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## Clinical Significance of *Marma* (Vital Points in Body) -A Review

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### ABSTRACT:

The unique principle of Ayurveda is *Marma Sharira*. The Veda also makes mention of *Marma* (vital points in body). Aside from serving as anatomical landmarks, *Marma* are also the places where the *Tridosha* (basic elements of body) and its various forms, *Prana*, *Ojasa or Soma*, and *Tejasa or Agni* (vital elements of the body), are present. There are several disorders that come from harm to these *Marma*. Samhitas provide a clear definition of these illnesses' ensuing signs and symptoms. Any lesion to these areas has the potential to cause death, excruciating pain, incapacity, loss of function, and loss of sensation. Therefore, it has been stated in the scriptures that even when doing procedures, these crucial places should not be damaged and should be left intact. According to recent studies, stimulating the *Marma* points close by can aid to reduce pain in *Marma* points that are inflamed or uncomfortable. The therapeutic advantages of *Marma* Therapy in treating a range of physical and mental illnesses have been recorded in several research and textbooks. The goal of this work is to give an Ayurvedic-based conceptual understanding of *Marma*.

**Key words-** *Marma*, Clinical significance, Ayurveda

## INTRODUCTION

*Marma* are the vital areas of the body. The Sanskrit word "mri," which means death, is where the word "marma" originates. The Sanskrit expression "Marayate Iti Marmani" (death or major bodily or health damage following infliction to the point of their position) also indicates these things. Thus, these locations are referred to as *Marma*. They are referred as Varma in the siddha system of medicine.<sup>1</sup> *Marma* means secret or hidden in Sanskrit. A *Marma* point is a junction on the body where two or more different types of tissue, such muscles, veins, ligaments, bones, or joints, meet.<sup>2</sup> Ayurveda considered some vital parts of body as *Prana sthana* (where life resides) & these vital points termed as *Marma*.<sup>3</sup> While *Marma* treatment is used to cure various medical disorders, the main benefit of

*Marma* therapy is that it is a non-invasive therapy. Injury to these *Marma* points may result in significant effects.<sup>4</sup> The classical text of ayurveda described 107 *Marmas* points.<sup>5</sup> *Sadhyopranhar*, *Kalantarpranhar*, *Vaikalyakar*, *Vishalyaghna*, *Rujakar* are *Marma* described anciently. *Dhamani*, *Sira*, *Asthi*, *Mamsa*, *Kandara*, *Sandhi* and *Snayu* are the *sthana* (sites) used for *Marma chikitsa* where *Abhyanga* (massage) and *Mardana* (Acupressure) performed. *Marma* points also help to balance *Tridoshas* and *Trigunas* since it involves various pranas like; *vayu*, *sattva*, *agni*, *rajas* and *atma*.<sup>6</sup> A qualified therapist isolates *Marma* points and tones them by boosting blood flow to the neuro-muscular junction that is being damaged. They also seek to strengthen the muscles around them.<sup>7</sup>



## MATERIAL & METHOD

Material related to *Marma* is collected from Ayurvedic text including Bahatriye, Laghutrye and text book of modern medicine respectively. The available commentaries of Ayurvedic samhitas has also referred to collect relevant matter. The index, non-index medical journals has also referred to collect information of relevant topic.

### Literary Study

#### Classification of *Marma*

- ***Sadyah Pranahara Marma***: When a *Marma* point is injured, due to the spontaneous loss of Prana vayu death is certain.
- ***Kalantara Pranahara Marma***: These *Marmas* result in *kalanthara* (gradual) loss of life (*pranahara*), after lapse of some time.
- ***Vishalyaghna***: The word *shalya* refers to a foreign body. When a foreign body pierces these varieties of *Marma*, the injured person survives as long as the foreign body remains at the place of injury. But on removal, it results in death of the individual.
- ***Vaikalyakara***: These varieties of *Marma* when subjected to injury, cause deformity of those organs which are dependent on that particular *Marma* for their energy distribution. The word *Vikalya* or *Vaikalya* means deformity.
- ***Rujakara Marma***: These *Marmas* neither result in deformity nor cause death, but results in excruciating pain (*ruja*), when injured.<sup>8</sup>

#### *Marma* used in treating Various diseases

- ***Kshipra Marma***- There are four in all (two in the hands & two in the legs). In the hands, it is located between the index and thumb, whilst in the foot, it is situated between the big and second toes. According to Acharya Sushruta, this *Marma* has a one-centimetre breadth. According to study, the structures under this *Kshipra Marma* are thought to be a branch of the hand's radial nerve.
- ***Manibandha Marma***- Are two in number, one for each upper limb. It falls under the category of Sandhi (Joint) *Marma*. It can be easily located on the ventral aspect of the wrist joint. Beneath this two-to-three-centimetre width of *Manibandha Marma*, lies the Inter-carpal ligaments and nerves.
- ***Katikatharuna Marma***- Being an *Asthi* (Bone) *Marma*, of width of one centimetre, the *Katikatharuna* lies on either side of the spine in the waist region adjacent to the sacro-

iliac joint. The structures beneath it are analysed to be iliac bone, iliac artery & ligaments of the Sacro-Iliac joint.<sup>9</sup>

#### Clinical Significance of some *Marma*

- ***Talahridaya Marma, Kurcha Marma, Kurchashira Marma, Kshipra Marma, and Gulpha Marma*** are located in the foot region. *Talahridaya Marma* is connected to how the heart and lungs work. *Kurcha Marma* is connected to Prana Vayu (body energy), *Kurchashira Marma* helps to regulate the body's muscular system and improves digestion, *Kshipra Marma* is connected to the health of the heart and lungs, and *Gulpha Marma* is in charge of joint motion. *Sthapani Marma, Avarta Marma, Shankha Marma, Phana Marma, Shringataka Marma, Hanu Marma, Kapala Marma, and Nasa Madhya Marma* are among the *marma* that are found in the head and facial region. *Avarta Marma* is related to *Vata dosha* and posture, while *Sthapani Marma* regulates the intellect and senses. *Shankha Marma* reduces headaches and regulates *Vata*. *Phana Marma* reduces headaches and regulates the *kapha*. *Shringataka Marma* strengthens the sensory organ and *Ojas*. *Hanu Marma* lessens stress and enhances complexion. *Kapala Marma* calms agitated emotions and stress. *Nasa Aggression* is calmed and nasal congestion is relieved with *Madhya Marma*.<sup>10</sup>
- ***Gulpha Marma*** positioned at *Gulpha* region (*Pada* and *Jangha* meet together), it is used for *Siravedha* and ankle joint. The injury to *Gulpha Marma* (*Gulpha* region) may cause *Ruja, Khanjata* and *stabdha padata*. It is used clinically in the management of joint injury, muscular sprain and pain.<sup>11</sup> *Adhipati Marma* is resides at top of skull and superior sinus is a place of *Adhipati marma*. It is also considered as *Sandhi marma* due to the abundance of veins around this region. Clinically it associated with pathological symptoms such as; *Murcha, Bhram* and *Pralap*.<sup>12</sup> *Lohitaksha Marma* found in lower limb in femoral triangle lateral to pubic symphysis. It is a *Vaikalyakar Marma* and also described as *Sira Marma*. It surrounded by skin, superficial fascia, fascia lata, femoral artery, femoral nerve and femoral vein. It is clinically responsible for haemorrhage due to the injury.<sup>13</sup> *Urvi Marma* related to the *Sira* and positioned at adductor canal, the structural component of this *Marma* site is femoral vein with Adductor Magnus, Sartorius and Vastus Medialis etc. It is clinically responsible for haemorrhage due to the injury.<sup>14</sup>

#### Diseases Manageable by *Marma Chikitsa*<sup>15</sup>

1-Paralysis

- 2-Sciatic pain
- 3-Migraine
- 4-Tremors
- 5-Diabetic neuropathy
- 6-Muscular twitching & cramp
- 7-Trigeminal Neuralgia
- 8-Facial or Bell's palsy
- 9-Urinary incontinence
- 10-Lumbar Spondylitis
- 11-Cervical Spondylitis
- 12-Frozen shoulder (periarthritis)
- 13-Carpal tunnel syndrome
- 14-Muscular and joint pain
- 15-Muscular strain
- 16-Respiratory conditions\
- 17-Digestion and elimination problems

## DISCUSSION

*Marmas* are important locations and Prana centres. They can be utilised to promote health and longevity generally or especially for the diagnosis and treatment of disease. In *Marma Chikitsa*, a crucial component of Ayurvedic medicine, pressure is applied to specific *Marma* points to cause the passage of life force energy (prana) along a sophisticated network of subtle channels known as (*nadis*). Ayurveda recognises 107 therapeutic *Marma* points based on the knowledge listed in *Dhanurveda* (which deals with knowledge of bow and arrow combat). Some of these deadly *Marma* points have the potential to cause instant death. *Marmas* are frequently treated by massage.

## CONCLUSION

*Marmas* play an important part in all Ayurvedic therapies, from straightforward self-care to complex clinical procedures. They represent one of the basic pillars of Ayurvedic philosophy and practise. *Marma* therapy is compatible with all Ayurvedic treatments, including panchakarma.

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