

Therapeutic value of marmas

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Marmas are part of a greater “sacred physiology”, that maps out the body according to subtle energy currents and power points which when manipulated can alter both the organic functions and structural conditions of the body. In Ayurveda, marmas which are used for the diagnosis and treatment of disease are basically pressure points meaning “vulnerable” or “sensitive zones” can also be used for promoting health and longevity.

Various medical methods are identified of treating marmas like abhyanga (massage), aroma therapy, mardana, pranic healing, application of lepas, herbal treatments and various instrumental methods which can be helpful in treating pain, bleeding, swelling, restoring vital energy, etc. It can be used to balance the doshas, to increase agni (the digestive fire), for detoxification (reduce ama), as well as to promote vigour (vajikarana) and aid in rejuvenation (rasayana).

These methods can be supplementary to other ayurvedic therapies, whether constitutional or disease focused, applied along with them for added enhancement.

Key words: Marmas, abhyanga, and massage

Biography

Gaurav Soni has completed his B.A.M.S. graduation from State Ayurvedic College and Hospital, Lucknow (Lucknow University) and is presently M.D. scholar in Department of Sharir Rachana in National Institute of Ayurveda, Jaipur. He is working on asthi sharir and type of bhagna. He has presented papers in seminars.

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