

**CASE SERIES: INSTANT EFFECT OF MARMA THERAPY IN THE PAIN
MANAGEMENT WSR: TO SHOULDER PAIN**

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**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*.¹ *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 profound system of mind, body, and soul. Ayurveda not only focus 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, specially described in Sushrut samhita and other Ayurvedic classics. Acharya Sushrut has described 107 Marmas and classified into various types on the basis of location, involved structure and effect of injury. With the comparison of major injuries of body only minimal injury on Marma point may leads 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 leads 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 of sharirasthanam in Sushrut samhita. Acharya Charak has mentioned 107 numbers of Marma but discussed only Trimarma namely Hridaya, Sira, Basti. The science of Marma is called as half part of whole surgery³. 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 BahuMarma and Amsa Marma in the management of pain in shoulder joint.

Selection of Marma-

Amsa Marma- Acharya Sushrut categorized Amsa Marma as a vaikalyakar Marma, Snayu Marma which have $\frac{1}{2}$ 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 Vagbhatta 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.

Indravasti- Referring to the God Indra's arrow, they are 4 in number, 2 in upper limbs and 2 in lower limbs. Measurement of approximately $\frac{1}{2}$ anguli (half a finger unit). It is Categorized as Kalantarpranhar⁸, Mamsa Marma.

Kshipra- Kshipra Marmas are 4 in number, 2 in upper limbs and 2 in lower limbs. These are categorized as Kalantarpranahar⁹, Snayu Marma. Measurement of these Marma approximately $\frac{1}{2}$ 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 Talhridaya is made by two words Tal and Hridaya. Word Tal means⁹ Palm or sole and Hridaya means Heart. Collective mean of Talhridaya is 'heart of the hand', this Marma point is found at the center of the palm, and measures $\frac{1}{2}$ anguli (half a finger unit) in size. They are categorized as Kalantarpranhar¹¹ 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

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 joint 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 Liquefied 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 Tailam, Ashwagandha Churna ½ tsfod 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, approx 90% 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*¹². 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*. *Soumya guna* supports the *Prana* (life) by virtue of its *Sthir* and *Shaitya* properties.¹³ 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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