

Joint Event on
European Heart Congress & Traditional Medicine Congress

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Ayurveda Marma health in prevention and cure

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Marma the Sanskrit word itself denotes the vital energy of living organism under control by hidden force. The Prana energy in Ayurveda is vital to the point of control over all systems in health and thus, important to balance it in terms of Ojus or essence of healthy tissues to maintain their homeostasis for better Tejas or energy out- put for varied functions of living body. Though 107 Marma points have been described extensively in Ayurveda for their spread all over in living body, such as 37 vital areas of head and neck area, 11 in each limbs making $11 \times 4 = 44$, front 12 and back 14 roughly to divide their location has priority through in access from hearts of Ayurveda. Heart in Ayurveda is from physiology to psyche components makes it dual in connection with the lower abdominal or naval and urogenital bladder area under control or controlled functions through above subtle and vital energies known under: Prana-Ojus-Tejas. Human body as a mystical and complex dualism of macro to micro and from physio to psyche is well governed through these vital life holding areas of governance. And understanding the concepts behind is easy to execute for their role under preventive health to promotion of health and well beyond from also in therapeutic balance in a given conditions of health and disease in Ayurveda.