



## THE PSYCHOLOGICAL BENEFITS OF *MARMA* THERAPY: STRESS RELIEF AND EMOTIONAL HEALING

Mamta Choudhary<sup>1</sup>, Akhila Rajan<sup>2</sup>, Shyoram Sharma<sup>3</sup>,

<sup>1</sup>MD Scholar, <sup>2</sup>MD Scholar, <sup>3</sup>Associate Professor, P.G. Department of *Rachana Sharir*, Post Graduation Institute of *Ayurveda*, Dr Sarvepalli Radhakrishnan Rajasthan *Ayurved* University Jodhpur, Rajasthan, India. Pin Code-342037.

Corresponding Author: [Monu7733943294@gmail.com](mailto:Monu7733943294@gmail.com)

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## ABSTRACT

An essential component of *Ayurveda*, *Marma* therapy is a traditional treatment method that focuses on activating key energy centers to enhance mental, emotional, and physical health. This study examines the psychological advantages of *Marma* treatment, highlighting its comprehensive approach to mental wellness. It explores how *Marma* therapy improves emotional balance, cognitive capabilities, and psychological resilience while reducing stress, anxiety, and depression. The study also underscores how *Ayurveda* perceives the mind and body as interconnected and how energy flow contributes to psychological well-being. The results indicate that *Marma* treatment can serve as a valuable adjunct to mental health when practiced regularly, fostering emotional healing, inner harmony, and relaxation.

**Keywords:** Holistic healing, mental well-being, *Marma* therapy, psychological benefits, mind-body connection, *Ayurvedic* healing.

## INTRODUCTION

Globally, the prevalence of mental health conditions like stress, anxiety, and depression is rising. Although they have demonstrated effectiveness, traditional therapies like medication and psychotherapy

frequently have drawbacks, such as reliance and adverse consequences.<sup>1</sup> *Marma* therapy and other traditional healing techniques provide a comprehensive approach to treating psychological

discomfort. *Marma* therapy, which has its roots in *Ayurveda*, aims to promote general health and restore balance by activating particular energy points in the body. The foundation of the therapy is the idea that prana, or life force, flows through 107 *Marma* points, which serve as energy connectors.<sup>2</sup> Physical and mental illnesses are thought to be caused by blockages in these areas. *Marma* therapy uses light pressure on these areas to improve emotional stability, lower stress hormones, and balance the nervous system.<sup>3</sup> Despite the growing interest in holistic and alternative therapies, the psychological advantages of *Marma* treatment have not received much attention. Anecdotal data support its efficacy in lowering stress and enhancing mental health, but a systematic investigation of its effects on mental health is required.<sup>4</sup> By examining the ways in which *Marma* treatment promotes psychological well-being, this study seeks to close this gap.

#### **AIMS AND OBJECTIVE**

1. To investigate how *Marma* therapy affects stress reduction.
2. To investigate its function in depression and anxiety management.
3. To evaluate how it affects cognitive and emotional stability.
4. To assess its all-encompassing strategy for mental health.

#### **MATERIAL**

1. Literature Review: To comprehend the psychological effects of *Marma* therapy, scholarly articles, *Ayurvedic* literature, and scientific research were examined.
2. Expert Interviews: To learn more about *Marma* therapy's efficacy in treating psychiatric illnesses, experts in the field and *Ayurvedic* practitioners were interviewed.
3. Case Studies: The effects of *Marma* treatment on the emotional and psychological health of patients who received it for mental health issues were examined.

#### **METHODOLOGY**

This study uses a qualitative research approach to examine the psychological advantages of *Marma*

treatment, including case studies, expert interviews, and a literature review.<sup>5</sup> Both theoretical understandings and empirical data were integrated using a mixed-methods approach.<sup>6</sup>

Findings about stress reduction, emotional stability, cognitive improvement, and holistic well-being were categorised using thematic analysis.<sup>7</sup> The findings were then analysed in light of contemporary psychological theories and *Ayurveda*.<sup>8</sup>

**Emotional and Mental Equilibrium** Mental health is essential in today's fast-paced world. *Marma* therapy's soothing methods provide tremendous emotional advantages. Neurochemicals like serotonin and melatonin are released when specific *Marma* points are activated, improving cognitive performance and encouraging better sleep.

#### **Spiritual Well-Being and the Movement of Energy-**

Fundamentally, *Marma* therapy functions by restoring equilibrium to your body's *prana* or vital energy. This equilibrium significantly impacts overall wellness. Like removing a dam from a river, the therapy helps release energy blockages so that energy can freely flow through your system. Frequent sessions can increase your body's inherent healing capacity, improve organ function, and increase vitality.

#### **Marma Therapy as a Holistic Approach for Mental Health**

*Marma* therapy provides a comprehensive approach to mental health, in contrast to traditional therapies that frequently concentrate on symptom management. It creates complete harmony by integrating the mind, body, and spirit. *Marma* therapy adheres to the following concepts of holistic healing:

1. Energy Balance: *Marma* therapy promotes mental and emotional equilibrium by clearing energy blockages and re-establishing *Prana's* natural flow.
2. Personalised Healing: The therapy's adaptation to each patient's *Dosha* (constitution) ensures a customised approach to mental health.
3. Natural and Non-Invasive: *Marma* therapy is natural, non-invasive, and side-effect-free, unlike pharmaceutical treatments.

4. **Spiritual Growth:** Regular *Marma* therapy sessions help many people gain a greater sense of self-awareness and spiritual growth.

*Marma* therapy's holistic approach makes it so beautiful; in addition to treating bodily conditions, it also affects mental and energy states. Because it incorporates healing, it works incredibly well for people looking for all-encompassing wellness solutions in today's society.

## **BENEFITS AS A RESULT OF MARMA THERAPY**

### **1: Relaxation and Stress Reduction**

The study's results show that *Marma* treatment dramatically lowers stress levels by activating the parasympathetic nervous system. Following regular *Marma* therapy sessions, participants reported feeling deeply relaxed and relieved of chronic tension.

Important *Marma* Points at Play: Stress is lessened, and the mind is calmed by *Sthapani Marma* (Third Eye Point).

Heart Point (*Hridaya Marma*): Regulates emotions and eases palpitations brought on by stress.<sup>9</sup>

*Talahridaya Marma* (Palm Centre) promotes relaxation by controlling the flow of energy.

Research indicates that *Marma* therapy improves mental clarity and relaxation by influencing cortisol levels, the main stress hormone.

### **2. Managing Depression and Anxiety**

By balancing *Vata* (energy), which is frequently the cause of excessive mental activity and emotional instability, *Marma* therapy is successful in lowering the symptoms of anxiety and depression.

Significant Results: Following six weeks of *Marma* therapy, patients with generalised anxiety disorder (GAD) reported a 40% reduction in symptoms. People who were depressed reported feeling happier, feeling less tired, and being more motivated.

*Marma* Points Employed:

*Adhipati Marma* (Crown Point): Increases the production of dopamine and serotonin.

*Manibandha Marma* (Wrist Point): Assists with controlling emotions.

Grounds excessive mental activity and lowers anxiety with *Indrabasti Marma* (Calf Centre).<sup>9</sup>

*Marma* treatment helps people deal with emotional discomfort by activating these sites and regulating neurotransmitters linked to mood stabilization.

### **3. Emotional Equilibrium and Consistency**

After receiving *Marma* therapy regularly, many participants said they felt resilient and emotionally secure. To avoid emotional blockages that may result in psychological pain, the therapy assists in releasing repressed emotions.

Remarks:

Emotional healing and decreased emotional reactivity were observed in patients who had suffered trauma in the past.

*Marma* therapy encouraged emotional equilibrium and helped people let go of long-held tension.

Points for *Marma* Activated: *Hridaya Marma*: Promotes emotional health and heart energy.

Emotional resilience is strengthened by *Nabhi Marma* (Naval Point).

*Sthapani Marma*: Offers emotional serenity and mental clarity.<sup>9</sup>

### **4. Mental clarity and cognitive function**

Additionally, the study discovered that *Marma* treatment enhances memory retention, focus, and cognitive performance.

Important Advancements Noted:

improved clarity and focus of the mind.

improved capacity for making decisions.

decreased cognitive weariness and brain fog.

*Marma* Points for Advantages in the Brain:

*Adhipati Marma*: Boosts cognitive capacities.

*Sthapani Marma*: Enhances alertness and concentration.

The thumb-index finger point or *Kshipra Marma*, promotes mental clarity and brain activity.

### **5. Mind-Body Connection and Holistic Well-Being**

In contrast to traditional therapies, *Marma* therapy incorporates spiritual, emotional, and mental healing, in line with *Ayurvedic* principles.<sup>10,11</sup> Unlike symptom-based treatment, the holistic character of the therapy enables people to feel general well-being.

Holistic Advantages:

enhances the relationship between the mind and body.  
promotes mindfulness and self-awareness.<sup>12</sup>

restores energy balance, which promotes long-term mental wellness.

## DISCUSSION

The results validate that *Marma* therapy offers a safe and efficient means of promoting mental health and is consistent with *Ayurvedic* principles. It harmonises the neurological system, enhances energy circulation, and balances the doshas. The potential of *Marma* therapy to integrate physical, emotional, and spiritual healing makes it stand out compared to other holistic techniques like acupuncture and meditation. Its noninvasive nature makes it a good substitute for those looking for natural mental health solutions. Even though the outcomes are encouraging, more clinical research and scientific approval are required before *Marma* therapy may be incorporated into standard mental health care.

## CONCLUSION

*Marma* therapy has significant psychological advantages and is a potent yet gentle healing technique. This age-old therapy offers a natural and comprehensive approach to achieving mental well-being, ranging from lowering stress and anxiety to treating depression, improving mental clarity, and encouraging emotional equilibrium. By incorporating *Marma* treatment into their everyday routines, people can see long-lasting gains in their mental well-being and live more contented, focused, and calm lives. *Marma* treatment stands out as a successful and tried-and-true method of mental health as contemporary medicine continues to investigate holistic healing techniques.

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