

# AyurvedaNews

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

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### Testimonial on our Consultation Service

Namaskar Dr. Kotecha, this is my great pleasure that I've got yours good prescriptions and moral supports. Of course I am far from your place but you didn't let me to be far. I've used yours prescribed compound. But the thing is yours moral supports & kind co-operation. Whenever I rang up, you heard me politely. In future, I will be in touch with you. Thanks a lot. Yours faithfully

- Ranjit, India, [ranjit72118@yahoo.co.in](mailto:ranjit72118@yahoo.co.in)

Dear Dr Rajesh,

This is brian wellenstein, i saw you yesterday at the OM Center. i wanted to thank you so much for the great session i had with you. something really shifted in me and i feel better than i have in a long time, was so relaxed and comfortable today. the mind was very calm and settled. i know there was some kind of shift in consciousness in me. the information, your interest, your knowledge the genuine concern and caring i got from you were so wonderful. you really are a gifted physician and person... i am looking forward to getting the herbs and meeting with you again when you come back to omaha. i must share one thing with you. i went to an indian grocery store in omaha today and looked around for things. as i was leaving i asked this lady behind the counter about the fresh dates. i ate one and i was in heaven. the onlytime i remember that a food affected me like that was when i was about 10 years. it really struck me at that moment that i had left the sweetness out of my life, in my food, thoughts and day to day living. i have had a wonderful and renewed pleasure in cooking and have expanded my food choices already and feel wonderful. this is the best my face has looked in a long time. there is no breakouts and it is as if the acne and blemishes are disappearing already. i can't thank you enough for your help and wisdom. many, many blessings

- Brian Wellenstein, USA, [bjstein3030@yahoo.com](mailto:bjstein3030@yahoo.com)

(Thanks Mr. Ranjit & Mr. Brian Wellenstein for the wonderful compliments and appreciation.....)

Kindly visit us at <http://chakrapaniayurveda.com> to use our free Ayurveda online consultation facility.

### Dr. Rajesh's visit to USA:

Our CEO, DR. Rajesh Kotecha 'vaidya' has returned back to India in the second week of October, 04 from USA. He has traveled extensively through West and Mid-Western states with Mr. Gary Grewal of Garry and Sun, USA. He has visited Omaha, Nebraska; Des Moines, Iowa and Reno, Nevada. It was wonderful experience to see how people everywhere are interested in learning Ayurveda way of life. We are thankful to our devoted friends who have made Ayurveda tour a great success and pass on the Ayurveda knowledge to their communities and friends. We can not forget to mention those great friends and they are: Mr. Gary

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Grewal, Garry and Sun, Reno; Dr. Steven Hairfield, Ph.D., Reno; MS. Laura Hennings, Reno; MS. Sandy Aquila, OM Center, Omaha; MS. Susi Amendola, Omaha Yoga & Body work Center, Omaha and MS. Julianne Allaway, Des Moines.

We are also thankful to US people who have taken the advantage of the great knowledge on Ayurveda way of life through lectures, workshops and consultations. We hope that they will feel better and will stay healthy.

May lord Dhanvantari (the God of Ayurveda) bless them all.....

### Editor's Note:

The today's feature article entitled "**Science of Marma in Ayurveda**" is a contribution of Dr. Rajesh Kotecha, Vaidya. This article is a first part of the series on Marma introduction. Marma science is a unique thinking of Ayurveda. It is not similar to accupressure or accupuncture of traditional chinese medicine. But, it narrates use of pressure point techniques in so many areas of health. 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 - I: Rajesh Kotecha 'Vaidya'

"Marayanti Iti Marma" - Word Marma literally used with meanings as tender, secrete or vital things. There is likely hood of death after infliction to these places and hence are called as Marma.

There are certain anatomical locations known as Marma in the body which are vital in the sense, that any injury to these parts shall be painful and cripple the local functions or even lead to death of the individual. Therefore, they are to be taken care off. The reason for this is, they are the seat of Prana of the body.

These are the places which serve as small pockets of Prana and they are the junctions of different channels of Prana movements in the body. Thus when affected, the organs linked with the Prana channels become starved with lack of Prana and some organ becomes diseased, crippled or paralyzed. The ruptured junctions (Marma) form easy outlet for Prana from the body and this may lead to death either immediately or slowly depending upon the quantum of Prana being lost.

What is Prana?

- Prana is a vital energy necessarily sustains the activities of living being, both in micro and macro organ level.
- One of the five types of Vata
- Some kind of current in living body (Vata) is very much co-relatable to the Prana (life energy) of living organisms.
- Here, we must understand that Vata is not merely an 'Air'.

#### DASHA PRANAYATANANI (Ten reservoirs of Prana)

Following six among them are Marma

- Shankha (temporals)
- Shiras (head)
- Hridaya (heart)
- Basti (bladder)
- Kantha (neck)
- Guda (anus)
- Nabhi (umbilicus)

Rest of four are important Dhatus (tissues)

- Rakta (blood)
- Shukra (reproductive substance/semen)
- Ojas (vital essence of the body)
- Mansa (muscle tissue)

#### Pranavaha Srotas

- The term Srotas literally mean the paths needed for flow like rivers & channels
- The Srotas are such places where the substance under transformation (metabolic) are conveyed
- Pranavaha means that which convey Prana
- It is not true that these are the only channels through which Prana is conveyed
- Here, major transformation of Prana occurs
- The root of this Srosas is Hridaya (heart) and Mahasrotus (the great lumen beginning

from buccal & nasal cavity to rectum

Vata and Prana: Repeatedly during the details of Prana and its activities, the books of Ayurveda squarely refer Vata. Therefore it is necessary to learn activities of Vata to understand Prana particularly in reference to the Marma.

#### Chief Functions of Vata

- Utsaha – the enthusiasm
- Uchhvasa – inspiration
- Nishvasa – expiration
- Chesta – all kinds of physical activities
- Dhatugati – movement of discrete metabolic elements
- Proper & timely evacuation of waste products

Vata is a thing which can not be seen but it can only known by the functions it does in the body. This is similar to that of that energy which can not be seen but only be inferred through the operation of machines and instruments. Therefore, it is very much accurate that, at some instances, Vata itself addressed as Prana – the life energy. This life energy is programmed to control all the subtle and grosser physiological activity of living body.

Some correlation of different Vata types with endocrinal physiological parameters	
Prana Vayu	Cranial nerve function & Parasympathetic activities
Udana Vayu	Basal ganglion functions & sympathetic activities
Samana Vayu	Ganglions responsible for hepatic & alimentary functions
Vyana Vayu	Cardiac function and medullary & spinal vegetative functions
Apana Vayu	Ganglions derived from lower lumber & sacral roots

When Prana gets disturbed in localized regions, then the disturbed function of that related region shall be exhibited. This is true with the sense that certain local pockets of Prana (Marma) are affected during such event. It means that by tactful stimulation of local centers of Prana, the paths for movement of Prana become cleared and optimum functioning of that sight ensues. This is the key to understand about the science of Marma. (to be continued)

The next part of this article will be published in the next issue of AyurvedaNews

Acknowledgement: To prepare this article, we have taken help from a book on Marma Therapy written by Dr. H. Shrinivas, Ph.D. in Ayurveda, Head, Department of Kayachikitsa, GK Ayurveda College, Jamnagar, Gujarat, India.

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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](mailto:drrajesh@chakrapaniayurveda.com)

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#### Interesting health News: Ayurveda Deserves To Be Given The Status Of Mainstream Medicine

MUMBAI, INDIA: "So far as India is concerned Ayurveda has always been the mainstream medicine. The reach of modern medicine in India even today is 30 percent. And 70 percent people are being treated through Ayurvedic medicines or household remedies. However it is unfortunate that out of the total governmental expenditure 97 percent is being spent on the modern medicine or allopathic and only 3 percent is being spent on Ayurveda," said Dr. Ashok Vaidya, Medical and Research director, Bhartiya Vidya Bhavan's Swami Prakashananda Ayurveda Research Centre (SPARC), Mumbai. In his recent lecture, Dr. Vaidya pointed out -- "It is unfortunate that we notice good things about our own culture and medicine only when the British journals publish them. Today healthy life styles are coming to us from the West. Though we have a unique heritage which outlines the ideal ritucharya (living in harmony with the different seasons) and dinacharya (a daily routine which is in harmony with nature)." He said, "Pharmaceutical industry today is a 65 billion dollars industry at a global level and the cash rich multinational companies do not want the truth about the effectiveness of Ayurveda to reach the people at large. They have a vested interest in Ayurveda being given the status of an alternative medicine rather than to let it emerge as mainstream medicine, which is the

position that it really deserves in the world. Today the European Union wants Ayurvedic medicines to be dubbed as herbal, so that they always remain a part of alternative system of medicines." He concluded by saying, "What we need to do is to collect data and scientifically document the good that Ayurveda is doing to such a large number of people around the world."

Source - HPI, August 27, 2004

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You can send your feedback to us on this issue of AyurvedaNews at [newsletter@chakrapaniayurveda.com](mailto:newsletter@chakrapaniayurveda.com). Your valuable suggestions will help us in our efforts at continuous improvement.

Sincerely,  
The AyurvedaNews Team

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