

A REVIEW ON CLINICAL IMPORTANCE OF SNAYU MARMA ACCORDING TO  
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## ABSTRACT

Ayurveda is the oldest and most accurate science of life. It has given in detail about Marma vichar (vital points of body). in the subject Sharir Rachana. Ayurveda defines marma as- MARAYNTI ITI MARMANI, that means anatomical sites, injury to which causes death. Marma are critical points of body associated with different organs and nerves. Different types of muscles, veins bones, ligaments and joints meet each other at Marma points. Article summarizes perspective of marma and clinical importance of snayu marma .Marma therapy is one of the treatment which play important role towards the healthy life.

**KEYWORDS:** Ayurveda, marma, snayu.

## INTRODUCTION

Marma are common topic in three great Ayurveda classics of Charak sushruta Vagbhata, which provides awealth of information about their location, function and application.

मारयन्ति इति मर्माणि। डल्हण टीका

There are 107 Marma in the body and as per the anatomical constituents of marma They are of five types-  
1. Mamsa marma 2. Sira marma 3. Sandhi marma 4. Asthi marma 5. Snayu marma.

Mamsa marma -11

Sira marma -41

Snayu marma – 27

Asthi marma – 8

Sandhi marma -20

Total – 107

अपिचमरणकारित्वान्मर्म। तत् पुनर्मांससिरास्नाय्वस्थिसन्धि  
सन्निपातः। तेन तस्मिन् पीडयमाने विशेषतः प्राणाबाधः।  
बाहुल्येत् तु निर्देशः। तस्मान्मांसाद्याश्रयतो मर्माणि पञ्चधा  
भिद्यन्ते। अ.स.७/१३ इ.दु.टीका

सन्निपातः शिरा स्नायुसन्धि मांसास्थि संभवः।

मर्माणि तेषु तिष्ठन्ति प्राणाः खलु विशेषतः॥

भा.प्र.पूर्वखंड

According to response to the trauma. Marma are classified into 5types –Sadya pranhar, marma,

Kalantara pranhar marma, vishalyaghna marma, vaikalyakara marma and rujakra marma.

## Snayu Marma

Aani vitap kakshadhar kurcha kurchashir basti kshipra  
amsa vidhur utkshepa snayu marmani.

## DISCUSSION

Snayu marma and their location

1. Aani – jaanu sandhichya var 3 angul
2. Vitap- vankshan and vrushan yanchya mdhe.
3. Kakshadhar – vaksha ani kaksha yanchya mdhe.
4. Kurcha –kshipra marmachya var payachya donhi prushta an ital bajus.
5. Kurchashir –manibandha sandhichya khali ani var donhi bajus.
6. Basti – kati pradeshachya abhyantar bhagi , mutrashya sthani.
7. Kshipra – hatachya angushta ani tarjani hya mdhe.
8. Amsa – bahuchya urdha bhagi grivejaval ansapeeth ani skandha yamdhe.
9. Vidhur – kanachya pathimage kinchit khali.
10. Utkshepa – shankha marmachya var keshanta javal

## Marma Therapy

Marma therapy provides stimulation of vital points and thus removes blockages from srtotas and offer physical and psychological repose.

Marma therapy pacifies doshas bringing it to normal path (especially vyan vayu, which control autonomic nervous

system.) creates physical, mental and emotional flexibility.

#### **Disease – Marma Helps To Treat Following Disease Condition**

1. Shoulder pain – Kshipra marma
2. Abdominal pain –Aani
3. Chest pain – Aani marma
4. Cervical (neck) pain – Kshipra, aani marma
5. Leg and knee pain – Kshipra marma
6. Improve digestive process – Kurcha, kurchashir.
7. Heart, lung function – Kshipra marma
8. Promote healthy muscular system – Kurchashir

#### **CONCLUSION**

Marmas are vital points, centres for prana. They can be used specifically for diagnosis and treatment of disease and promote health. Marma therapy can be used along with Ayurvedic therapies like Panchakarma.

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