestyle changes in metabolic ailments. *Marma* directly influence *Prana*, *Tridosha* and *Triguna*, thus bringing balance to physical, mental, and spiritual aspects of the body. This balance helps to maintain the body's natural rhythm, which is essential for preventing disease. *Marma Chikitsa* works through *Pranic* healing by inducing biochemical changes in the body and brain.^[7-9]

Key *Marma* points like *Kurpara*, *Kurchashira*, *Talhridaya*, *Kurcha*, *Apanga*, *Sthapni*, *Vidhura*, *Avarta* and *Indrabasti* induces biological changes when get stimulated. These biological changes induced by *Marma* therapy restores balance, improved energy flow, helps to manage physical symptoms of metabolic disorder.

Stimulation of vital *Marma* points activates the HPA axis, resulting in the release of hormones like cortisol, serotonin, and endorphins. These hormones reduce anxiety, improve blood circulation, and induce mental calmness, ultimately suppressing the disease process. *Marma* points like *Kurpara*, *Talhridaya*, *Indrabasti*, *Nabhi* and *Kurchashira* regulates *Pachaka Pitta* helping to maintain glucose levels and prevent diabetic complications. Moreover by preventing *Srotorodha*, *Marma* point stimulation improves blood flow and ensures the supply of essential nutrients to the body, aiding in overall disease management and prevention of diabetes-related complications.^[8-10]

CONCLUSION

This case study provides compelling evidence for the effectiveness of *Marma Chikitsa* in improving the quality of life and disease parameters in patients with Type 2 diabetes mellitus. The substantial improvements were observed in both subjective and objective parameters. The findings support integration of Ayurvedic practices into contemporary diabetes care, highlighting the need for further research to explore the mechanisms underlying the benefits of *Marma* therapy. Study suggested that *Marma* therapy can be used as a valuable adjuvant therapy in the management of diabetes and related complications. However study on large population for longer duration is recommended to explore the other facts of disease and specific mechanism of *Marma Chikitsa* in type-2 diabetes.

REFERENCES

1. Harsh Mohan, Textbook of Pathology. In: Jaypee brothers medical publishers(P) Ltd., 2015; 7: 808.
2. Susruta. Susruta Samhita, with Nibandhasangraha Commentary of Dalhana, Sarira Sthana, 9: 12.
3. Pradeepa R, Mohan V. Epidemiology of type 2 diabetes in India. Indian J Ophthalmol, 2021; 69(11): 2932-2938.
4. Yoga Ratnakara. Edited and translated by Dr.Madham Shetty Suresh Babu, Utharardha, Prameha Chikitsa. Varanasi: Chowkhamba Sanskrit Series Office sloka, 2002; 1, 148: 802.
5. Gunjan Sharma, Lotika Bharti, Shishir Prasad, Renu Prasad. Marma Chikitsa A Non- Invasive Approach to Deal with Diabetic Retinopathy. International Journal of Ayurveda and Pharma Research, 2017; 5(3): 92-94.
6. Gautam AS, Verma P, Kumar Pathak A. Blood pressure normalizing effect of Talahridaya marma therapy: A case report. J Ayurveda Integr Med, 2021; 12(3): 553-555.
7. Shastri Ambikadutt., Dr. *Sushruta Samhita edited with Ayurved-Tatwa-Sandipika, Hindi commentary, Part I.* Edition reprint. Chaukhamba Publications; New Delhi: Shaarirasthan, Chapter 6 - Pratekmarma Nirdesh Shaarir, sloka, 2011; 3: 67.
8. Pathak Ashutosh Kumar., Dr. *Anatomy of Marma.* First Edition. Chaukhambha Orientalia; Varanasi: Marma of Upper Limb, 2014; 29.
9. Joshi Sunil Kumar., Dr. *Marma Science and Principles of Marma Therapy.* First Edition. Vani Publications; Delhi: Health Promotion by Marma Therapy and Yogic Practices, 2010; 8-86.
10. Sapna Anand, Rita Marwaha, Nisha Bhalerao, Swatantra Chourasia, Pooja Tekam. Concept of Marma Chikitsa in Diabetic Retinopathy. J Ayurveda Integr Med Sci, 2023; 05: 72-75.