

What is Marma

- ❖ **Marma are the vital areas of the body.**
- ❖ **Marmas are the Chetana or Parana in the body.**

DEFINITION

Marma in Sanskrit means hidden or secret.

By definition - A Marma point is a junction on body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints.

During ancient times

- knowledge of Marma was known to kings and warriors.
- It was applied in battle fields to hit and achieve maximum lethal effect on enemies.



History of Marma

Marma-point massage (stimulation) dates back to southern India year 1500 BC.

Masters of kalari (an ancient martial art) first discovered the power of Marma points.

In battle, kalari fighters targeted an opponent's Marma point as a way to inflict pain and injury.

Classification of Marma

1. **SADYAH PRANAHARA MARMA** : When a Marma point is injured, due to the spontaneous loss of Prana vayu , death is certain.
2. **KALANTARA PRANAHARA MARMA**: These Marmas result in kаланthara (gradual) loss of life (pranahara), after lapse of some time.
3. **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.
4. **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.
5. **RUJAKARA MARMA** : These Marmas neither result in deformity nor cause death, but results in excruciating pain (ruja), when injured.

TYPES OF MARMA

Five Basic Categories of Marma Points

1. Mamsa Marma	(Muscles)	11
2. Asthi Marma	(Bones)	8
3. Snayu Marma	(Tendons & ligaments)	27
4. Sandhi Marma	(Joints)	20
5. Shira Marma	(Nerves, Veins & Arteries)	41

HOW MANY MARMA IN THE BODY?

There are

107

Marma points in body.

107 MARMA POINTS OF THE BODY

Minor points radiate out along the trunk and limbs.

The Marma points cover both the front and back of the body.

On the lower extremities - 22.

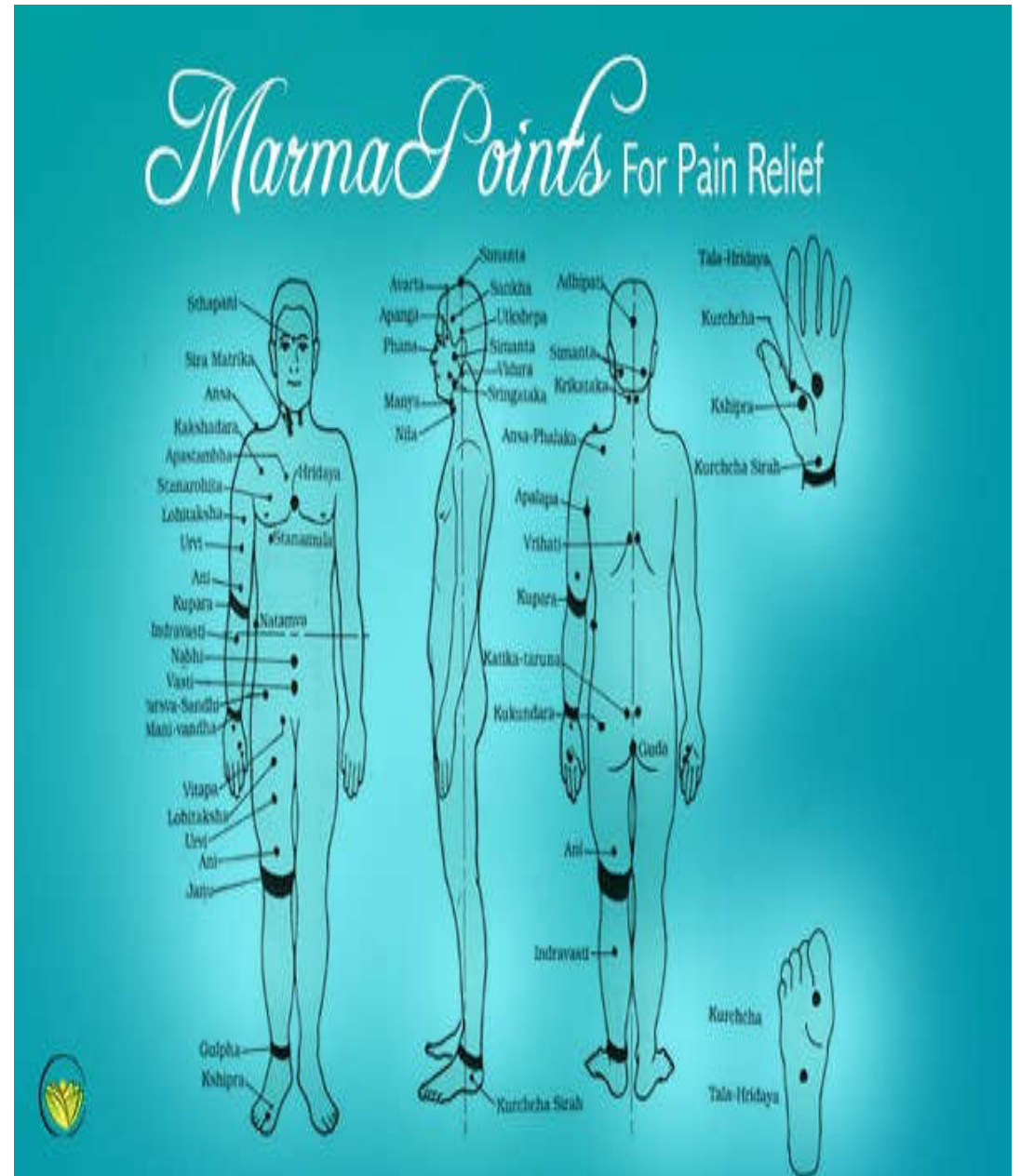
On the arms – 22.

On the chest and stomach – 12

On the back – 14

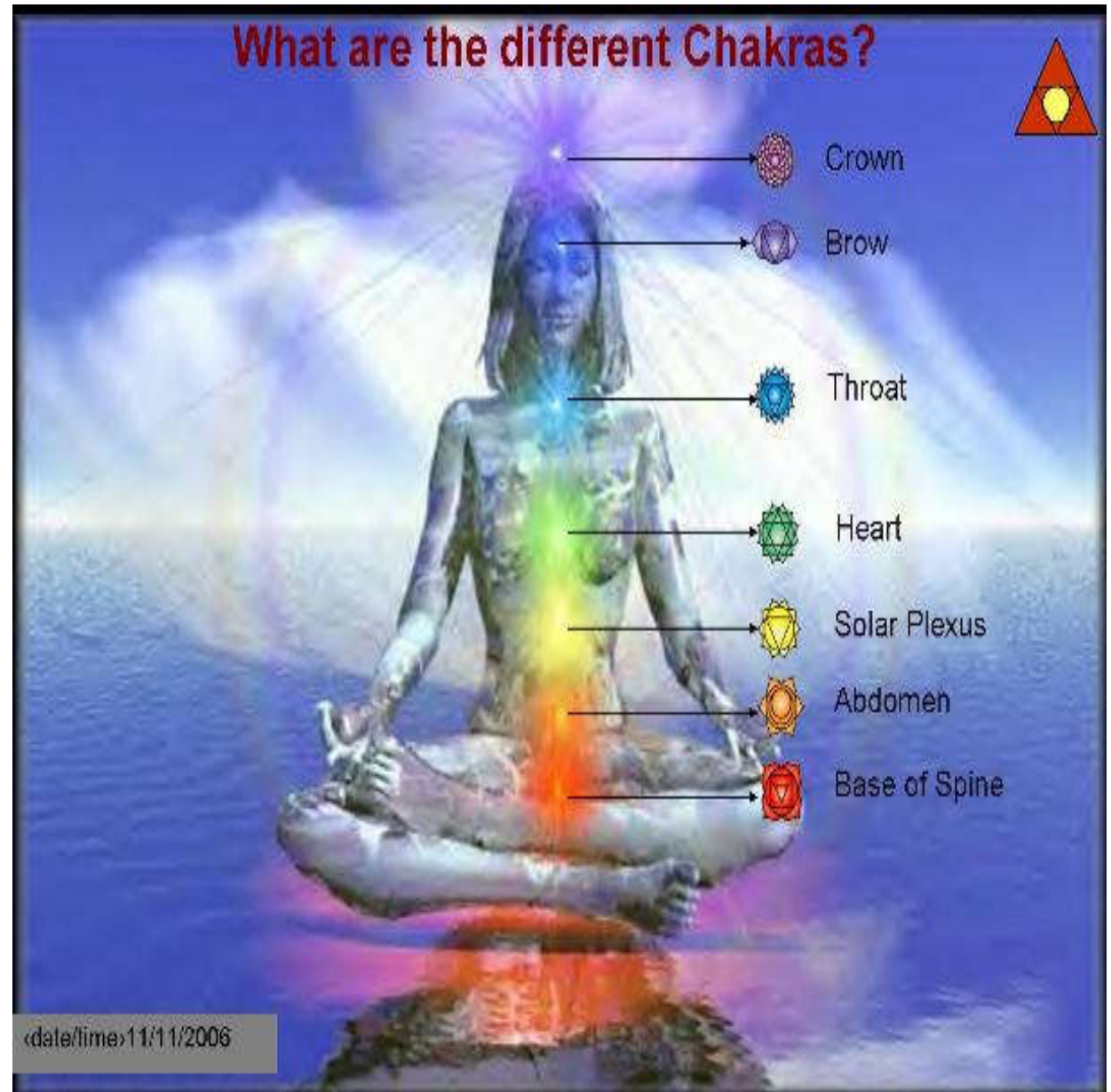
On the head and neck - 37.

Each has its own name based on their anatomical position.



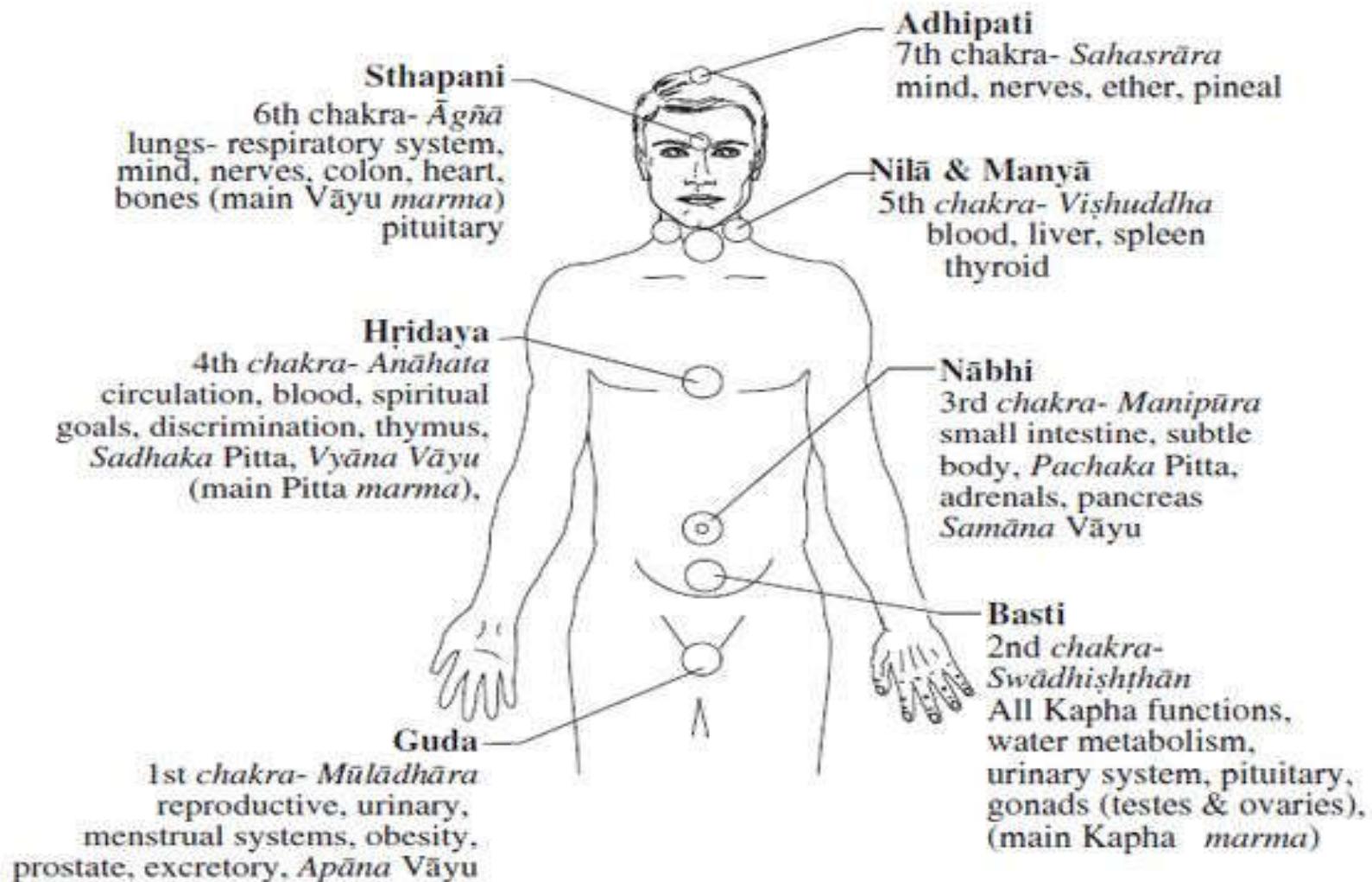
107 MARMA IN THE BODY

Major Marma points correspond to seven Chakras or energy centers of the body.

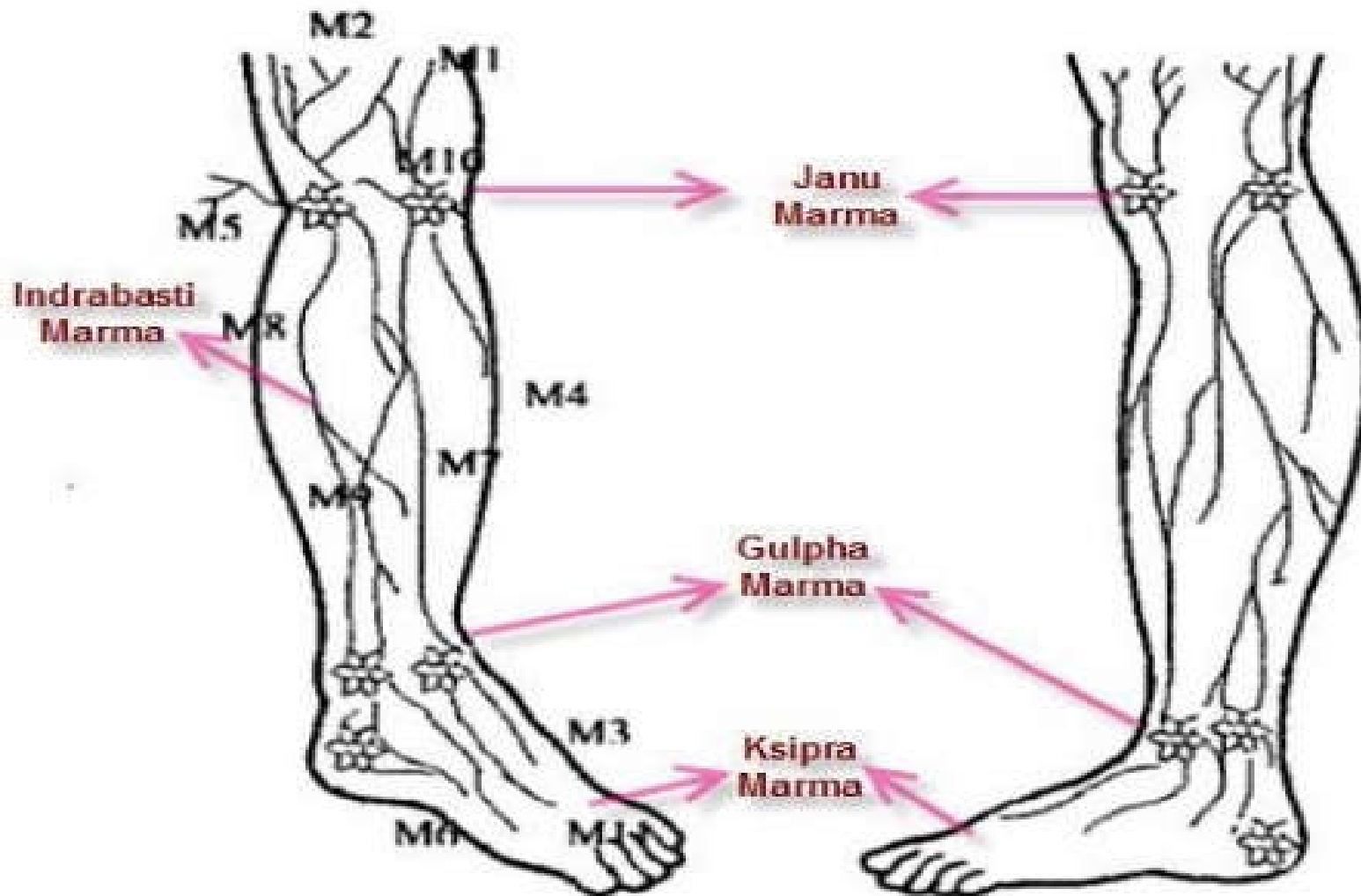


Marma points on seven Chakras or energy centers of the body.

Marmas and Chakras



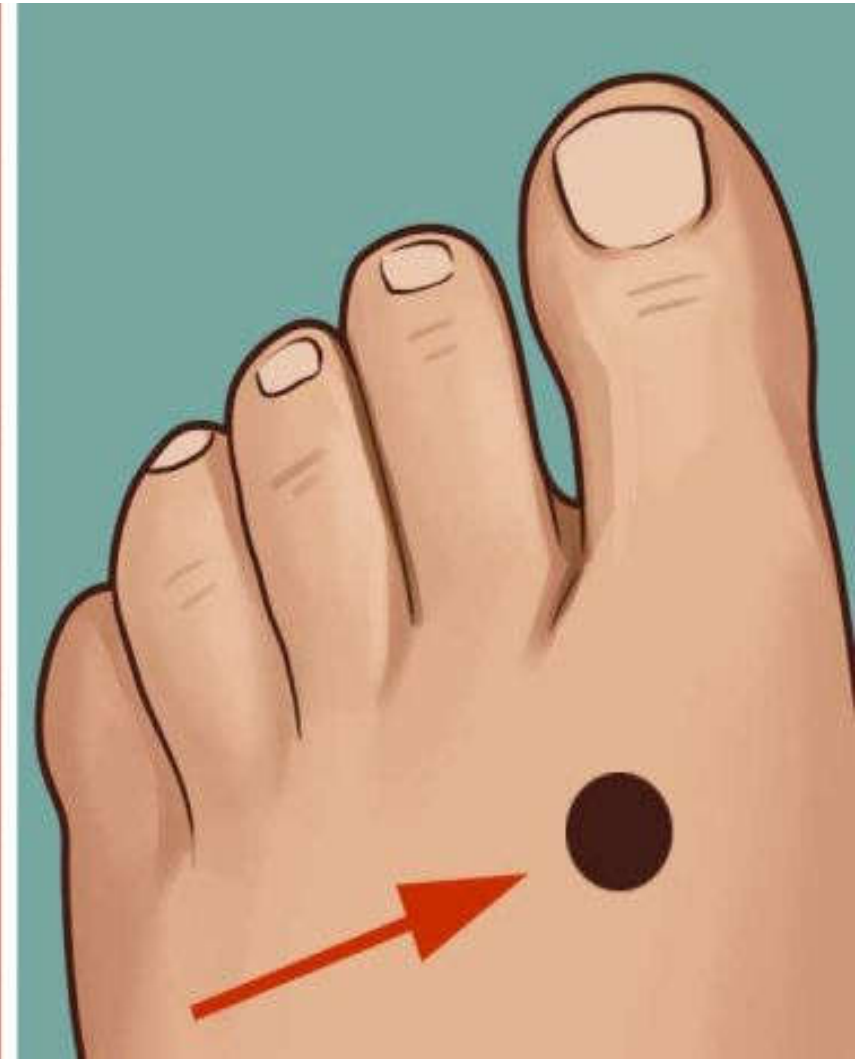
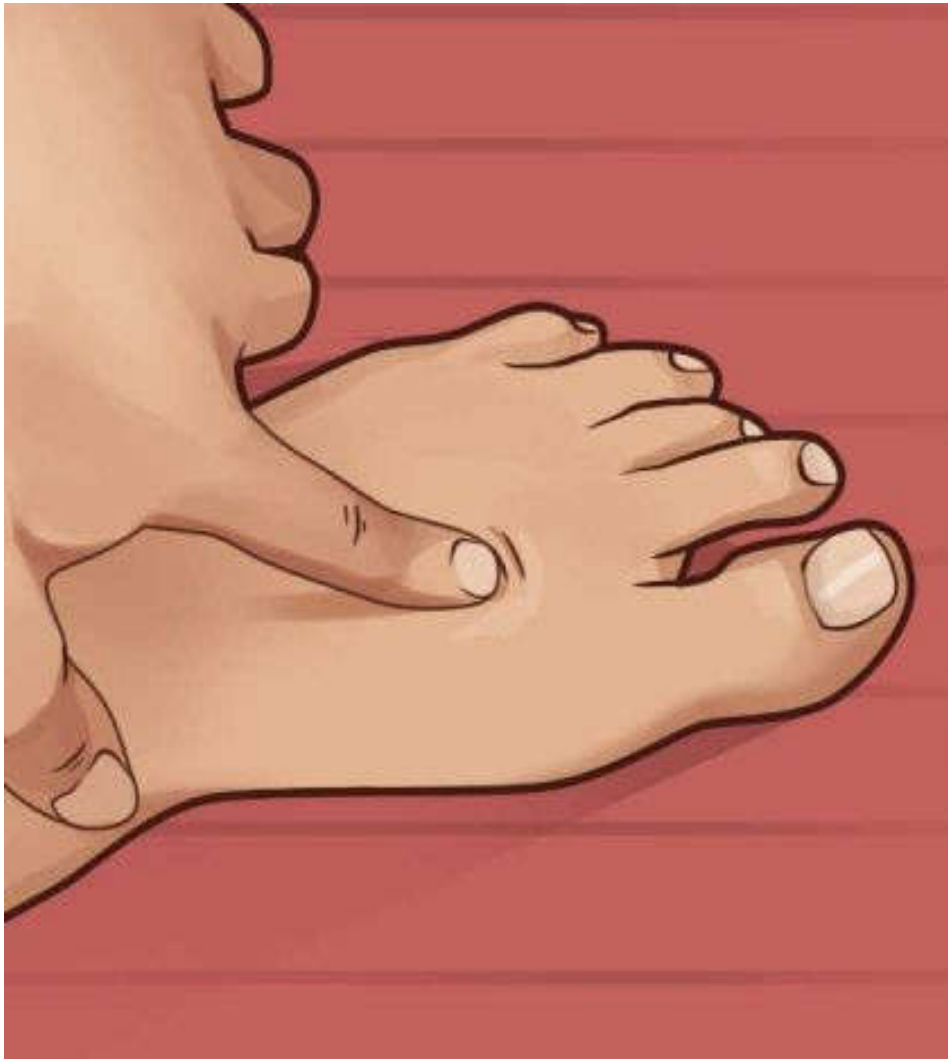
MARMA ON LEG



KSHIPRA MARMA

- It is pronounced as 'Xipra'.
 - **It is totals four in number (two in the hands & two in the legs).**
 - **In Hands** - It can be easily felt between index finger and thumb.
 - **In Foot** - It lies between the big and the second toe.
 - The width of this Marma is said to be one centimeter
- Anatomically** - the structures present under this Kshipra Marma a branch of Radial nerve in the hand.

KSHIPRA MARMMA ON FEET



KSHIPRA MARMA ON HAND



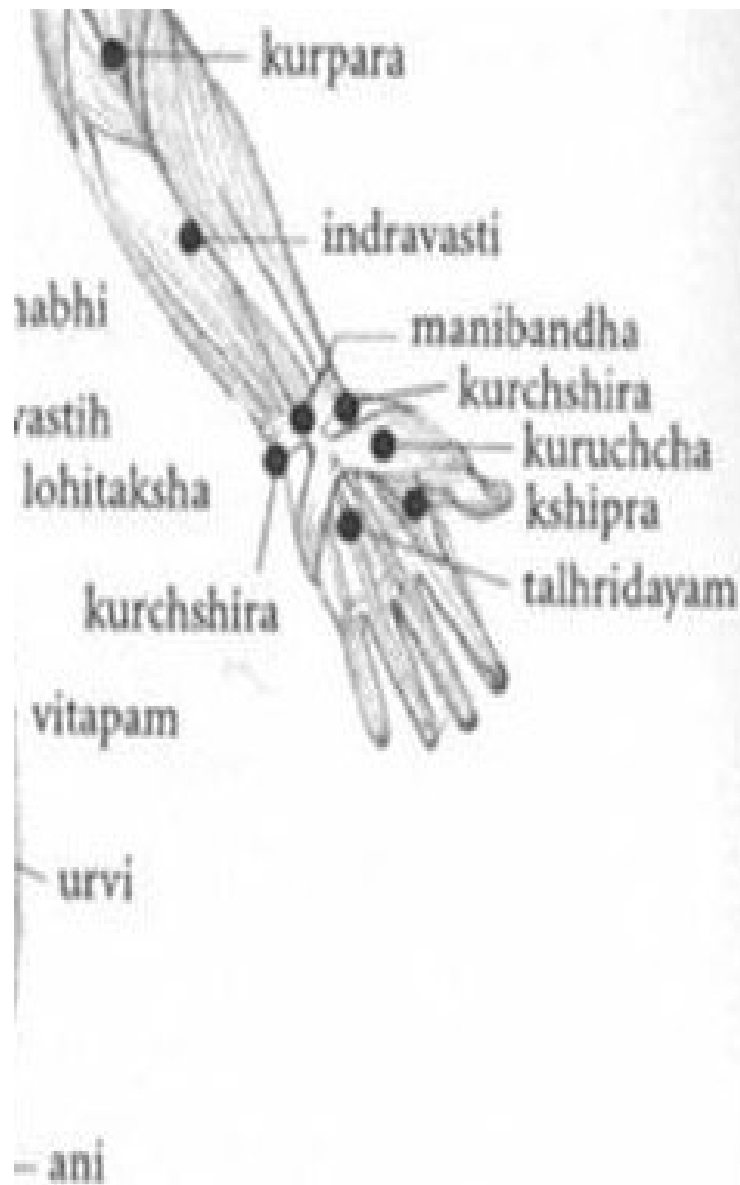
1-Kshipra marma

2-Kurcha marma

3-Kurchashira marma

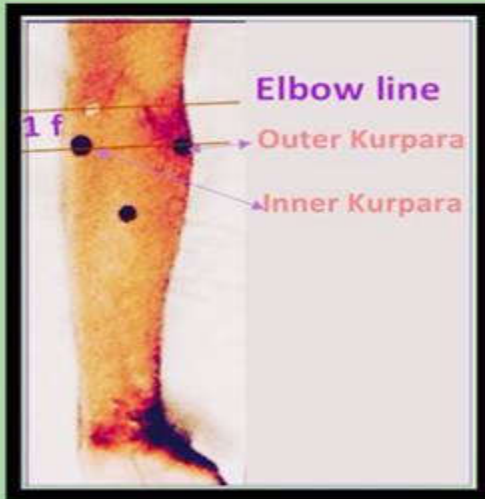
MANIBANDHA MARMA

There 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 centimeter width of Manibandha Marma, lies the Inter-carpal ligaments and nerves.



MARMA ON LOWER ARMS

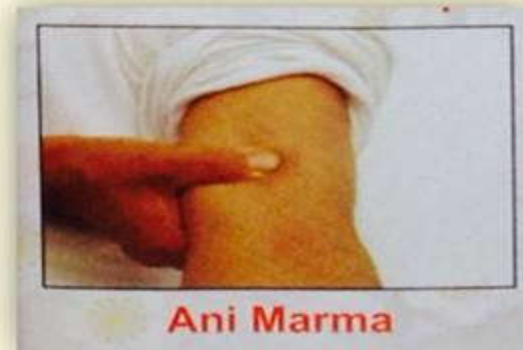
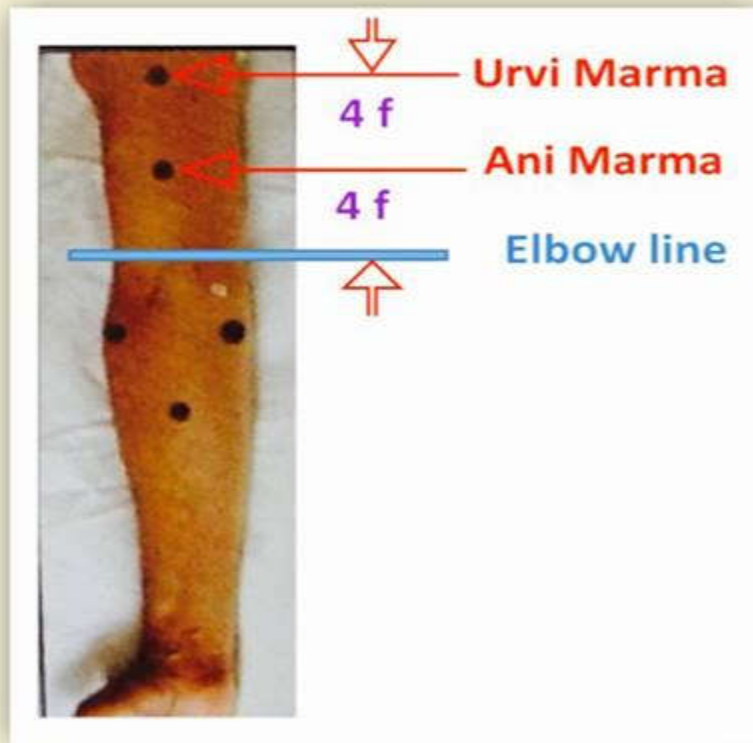
Kurpara Marma – Location & Stimulation (Outer & Inner)



- All organs between Navel and Heart can be activated
- Diseases related to Liver, Gall Bladder, Stomach, Oesophagus, Pancreas and Spleen can be treated
- Diabetes, Hepatitis, Hiccups, Cholecystitis and all problems related to irritation of Diaphragm can be treated

MARMA ON UPPER ARMS

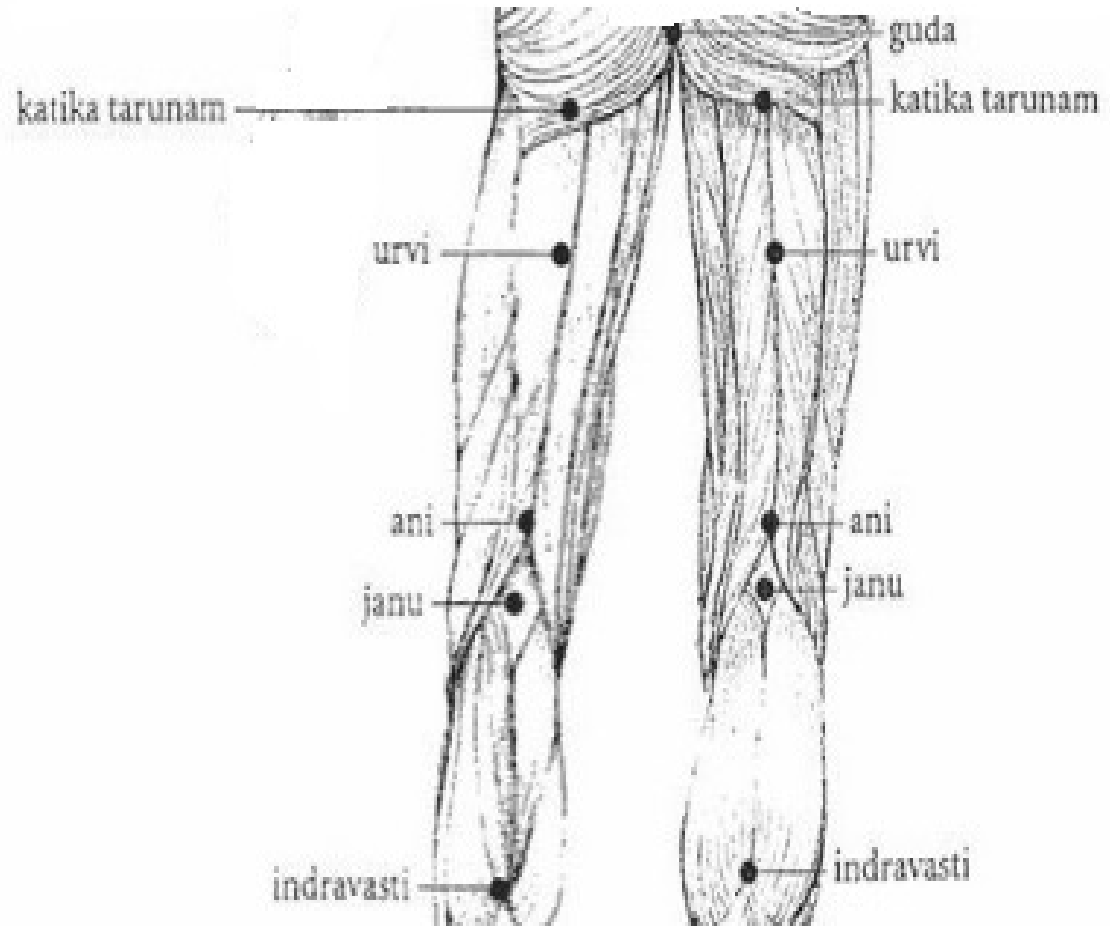
Ani & Urvi Marma – Location & Stimulation (Upper Extremities)



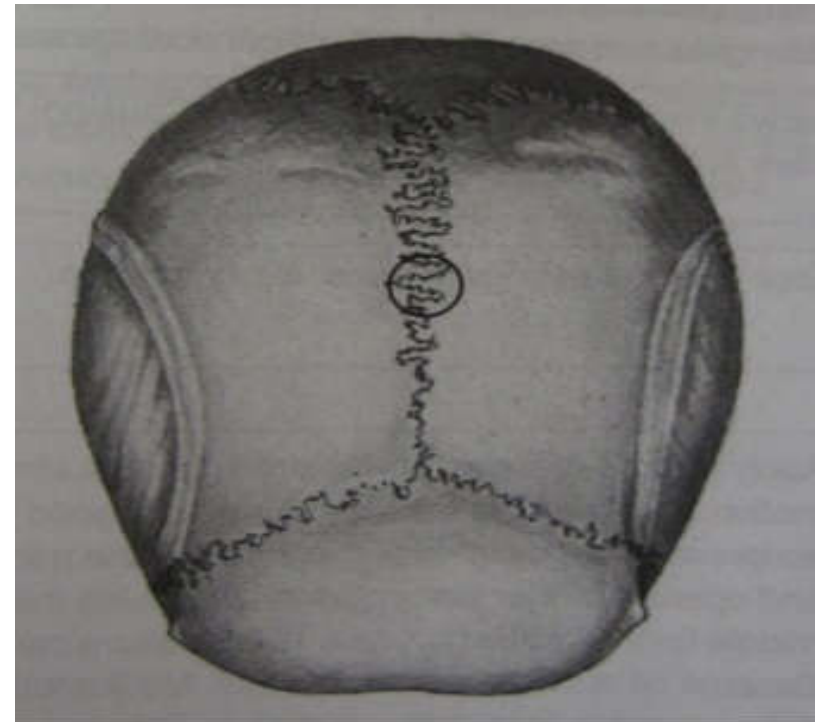
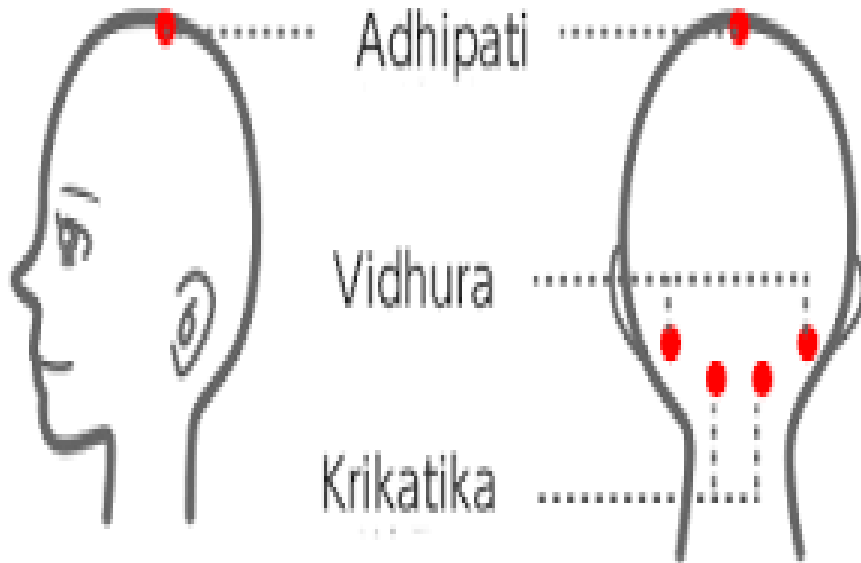
MARMA ON KNEE



MARMA ON THIGH



ADHIPATI – MARMA POINT ON HEAD



Adhipati - Marma point on Head

MARMA POINTS ON FACE



HOW MARMA THEORY WORKS

1. Neuro Endocrine theory – Due to pressure over these points, certain chemical substances and neurotransmitters are released like endorphin and enkephalin which send nerve impulses to the brain causing the desired effect.

2. Gate control theory

- ❖ Nerve fibers are large bundles of various size.
 - ❖ some are thick and some are thin.
- ❖ Thin transmit the sensation of pain, while the thick carry the tactile sensation.
 - ❖ Thus if the thick impulse is increased this selective blocks the conduction of the thin fibers.
 - ❖ This is called the gate control theory.

OTHERS THEORIES

The very small electrical changes that occur at the marma points is found to be capable of producing effects far in excess of the tiny electrical change at the point responsible for the triggering the desired effect.

Table – list of yogasana effect on marma

योगासन (Yogasana)	मर्मो पर प्रभाव (Effect on marma)
1 Pavanmuktasana	Indra basti, Nabi, Basti, Amsaphalaka
2 Halasana	Amsaphalaka, Amsa, Sira Matrika, krakatika
3 Paschimoutanasan	Kshipra,
4 Bhujang asana	Kshipra,
5 Shirshasana	Adhipati
6 Salabhasana	Basti, Janu, Katika taruna
7 Dhanurasana	Basti, Janu, Katika taruna
8 Chakarasana	Basti, Janu, Katika taruna
9 Ardhamastendrasana	Lahitaksha, kakshadhara
10 Padhasthasana	Nabhi, Basti