

# MARMA THERAPY

## A Traditional Ayurvedic Technique

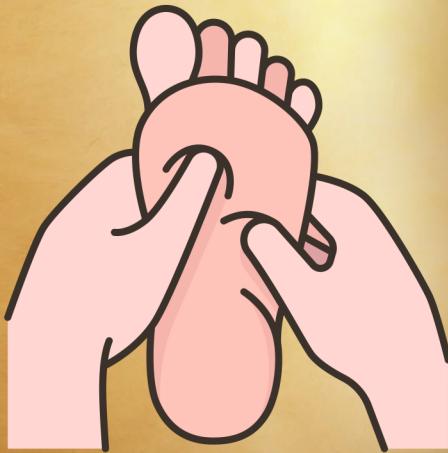
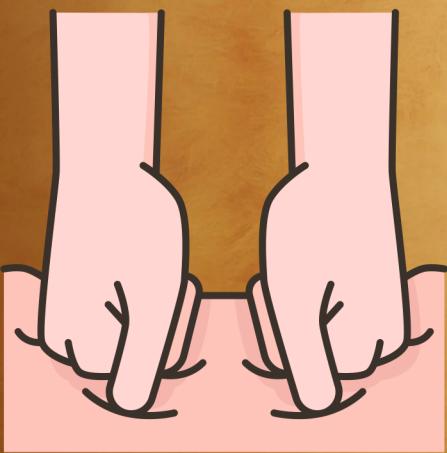
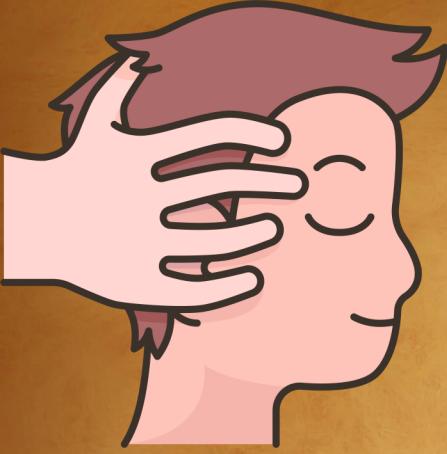


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**MARMA THERAPY** is a 5,000-year-old Indian Ayurvedic practice and the main focus of marma therapy is the opening of energy channels for healing the body, mind, and spirit.

The Sanskrit word “marma” actually means vulnerable point. Marma therapy harnesses the energies in the marma points for healing. Simply, Marma Therapy has an effect on the subtle energy of Marma points to relieve stiff muscles and boost blood circulation.

Marma therapy has an immediate healing and relaxing effect on the body when used as a treatment for others or as a self-treatment. Marma therapy involves subtle, and sometimes a more profound touch on marma points. The touch can bring about immense healing and rejuvenation.

# What Is a Marma Point?

What are these points with the power to heal? Marma points are often referred to as the junction points of consciousness and matter. To understand them, a rudimentary knowledge of Ayurvedic energy anatomy is helpful. According to Vedic wisdom, there are 72,000 channels of circulating life force, known as nadis, which flow into the physical body. These rivers of life current quite literally animate and enliven the human body. The points at which prana exits the nadis and enters the physical body are known as marma points. Thus, marma points connect the intangible energetic body to the tangible physical body.



# Where are Marma Point?

There are 108 marma points—107 on the physical body and one in the mind. Physically, the marma points are found where tendons, bones, muscles, joints, veins, nerves, and other tissues meet. Ancient healing physicians mapped out the specific locations of marma points as well as their effects upon various parts of the body. Each marma point corresponds to a specific vayu (function of prana), dosha (constitutional type), dhatu (bodily tissue), and srota (physical channel).

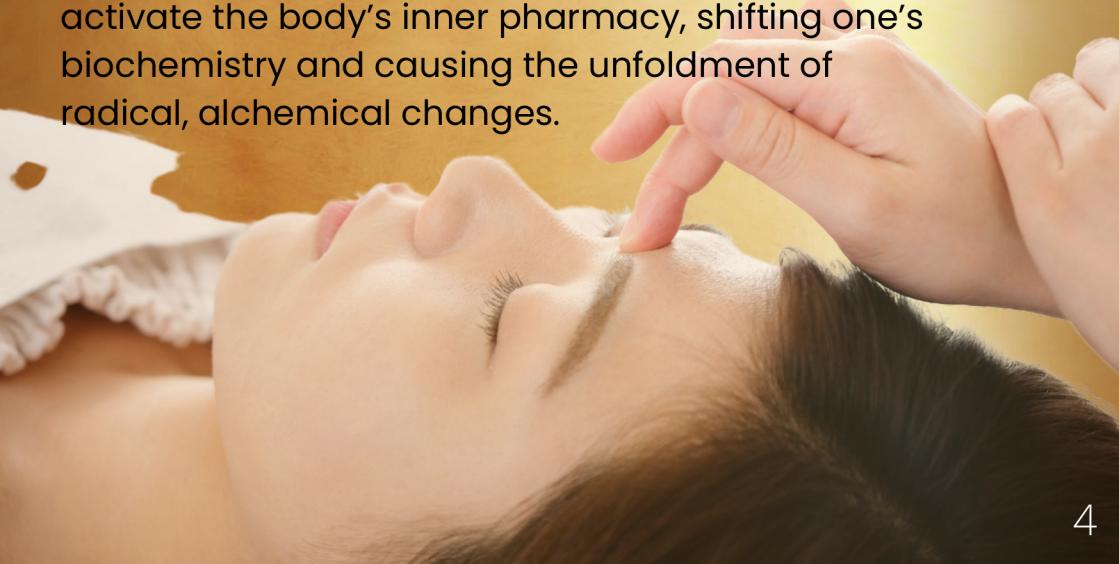
## How Marma Points Work

When prana flows freely from the nadis into the marma points, there is health. If, however, the energy becomes stagnant or its flow is disrupted, health is impaired. There are a plethora of common practices that can disturb the natural flow of prana through the marma points:

- Consumption of devitalized food
- Poor sleep habits
- Emotional stress
- Overexposure to sun
- Lack of exercise
- Pollution
- Unnatural lighting
- Insufficient connection to nature

Even if your lifestyle is relatively healthy, simply living in the modern world may be enough to impact the flow of life force entering your body. Many processes that are often associated with aging (fatigue, stiffness, memory loss, fragile bones, sensitive digestion, etc.) are, according to Ayurveda, the result of the progressive devitalization of the body due to impaired pranic flow.

Marma therapy works to clear stagnation in the vital energy points and thus increase vitality within the corresponding body parts. Because marma techniques work at the level of raw prana (prana that has not yet been differentiated into its various functions within the human body), its ability to facilitate physical, mental, emotional, and spiritual healing is immense. Ayurvedic physician suggests that flushing energy within the marma points can activate the body's inner pharmacy, shifting one's biochemistry and causing the unfoldment of radical, alchemical changes.



# **Advantages of MARMA THERAPY**

- **Self-care and self-healing practices – Great health and happiness does not lie outside your body, rather it lies within.** A mastery of Marma Therapy enables you to tap into the great benefits of your health and happiness.
- **Marma Therapy offers a deep sense of relief, both distally and locally.**
- **Removal of all toxins from the body is done easily by a good healing session of Marma Therapy.**
- **Marma Therapy improves absorption of food and digestion in the body.**
- **The functioning of body organs can be improved by a healing session of Marma Therapy.**
- **Marma Therapy gives you a glowing look and a healthier skin.**
- **Your body systems are detoxified at all levels with Marma Therapy.**

- **Marma Therapy removes neuro-chemicals from the body, such as serotonin and melatonin. Removal of such neuro-chemicals improves mental abilities. It allows you to enjoy a deeper sleep.**
- **A good Marma Therapy massage changes one's perception for the better.**
- **Marma Therapy improves consciousness and awareness to life in general.**
- **To increase creativity and renew life-energy, an effective Marma Therapy massage goes a long way.**
- **Marma Therapy balances your body's temperature level.**
- **Your body's immunity, digestive, neural, respiratory and psychological systems get improved if you take regular Marma Therapy massages.**
- **With Marma Therapy, you can control your motor and sensory organs and energy levels. As a result, you can control your mind and body.**