



Review Article

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ROLE OF *MARMA CHIKITSA* IN TYPE-2 DIABETES MELLITUS: A REVIEW

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Abstract

Ayurveda offers holistic approaches of wellness, including *Marma Chikitsa* which helps to combat against many pathological conditions. *Marma Chikitsa* along with other Ayurvedic practices offer benefits in maintaining overall well-being. This therapy also considered beneficial for diabetes and provides relief in symptoms such as high blood pressure, metabolic abnormalities and suppress pathological consequences of disease such as diabetic retinopathy. In diabetes mellitus *Marma Chikitsa* stimulate metabolic centre thus regulates and balances metabolic activities. Stress is considered one of the reason of diabetes, this therapy reduces stress therefore prevent pathogenesis of diabetes and enhanced circulation by *Marma Chikitsa* facilitate normal state of nutrient supply and detoxification process. These all benefits of therapy together provide pathological as well as symptomatic benefits in diabetes mellitus.

Key-Words: *Ayurveda, Diabetes, Marma, Chikitsa*

Introduction

In Ayurveda *Srotodushti* refers to the impairment or dysfunction of channels responsible for the transportation of nutrients, fluids, and waste products throughout the body. When *Srotas* become obstructed along with vitiated *Doaha* then this condition can lead to the manifestation of various diseases, including metabolic disorders like diabetes. The imbalance of *Kapha* and *Pitta dosha* mainly causes *Premha* along with *Srotodushti*. The accumulation of *Kleda Kapha* along with the disturbed flow of *Vyan Vayu* can contribute to the obstruction of *Rasayanis* leading to the disease consequences including tissue damage.

In Ayurveda, *Prameha* is a broad term encompassing various urinary disorders, including diabetes mellitus. The two main types mentioned are *Avarana* and *Dhatukshaya*. Factors such as lack of exercise and poor dietary habits can aggravate *Kapha*, leading to *Prameha*. *Vata* imbalance affects pancreatic function, *Pitta* imbalance affects metabolism and *Kapha* imbalance contributes to insulin resistance. Typical symptoms of diabetes include frequent urination, thirst, fatigue and blurred vision, etc. Ayurvedic treatment involves diet and lifestyle modifications, *Panchakarma*, herbal preparations and *Yoga* and exercises, etc. *Marma Chikitsa* also suggested for managing consequences and symptoms of disease.

Ayurveda suggested various approaches for controlling metabolic ailments including dietary recommendations, lifestyle modifications and therapies like *Marma Chikitsa* along with herbal remedies. *Marma Chikitsa* along with other Ayurvedic therapies can be recommended for managing conditions associated with diabetes [1-3].

Marma Chikitsa

Marma Chikitsa involves the manipulation of specific energy points in the body to restore balance and help to address imbalances in *Doshas*. Potentially impacting conditions related to metabolic disorders like diabetes and its complications. Ayurveda suggest that *Marma Chikitsa* may offer benefits in controlling blood sugar levels, reducing stress, managing diabetes-related issues like weakness in feet and legs as well as kidney damage. This approach focuses not only on treating symptoms but also on addressing underlying imbalances in the body. *Marma Chikitsa*, along with dietary modifications, lifestyle changes

and other Ayurvedic therapies may play a role in supporting individuals suffering from metabolic conditions like diabetes.

Marma therapy stimulates specific points known as *Marma* points to promote health and wellbeing. *Marma* therapy is not a direct treatment for diabetes, but it may offer adjunctive benefits for managing the condition along with other therapies. The benefits of *Marma* therapy in diabetes are as follows:

- ✚ **Metabolic Regulation:** *Marma* points influence body's energy and metabolism, stimulating specific points helps to regulating metabolism, *Marma* therapy help in balancing metabolic functions, which is crucial for individuals with diabetes.
- ✚ **Stress Reduction:** Diabetes management often involves dealing with stress, which can affect blood sugar levels. *Marma* therapy promotes relaxation and reduces stress, helps to manage diabetes by controlling stress levels which is considered as causative factor of diabetes.
- ✚ **Enhanced Circulation:** *Marma* points are associated with blood circulation. This therapy improves blood circulation by stimulating *Marma* points, this can be beneficial in reducing complications related to poor circulation, such as neuropathy and delayed wound healing associated with diabetes.
- ✚ **Control Complications:** *Marma* therapy manages complications associated with diabetes, such as diabetic neuropathy and retinopathy. Specific *Marma* points related to nerve function and vision, thus *Marma* therapy could help to alleviate symptoms of diabetic neuropathy and retinopathy by stimulating nerve and vision function respectively. *Marma* is therapy not only addressing physical symptom but also emotional and mental aspects. This approach aligns with the lifestyle factors alongside medical treatment for treating diabetes mellitus [3-5].

Suggested technique for therapy

It is suggested to perform stimulation of related *Marma* point by pressing it with the thumb in coherence with the breath. The stimulation should be performed with the rate of 10 to 12 times per minute for 3-4 minutes. This procedure is repeated daily for few days. The *Marma* points can be stimulated using appropriate pressure, which results biological

changes that helps to suppress the symptoms of diabetes. The complication of diabetes such as diabetic retinopathy, etc. can be controlled by stimulating *Marma* as depicted in **Figure 1**.

Upper extremity, trunk	• <i>Kurchashira, Kurcha, Nabhi and Indrabasti Marmas</i>
Head region	• <i>Sthapni, Vidhura and Avarta Marmas</i>

Figure 1: *Marma* points suggested for preventing complication of diabetes.

Pulp portion of thumb can be used for applying pressure on *Marma* points. Morning, afternoon time and evening times are advises for performing routine *Marma* practices. Supine and prone positions are recommended during *Marma* therapy. This practice may also help to reduces blood pressure associated with diabetes [4-6].

Probable Mode of Action:

Marma region influences *Prana* and *Tridosha* along with *Triguna* of body thus provides physical, mental as well as spiritual balance to maintain normal rhythm of body. This therapy involves *Pranic* healing, bring biochemical changes in the body and brain leading to the suppression of disease causing events inside the body.

Marma points, such as *Kurpara, Talhridaya, Kurchashira, Kurcha, Indrabasti, Apanga, Sthapni, Vidhura* and *Avarta Marmas*, etc. are utilizes for keeping pressure with the help of pulp portion of the thumb to induce biological changes resulting in symptom suppression and restoration of balance. *Marma Chikitsa* is often adjusting the body's subtle energy to facilitate healing. This practice directly access to body therefore control physical symptoms of metabolic ailment. The therapy also affects mind, thus suppress stress and other mental

factors associated with diabetes. Touching of *Marma* points, release blocked energy and restore balance.

Stimulation of vital energy points, activate the Hypothalamic-Pituitary-Adrenocortical Axis. This leads to the release of cortisol, serotonin and endorphins hormones, which reduces anxiety, improves blood circulation and induces mental calmness to bring harmony between body and mind that ultimately suppresses disease pathogenesis.

The *Marma Chikitsa* helps significantly in treating complication of diabetes like diabetic retinopathy, by influencing vision and nerve functions. This therapy balances metabolism and vision therefore prevent disease progression and simultaneously control any consequences related to the vision. *Marma* points associated with metabolism and vision can offer benefits in managing diabetes as well as its complication like diabetic retinopathy.

Marma points like *Kurpara*, *Talhridaya*, *Indrabasti*, *Nabhi* and *Kurchashira* regulate *Pachaka Pitta*, thereby maintain glucose levels and prevent complications related to diabetes. Similarly, *Marma* points such as *Avarta*, *Apanga*, *Sthapni*, *Kurcha* and *Vidhura* are associated with *Alochaka Pitta* function thus maintain visual health, in cases of diabetic retinopathy. Pressure on *Marma* points prevents condition of *Srotorodha*, facilitating improved blood flow and provides essential nutrients to the body [3-6].

Conclusion

The *Marma* region exerts influence on *Prana* thereby contributing to physical, mental, and spiritual balance necessary for maintaining the body's normal rhythm. Utilizing *Marma* points such as *Kurpara*, *Talhridaya*, *Kurchashira*, *Kurcha*, *Indrabasti*, *Apanga*, *Sthapni*, *Vidhura*, and *Avarta Marmas*, pressure is applied using the thumb's pulp to induce biological changes, resulting in symptom suppression and the restoration of balance. *Marma Chikitsa* often involves adjusting the body's subtle energy to facilitate healing to control symptoms of metabolic ailments. Additionally, this therapy impacts the mind, alleviating stress and other mental factors associated with conditions like diabetes, by releasing blocked energy and restoring balance through the touching of *Marma* points. Stimulating vital energy points releases hormones which help to reduce anxiety, improve blood circulation and suppressing disease pathogenesis. *Marma Chikitsa* significantly aids in treating complications of diabetes,

such as diabetic retinopathy, by influencing vision and nerve functions. *Marma* points like *Indrabasti*, *Nabhi*, and *Kurchashira* regulates *Pachaka Pitta*, thereby maintaining glucose levels and prevents *Srotorodha* to facilitate blood flow and nutrients supply to the various body parts. The *Marma* therapy considered effective in treating diabetes and its complication since this therapy reduces blood pressure, glucose level, stress and normalizes metabolic activities. *Marma* therapy may offer benefits in diabetes along with medical treatment or lifestyle interventions recommended for metabolic disorders.

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