

## ROLE OF MARMA THERAPY IN OCCUPATIONAL HEALTH W.S.R TO CERVICAL SPONDYLOSIS

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### ABSTRACT

Occupational health, word itself reflects “Health of the worker at the work place”. In this modernized era, each individual is indulged in improving their socioeconomic status for better survival. Days and nights seem equal for intellectuals to get name and fame. Working environment tends to demand more from an individual that takes more tolls over the health and well-being of individual leading to a number of occupational disorders like carpal tunnel syndrome, computer vision syndrome, cervical Spondylosis and many others among which cervical Spondylosis is being faced earlier and gaining importance in terms of treatment. Cervical Spondylosis is a common degenerative condition of cervical spine that most likely is caused by changes in intervertebral disks. Symptoms include pain in neck radiating to shoulders, arm, hand, numbness and tingling sensation in arms, hands, fingers, neck stiffness, headache etc. A lot of treatment modalities are in practice but all these pharmacological procedures have short duration relief and tend to have many side effects due to repeated and prolonged use of medicines. Seeing all these pitfalls, *Ayurvedic* therapies can be considered easy, safe and highly beneficial to the patient and intend to reveal the scope of Ayurveda in the domain of occupational health. One such ancient non-pharmacological techniques that can help as an alternative and adjuvant therapy to deal such wide range of diseases without any side effects is *Marma* therapy.

**Keywords:** occupation health, cervical Spondylosis, *Marma* therapy

### INTRODUCTION

Occupational Health is the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations by preventing departures from health, controlling risks and the adaptation of work to people, and people to their jobs.<sup>1</sup> An “occupational disease” is any disease contracted primarily as a result

of an exposure to risk factors arising from work activity.<sup>2</sup> Cervical Spondylosis also known as cervical arthritis or neck arthritis is defined as the degenerative changes of the spine at the neck, creating pressure on nerves and spinal cord at the level of the neck. It is usually considered by many to be a natural ageing phenomenon because it

usually occurs in people of age 50 or older.<sup>3</sup> But now a days it has become occupational musculoskeletal disorder due to improper postures and continuous computer work. The prevalence of the cervical Spondylosis in 30 years old male is 13% and in 70 years old is 100% and in females at 40 years old is 5% and in 70 years old is 96%.<sup>4</sup>

### **DISEASE REVIEW**

Occupational based disorders are classified separately in the disease classifications of contemporary medical practice. The people at their work places are forced to undergo poor Postures for long period, which makes one to have the occupational based diseases. Stress and long working hours in front of computers can lead to cervical pain as well as pathological abnormalities. So, many computer engineers develop a sort of neck pain called cervical Spondylosis. It commonly occurs at the lowest three cervical intervertebral joints, but the most common site is at the level of C5-C6.<sup>5</sup> The disease process commonly presents with symptoms related to pressure on the spinal cord and associated nerve roots and blood vessels. Clinical features include Pain in the neck, radiating to the shoulder blades, top of the shoulders, Upper arms, and hands or back of the head, Numbness and tingling in the arms, hands and finger some loss of sensation feeling in the hands and impairment of reflexes, Neck stiffness, Headache, Dizziness, unsteady gait, Crunching sounds with movement of the neck or shoulder muscles.<sup>6</sup> It can be diagnosed by Neck X-Ray, CT-Scan, MRI, Myelography, Electromyography and Nerve conduction study.<sup>7</sup> Treatment of cervical Spondylosis is usually conservative in nature; treatments which are most commonly used are NSAIDS, physical modalities, and lifestyle modifications. Surgery is occa-

sionally performed.<sup>8</sup> All these treatment modalities are liable to short duration relief and tend to have many side effects due to repeated and prolonged usage, which gives a way to ancient therapeutic procedures to come into practice.

### **MARMA THERAPY**

It is an ancient Indian practice whose focus is the manipulation of subtle energy (Prana) in the body for the purpose of supporting the healing process. *Marma* therapy is based on the utilization of 107 points in the body which are considered to be access points to body, mind and consciousness.<sup>9</sup> *Marmas* are also an important aspect of the science of Yoga, with which Ayurveda is closely connected. Yoga not only has a sophisticated system of physical postures, it also recognizes the power of *Prana* or the life-force, which is reflected through the *Marma* points on the surface of the body. An Understanding of *Marmas* can add greater efficacy to any level or type of Yog practice whether using the body, the breath or the mind.<sup>10</sup>

### **DISCUSSION**

As in cervical Spondylosis there is compression of the nerve fibers of the cervical spine and all the treatment modalities are not so effective like NSAIDS provide pain relief for sometimes and physical modalities like yoga and physiotherapy also causes slight anatomical structural changes leading to temporary relief in symptoms but energy blockage and nerve compression remains sustained and occurs again and again. So, *Marma Therapy* which is the precise art of touching an individual in exactly the right place at a critical moment in time, for the purpose of healing and serve as points of access to the body's innate intelligence, opening the doorway to health and well-being can lead to release in that energy

blockage and can lead to permanent cure at least in young age.<sup>11</sup> *Marmas* of the upper extremity, chest region and back named *Kshipra, Kurpar, Anni, Ansa, Kakshadhar* can be selected. These are to be stimulated for 20-25 times in one sitting for 3 times a day by adequate digital pressure in supine or sitting position in the same rhythm as our respiration. Also recent scientific studies prove that pressure application on vital energy points produces endogenous opioids, for e.g. endorphins, increases production of neurotransmitters such as serotonin, GABA (Gamma Amino Butyric Acid) and regulates cortisol, the main stress hormone.<sup>12,13,14,15</sup> These biochemical changes effect midbrain structures to reduce pain, slow heart rate, decrease anxiety, induce calm shut off FFF response and improve blood circulation.<sup>16,17,18,19</sup>

## CONCLUSION

On the basis of review we can concise that, as in *SushrutSamhitaSiravedha, Agni karma* have been discussed where certain points have been correlated with certain internal organs and *doshas*.<sup>20, 21</sup> Likewise *Marma* points can also be used to treat the related diseases and precise pressure on these points causes relief in respective symptoms. Taking these references into account, *Marma* therapy has been developing to treat various such diseases. And as well said by HIPPOCRATES that "Natural forces within us are the true healers of a disease"<sup>22</sup> *Marmatherapy* can be used as an alternative and adjuvant therapy for treatment of cervical Spondylosis.

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