ABSTRACT

Science of Marma known as Marma Vigyanam is a dynamic part, specially described in Sushrut samhita and other Ayurvedic classics. According to Sushrut Mamsa, Sira, Snayu, Asthi, and Sandhi, these five elements collectively present at Marma point. This is the peculiarity of Marma. Marmas are the vital points on the body having importance regarding surgical procedure and traumatic effect. It is also known as Ayurvedic Accupressure. In this paper, three similar cases of pain and stiffness in shoulder joints are presented, who has attended OPD of District Hospital Shivaji Nagar, Bhopal. In during the clinical examination partially restriction of shoulder movement is also recorded. The case was initially treated with Marma therapy mainly the stimulation of bilateral Bahu Marma along with Amsa Marma for instant pain management. After the treatment of about ten minutes the patient got relief in pain and stiffness and felt lightness in surrounding area of painful place. Amsa Marma manipulation can be used to give instant relief from Shoulder pain effectively.

Keywords: Marma therapy, pain management, Ayurveda acupressure
INTRODUCTION

Ayurveda is a profound system of mind, body, and soul. Ayurveda not only focuses on body but also helps to get the insight of the soul within. It also emphasizes on the harmony of the soul and the universe outside. The science of Marma known as Marma Vigyanam is a dynamic part, mainly described in Sushrut samhita and other Ayurvedic classics. Acharya Sushrut has described 107 Marmas and classified them based on location, involved structure, and effect of injury. With the comparison of major injuries of body only minimal injury on Marma point may lead to severe effect like dysfunction, disability, and death. According to Acharya Sushrut Marma comprises of Jala, Vayu, Tej, Satva, Raja, Tama, and Bhootatma so that injury of Marma may lead to death². Brihatrayi has explained about the Marma and their impact on body but noteworthy description of Marma is found in Pratyek-Marmanirdesham shariram adhyay ofsharirasthanam in Sushrut samhita. Achaya Charak has mentioned 107 numbers of Marma but discussed only Trimarma namely Hridya, Sira, Basti. The science of Marma is called as half part of whole surgery². The knowledge of the Marma is essential for the surgeons to perform a surgery. Though, numbers of medicines are available for reducing pain in modern science. But maximum is nephrotoxic or hepatotoxic. These medicines take time to consume and perform action. But Marma therapy showed instant effect on pain in these cases.

Aim and Objective-

1. To explore the instant effect of Marma therapy in the pain management.
2. Assessment of effects of Bahu Marma and Amsa Marma in the management of pain in shoulder joint.

Selection of Marma-

Amsa Marma- Acharya Sushrut categorized Amsa Marm as a vaikalyakar Marma, Snayu Marmawhich have ½ anguli (half a finger unit) in size. It situated between shoulder and Neck.⁴ Kakshadhar Marma- According to Sushrut Kakshadhar Marma is vaikalyakar Marma⁵, Snayu Marma, and According to Vaghbatta it is Vaikalyakar Shira Marma. Measurement of this Marma is One Finger unit⁶. It is situated between Axila (Kaksha) and Chest (Vaksha).

Ani Marma – Aani Marmas are 4 in number, 2 in upper limbs and 2 in lower limbs. In upper limb it is situated at 3 finger above to Kurper Sandhi (Elbow Joint). They are categorized as Vaikalyakar, Snayu Marma.

Urvi Marma- Urvi are 4 in number, 2 in upper limbs and 2 in lower limbs. In upper limb it is situated at middle of the arm (Bahu).⁷ They are categorized as Vaikalyakar, Sira Marma, Measurement of urvi Marma is One Finger.

Kurper Marma- Kurpar are 2 in numbers, 3 fingers in measurement categorized as Vaikalyakar, Sandhi Marma.

Indravasi- Referring to the God Indra’s arrow, they are 4 in number, 2 in upper limbs and 2 in lower limbs. Measurement of approximately ½ anguli (half a finger unit). It is Categorized as Kalantarpranah⁸, Mamsa Marma.

Kshipra- Kshipra Marmas are 4 in number, 2 in upper limbs and 2 in lower limbs. These are categorized as Kalantarpranah⁹, Snayu Marma. Measurement of these Marma approximately ½ anguli (half a finger unit).

Kurch- Kurcha are also 4 in numbers (2 in palm and 2 in sole). These are categorized as Vaikalyakar Marma, Snayu Marma.

Tal hridaya. Word Talhriday is made by two words Tal and Hriday. Word Tal means⁹ Palm or sole and Hriday means Heart. Collective mean of Talhriday is ‘heart of the hand’, this Marma point is found at the canter of the palm, and measures ½ anguli (half a finger unit) in size. They are categorized as Kalantarpranah¹¹ Mamsa Marma.

Case History-

Case 1- A 60-year male, OPD Number 9207 came in the OPD of District Ayurvedic Hospital Shivaji Nagar Bhopal on 10/08/2020 with complains of pain and stiffness in bilateral shoulder joint. Restricted shoulder

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movement. Pain and stiffness have been gradually increased from last one year.

**Case 2** - A 60-year male, OPD Number 9165 came in the OPD of District Ayurvedic Hospital Shivaji Nagar Bhopal on 10/08/2020 with complains of pain in right hand since approx. 4 months. Pain starts from right side back of the neck, radiate to right hand up to forearm. In this case patient have additional some skin problem.

**Case 3** - A 55-year male, OPD number 8332 came in the OPD of District Ayurvedic Hospital Shivaji Nagar Bhopal on 20/07/2020 with complains of pain in left side shoulder join since March 2020, patient unable to raise his left hand completely. He felt pain and stiffness on raising left hand.

**Procedure** -

**In Case 1** - patient seated straight on Stool. Start Stimulation from *amsa Marma* down to *Sakthi Marmas*. The right *Amsa Marma* of the patient was pressed downward and inward with the right Thumb. Continuously 20-time Medium bearable pressure was given for approx 0.8 second. This procedure repeats one by one to each *Marmas* right to left arm.

**In Case 2** - patient seated straight on Stool. Start Stimulation from *amsa Marma* down to *Sakthi Marmas*. The right *Amsa Marma* of the patient was pressed downward and inward with the right Thumb. Continuously 20-time Medium bearable pressure was given for approx 0.8 second. This procedure repeats one by one to each *Marmas* of right arm.

**In Case 3** - patient seated straight on Stool. Start Stimulation from *Amsa Marma* down to *Sakthi Marmas*. The left *Amsa Marma* of the patient was pressed downward and inward with the right Thumb. Continuously 20-time Medium bearable pressure was given for approx 0.8 second. This procedure repeats one by one to each *Marmas* of left arm.

**Post procedure** -

**In Case 1**- The patient was suggested to complete rotation of bilateral shoulder for 5 times. He was also advised for free shoulder movements. Then he was prescribed conservative treatment; Cab Spondylon 2 bd before meal, Anu Tailam Pratimarsh nasya, Rumet 90 Liquef 10 ml QID with water, Chitayu Liniment mix with Prasarni Tailam for Abhyang locally, Tab Sallaki MR 1 BD for 10 days.

**In Case 2**- The patient was suggested to complete rotation of bilateral shoulder for 5 times. He was also advised for free shoulder movements. Then he was prescribed conservative treatment; Syp Dermina 10 ml tds, Tab Radona 2 Bd, Soap Nisoreia for bathing, Panch Nimb Churna ½ Teaspoon Bd, Arogyavardhani Vati 2 Bd, Chirayu Liniment for local application, Tab Byna 1 bd for 10 days.

**In Case 3**- The patient was suggested to complete rotation of bilateral shoulder for 5 times. He was also advised for free shoulder movements. Then he was prescribed conservative treatment; Prasarni Tailem, Ashwagandha Churna ½ tsfd with milk, Swarna Makradhwaj Ras 1 Tab Od with water. Yoga-Skandha Sanchalan

**Outcome** -

**Case 1** - During the therapy patient felt pain. Intensity of pain gradually comes down. After stimulating all the selected *Marmas* one by one; patient felt lightness of both hands, approx90% relief in left side and approx 40% to 50 % relief in right side. After 5-minute patient approx complete relief in left side and 70% relief in right side. Outcome recorded from directly patient’s words.

**Case 2** - During the therapy patient felt pain. Intensity of pain gradually comes down. After stimulating all the selected *Marmas* one by one; patient felt lightness of right hands, 100% relief in pain reported by patient.

**Case 3** - the therapy patient felt pain. Intensity of pain gradually comes down. After stimulating all the selected *Marmas* one by one; patient felt lightness of left hands, 50% relief in all symptoms reported by patient.

**Follow-up** -

**Case 1** - On telephonic conversation patient says pain start after 1-2 hours.

**Case 2** visited again in the hospital on the date of 14/08/2020. He said pain again started after 24 hours of *Marma* therapy.

**Case 3** - On telephonic conversation patient says pain start after 3 hours.
DISCUSSION

Pain stiffness in Shoulder joint may be resulted by various causes whether it may be because of cervical involvement, whether it may be caused by Frozen shoulder or may be because of Primary Adhesive capsulitis or so many issues. If compare with NSAID (Non-Steroidal anti-inflammatory drugs), it will take action approx one hour after taking medicine while Marma therapy has given instant relief in pain and stiffness. So now question is arising how Marma therapy works? Many scholars give few theories but still they are not able to define how abjectly Marma therapy works. In my opinion as Marma name is a collection of Mamsa, Sira, Snayu, Asthi, and Sandhi, so effect of Marma therapy is also a combined effect of these five elements. Acharya Sushrut says Marma is a place where Prana (vitality) naturally present so that all five senses got destroy by the dint on Marma and mind and intellect get changed. Similarly, pain senses also can be block by stimulation on the Marma. The number of Shakhagat Marma proclaimed is “44”. out of them there are eleven Marmas in one Sakthi. Similar number should be counted in other Sakthi (inferior extremity) and in two Bahu (superior extremity). Means 22 Marma point found in upper limb and 22 Marma point found in lower limb. Out of them 24 is Vaikalyakar Marma which is called “Shakhagat Vaikalyakar Marma”. Vaikalyakar Marmas are Saumya in nature due to presence of Jala Mahabhoot. Saumya guna supports the Prana (life) by virtue of its Sthir and Shaitya properties. These guna may shows reversible action means Marma is a way to treat related problems. Rest of marmas are kalantar pranhar marma, and Rujakar Marma. These marmas are also shown a miraculous effect on pain.

CONCLUSION

One misconception everyone knows about Ayurveda that Ayurved treatment takes time to show their action. Marma therapy is able to clarify this misconception because Marma therapy is fast acting, less time consuming and shows instant result on pain. Marma therapy is also being a part of emergency treatment of Ayurveda. It is non-invasive, cost effective therapy. Extensive further studies are the needed to evaluate other effects of Marma therapy.

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