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Chakrapani Ayurveda Clinic & Research Center
Chakrapani Global Center for Training & Research in Ayurveda

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Testimonial from Dr. Steven Hairfield, USA

Dear Rajesh, Thank you for all of your kindness and sharing. It is nice to get closer to my younger brother and his family. I look forward to seeing you here and the next time I come to your world. I love India and always have it feels like home. I plan on spending the next year learning Hindi so we may talk with greater ease and to assist you while there and your staff. They are all great....[read more](#)

- Dr. Steven L. Hairfield

(Thanks Dr. Steven for wonderful compliments and blessings)

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Editor's Note:

The today's feature article entitled "**Science of Marma in Ayurveda II**" is a contribution of Dr. Rajesh Kotecha, Vaidya. This article is a final part of the series on Marma introduction. Marma science is a unique thinking of Ayurveda. It is not similar to acupressure or acupuncture of traditional chinese medicine. But, it narrates use of pressure point techniques in so many areas of health. The first part of this series is available at <http://chakrapaniayurveda.com/news/oct1204.html>. We hope that our valued readers will enjoy reading different aspect of Ayurveda in every issue of AyurvedaNews.

We are thankful to Gilgi Hauser for helping us edit this issue of AyurvedaNews. Do enjoy reading AyurvedaNews. Each issue contains new information and new articles.

We invite your views and ideas on the subject matter and content of our feature articles. Our wish is to help you and for this we need your input to help us to serve you. So please keep us posted with your views, ideas and preferences.

Science of Marma in Ayurveda - II: Rajesh Kotecha 'Vaidya'

This is a second and final article of this series. To read first article of this series, please visit <http://chakrapaniayurveda.com/news/oct1204.html>

Marma vidya (application) in Tantra

Marma vidya application is used by Tantrics to influence the different organs of the body according to the body's needs and/or desires. By manipulating exact Marma points, the specific Nadi (channels) that runs through is believed to 'shut off'.

(The Nadi — is a subtle channel that connects each Marma point, as though threaded like a rosary. Prana — energy currents — pulse through the Nadi channels and vitalize the Marma points.

Marma and Acupuncture points are not the same

Marma points in the body are to be protected from trauma and they can never be punctured by needles. Thus, the Marma and Acupuncture points are not the same.

The Marma approach might not have been emphasized and narrated in great detail in Ayurveda practice due to the doctrines of Tridosha. Because of the Tridosha approach, scientists of Ayurveda have been able to understand the physiology, the diseases mankind suffers and also the means and measures with which to control them.

Vagbhatta defines that Marma is the meeting point of Mamsa (muscle), Asthi (bones), Sira (blood vessels, veins/arteries), Snayu (tendons, ligaments and nerve chords) and Sandhi (joints). * (see charts below) Further, he states that Marma point can be tender when pressure is applied.

Applied aspects of Marma:

- Knowledge of Marma related to martial arts & warfare medicine:

In warfare or martial arts, the knowledge of Marma was used to get an edge on the enemy whilst fighting. The warrior or fighter, who had knowledge of where the Marma points were located, was able to aim at the desired Marma point during the fighting and could harm the enemy.

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- Knowledge of Marma with surgical importance:

During operations, ancient surgeons would avoid the Marma points and would prevent any injury to them in order to preserve the Prana energy. This approach helped the patient receiving surgery to heal quickly. We can explore this untouched area of science as an addition of knowledge in the area of surgery.

- Marma medicine:

Manipulating and treating Marma in the Abhyanga (Ayurveda massage) and management of certain diseases is also very important.

- Marma diagnostics:

Utilizing Marma examination in the diagnosis of some illnesses can become a very important tool for clinical diagnosis of some important illnesses. For instance, the diagnosis and severity of Sciatica can be made by seeing the level of tenderness on the Indrabasti Marma situated at the center of the calf muscles of both the legs.

There are a total number of **107** Marma points in the body. Though, every Marma point is invariably made of Panchamahabhuta (five basic elements), the Marmas are said to be constituted by three important elements. They are Agni (fire), Soma (cooling energy) and Vata (air). Thus quality and the nature of Marma depend upon the predominance of these three elements in it. They also contain three Gunas namely Sattva, Rajas and Tamas. Moreover, the Bhootatma (spirit or life energy – Prana) also exists in the Marmas. Therefore the Marma points reflect the condition of body, mind and soul.

The qualities of different Marmas ought not to be similar because the basic elemental proportionate of Marma usually differs.

Properties of the physical matrix of Marma points	
Agni	Causes combustion, transformation of molecules & heat, our manifestation of color, glare/glow of substances.
Vayu	Clarity, discrimination, lightness, dryness and mental activities or movements.
Soma	Immobility, strong, heavy, binding, oily, sometimes with fluid & oozing nature. It has a special nature of downward movements.

Mixtures of Marmas on Physical matrix		
Agni	Fatal immediately if injured.	Sadhya Pranahara
Vayu	When injured shall sustain the life of a person as long as the foreign body is left in the place.	Vishalyaghna
Soma	When injured shall result in the crippling of the related organ.	Vaikalyakara
Agni + Soma	Shall cause gradual death after injury.	Kalantara Pranahara
Agni + Vata	When injured shall be very painful	Rujakara

Classification of Marmas on the basis of physical components: There are five physical components of Marma points. They are Mamsa (muscle), Asthi (bones), Sira (blood vessels, veins/arteries), Snayu (tendons, ligaments and nerve chords) and Sandhi (joints). However, we must know that the mere presence of these physical components does not form a Marma. The occurrence of a Marma point needs an inherent Prana current within.

Classification of Marma on the basis of physical components	
Mamsa Marma: Chiefly made from muscle tissue	11
Sira Marma: Chiefly made from blood vessels/arteries/veins	41
Snayu marma: Chiefly made from ligaments, tendons or nerve chords	27
Asthi Marma: Chiefly made from bones	8
Sandhi Marma: Chiefly made from joints or place of union	20

Correlation between above two classification	
Sadhya Pranahara	consist of all five kinds of anatomical structures as their physical matrix
Kalantara Pranahara	consist of any four kinds of anatomical structures out of five as their physical matrix
Vishalyaghna	consist of any three kinds of anatomical structures out of five as their physical matrix
Vaikalyakara	consist of any two kinds of anatomical structures out of five as their physical matrix
Rujakara	Have only one physical element out of five

The science of Marma is really complex and we have tried to explain this subject in simplest possible language. We will encourage our readers to send us their feedback on this article at drjesh@chakrapaniayurveda.com

Author of feature article Dr. Rajesh Kotecha is Founder and CEO of Chakrapani Ayurveda Clinic & Research Center, a reliable Ayurveda center of north - western part of India. Earlier, he had been associated as Director of Research with J R D Tata Foundation for Research in Ayurveda & Yoga Sciences, Chitrakoot. He is MD in Ayurveda from Gujarat Ayurveda

University, a famous Government University of western part of India and had been author of several published research papers, articles on Ayurveda and a book entitled "Concept of Atattvabhinivesha (anxiety states) in Ayurveda". One can contact him personally at drrajesh@chakrapaniayurveda.com

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Upcoming Event:

A National Seminar and Botanical Expo: **BOTANICAL PRODUCTS IN NEW MILLENNIUM DEVELOPMENT AND CHALLENGES** will be held at Chemistry Department, University of Rajasthan, Jaipur from 5th -7th February, 2005. The main emphasis of the Seminar and Expo is to harmonize Indian botanical products with EU, WHO, USFDA AND Health Canada standards of botanicals and also to bring focus on affordable healthcare as well as health insurance.

Chakrapani Ayurveda Clinic & Research Center, India will be coordinating Ayurveda section of this seminar. For more information, please e-mail us at drrajesh@chakrapaniayurveda.com or visit us at <http://chakrapaniayurveda.com/seminar.html>.

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