



## ***Marma* – Ayurvedic Therapy for Healing & Transformation**

*by Sascha Kriese  
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*Marma* means ‘sensitive’ or ‘vulnerable’ zone. Like acupuncture points in Chinese medicine, *marma* points are energy centres of the life force (i.e. *prana* or *ki*), which connects body, mind, senses and all aspects of our energy field with the universe. Similar points also exist on the surface of the earth where energy lines meet and where – just like in the body – powerful transformation and healing processes can be initiated.

Theoretically, the number of *marma* points is unlimited, but the classical Ayurveda texts specifically mention only 107. Like in acupuncture, the anatomical position of these points is precisely described together with their indication. However, the exact location can differ in individuals and needs to be located by a *marma* practitioner with great sensitivity. Points lie either on the surface of the skin or deeper in the body and are normally manipulated by massage or with direct pressure. In Sri Lanka there is also a *marma* puncture tradition that uses solid needles for point stimulation.

According to Ayurvedic scriptures, the knowledge of *marma* was originally used in the martial arts to protect one’s own life force and to harm enemies more effectively. Today, however, *marma* is primarily used for therapeutic purposes. There are various family traditions and lineages in India that have refined the practice of *marma* over many generations and have passed on the knowledge – like the art of pulse reading – directly from *guru* (master) to *shishya* (student). Practical knowledge of *marma* and its therapeutic application is only available through a personal contact to such master lineages – at Ayurvedic colleges or universities this subject is usually taught as a purely academic or historical topic.



Baba Ramdas Swami mit *Vaidya* Pankaj & *Vaidya* Smita Naram

The *Siddha Ved* lineage (presently headed by *vaidya* Pankaj Naram – see also the Ayurveda Portal interview) is a traditional lineage of Ayurvedic masters who have been

successfully using *marma* for more than twenty generations for the healing of body, mind and emotions. *Marma* therapy can re-move stagnated energy by clearing blockages, reducing *vata* and correcting *vata*'s direction of movement.

Since the life force *prana* is the source of our mental functions and thus has an influence on how we perceive reality, *marma* can also be used to shift perceptions, clear negative emotions, remove fears and open new perspectives. It allows insights, which create opportunities to experience and understand one's true Self and life purpose. This supports patients in building up a positive self esteem, helps them to make profound changes in their life and allows them to influence their personal transformation more consciously and constructively.



#### **Indications for *marma* on a physical level**

Hernia, arthritis, spondylitis, back pain, disc prolapse, chest pain, asthma, headaches, migraine, epilepsy, hypertension, jetlag, retroverted uterus, digestive problems, constipation, diarrhoea, tonsillitis, fractures as well as various problems associated with heart, kidneys, eyes, teeth, sinuses etc. Of course, *marma* needs to be combined with other Ayurveda therapies (e.g. diet, medicine, massage etc.) in order to create long-lasting results and improvements.



#### **Indications for *marma* on mental and emotional levels**

Confusion, fear, phobia, anger, aggression, schizophrenia, depression, suicidal tendency, addiction, sleeplessness, nervousness, stammering, low memory, reduced concentration, speech problems and mental retardation. *Marma* also helps in dealing with past issues, low confidence and self esteem, as well as with life transformation and creation of future. *Vaidya Naram's Guru*, Baba Ramdas Swami, always reminded his student that *marma* is like a knife: "one can operate with it or kill". This means that *marma* can offer many

possibilities, yet it is very delicate and needs to be in the 'right hands'. It should never be used for manipulation or against the wishes of a patient. Also, *marma* needs to be observed for a long time and must be experienced on the self first. Only then can it be safely and effectively used as a therapy for others.



An important aim of *marma* (and Ayurveda) is to awaken one's 'inner child' and one's spontaneous creativity. Small children are flexible, happy, easy-going and enjoy life *as it is*. Later conditioning by their environment often programmes them to observe life critically or analytically and to adopt negative, unconstructive beliefs. *Marma* can be used to initiate a process of re-programming that dissolves old patterns and substitutes them with new, positive values and belief systems. "A genius is someone who keeps the inner child alive, who is flexible and who can dream" (Baba Ramdas Swami).

For more information on *marma* or consultations with *Siddha Ved* practitioners, for instance with Dr. Smita Naram in November 2007, please contact:

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Dr. Smita Naram visits Europe in November. For more information click [here](#)

*Vaidya* Smita Naram has an extraordinary wealth of experience and took care of more than hundred thousand patients. She teaches also and specialises in *panchakarma* (an ancient Ayurvedic method for cleansing and rejuvenating body, mind and emotions). She wrote the bestseller *Discovering Natural Secrets* and has trained many physicians and therapists in the ancient arts of pulse reading and *panchakarma*. Smita Naram appears regularly on international TV in health-related programmes. She is director of Ayushakti Ayurved and has received various prestigious awards from the Government of India.

*Vaidya* Smita Naram has successfully dealt with arthritis, obesity, gynaecological and paediatric diseases, infertility, neurological and skin problems, asthma, mood swings and low immunity. In November 2007 she is visiting Europe for 4 weeks and will be available for pulse reading consultations and *marma* treatments.