

## Introduction

National Ayurveda research and training center (NARTC) conducted training and workshop on Clinical Application of Marma Therapy. The purpose of the training was to apprise the participants with basic application of marma chikitsa Ayurveda and to enhance the knowledge and skill of the participants for the development of application of marma chikitsa systems in Ayurveda and to upgrade the knowledge and enhance the skills of the participants in overall treatment through marma therapy. The training workshop was conducted from 16<sup>th</sup> to 18<sup>th</sup> Ashoj, 2081 at training hall (Block C) of NARTC in Kirtipur.

The course was targeted to ayurvedic health professionals, who were interested to upgrade their knowledge and skills in marma chikitsa. Participants were expected to have an idea that they would develop into a treatment procedure through the practical sessions of the course. Nineteen participants attended the workshop. Participants were from both government and nongovernment officials, taking training and with ayurveda background. Participants came to attend the training from Kathmandu as well as from other different places of Nepal.

The financial support for the training was provided by GoN. The arrangement of the training was managed and conducted by the training section of NARTC, which include organizational and logistics management of training materials, refreshment arrangement, coordination with staffs, etc. Facilitator was Executive Director, Senior Consultant and District Medical Officer.

Marma therapy is an ancient Indian practice whose focus is the manipulation of subtle energy (prana) in the body for the purposes of supporting the healing process. Marma therapy is based on the utilization of 107 points in the body which are considered to be access points to body, mind, and consciousness. Knowledge of Marma allows the practitioner to influence the flow of prana through both the gross and subtle bodies for the purposes of restoring health and peace of mind.

Marma therapy is the original point system of healing in the body. As it spread out of India, it influenced the development of Chinese acupuncture and Kung fu. Its origins are South India within

a martial arts tradition known as Kalaripayattu. It was utilized to defend kingdoms during times when expertise in hand-to-hand combat was the mark of a great warrior. These ancient warriors understood subtle energy, and they used their knowledge to disable or kill an opponent. “Marma” comes from the Sanskrit “Mru”, which means “To Kill”. The 107 Marma points are categories in terms of their effect on the vitality of the body. Some points, when injured, simply hurt. Others, when injured, become life threatening. While warriors had knowledge of these points for the purposes of defending a kingdom, it was the job of the physicians to utilize these same points for healing. The Marma master, sometimes called an “Aasan” or a “Marmani”, would also tend to the wounded. The master had the knowledge both of how to cause injury as well as how to use the knowledge and awareness of prana for healing. The “Aasan” was a rare master who could both kill and heal a person with a touch.

Knowledge of Marma was not separate from Ayurveda. Discussion of the Marma points is found in most of the great texts of Ayurveda but the most famous text to explore the subject is the Sushruta Samhita. Vaidya Sushruta described the locations of the Marma points, as well as how they influence prana. He stated that it was important for the surgeon to have knowledge of these points for the purposes of avoiding them, as to cut into them could result in a catastrophic outcome.

The training workshop was conducted according to the developed design assigning sufficient time for different training activities. Facilitator presented concepts which were followed by discussions and explanations. To make more familiarize with the topic, practical works were performed. Practical works included identifying the application of marma chikitsa problem, analyzing the problem and making a fine treatment therapy for the patients. Participants were also provided with training materials for future use.

## **1.1 Objectives**

The general objective of the training workshop was to upgrade the knowledge and skill of the participants in the application of marma chikitsa and to treat the patients through this therapy.

The specific objectives of the training workshop were:

- Marma chikitsa is the natural way of treatment and recovery inherent in every human being with no side effects when done properly.
- It can also be self-practiced daily like yoga and other exercises which help in releasing the stress, stiffness of muscles & joints and to re-energize the body.
- It helps to boost immunity power and improve the function of body organs by achieving homeostasis.
- It provides a preventive & curative measure for disorders related to muscles and bones common in present times for most of the population due to prolonged sittings or bad body postures
- It helps to reduce the pain of nerves, muscles, ligaments, bones and joints and activate the mal-developed or deformed body parts or musculature etc.

## 1.2 Expected Outcome

At the end of the training sessions participants were expected to get impression on the following:

- Understand the Basic principles of Ayurveda
- Perform Body constitution examination
- Determine appropriate massage therapies for common health concerns and knowledge of common massage oils
- Know about marma (107 Vital points) of the human body
- Yoga & Marma-know about chakras, Nadi & Prana
- Practical session of marma therapy.

2. Program Design

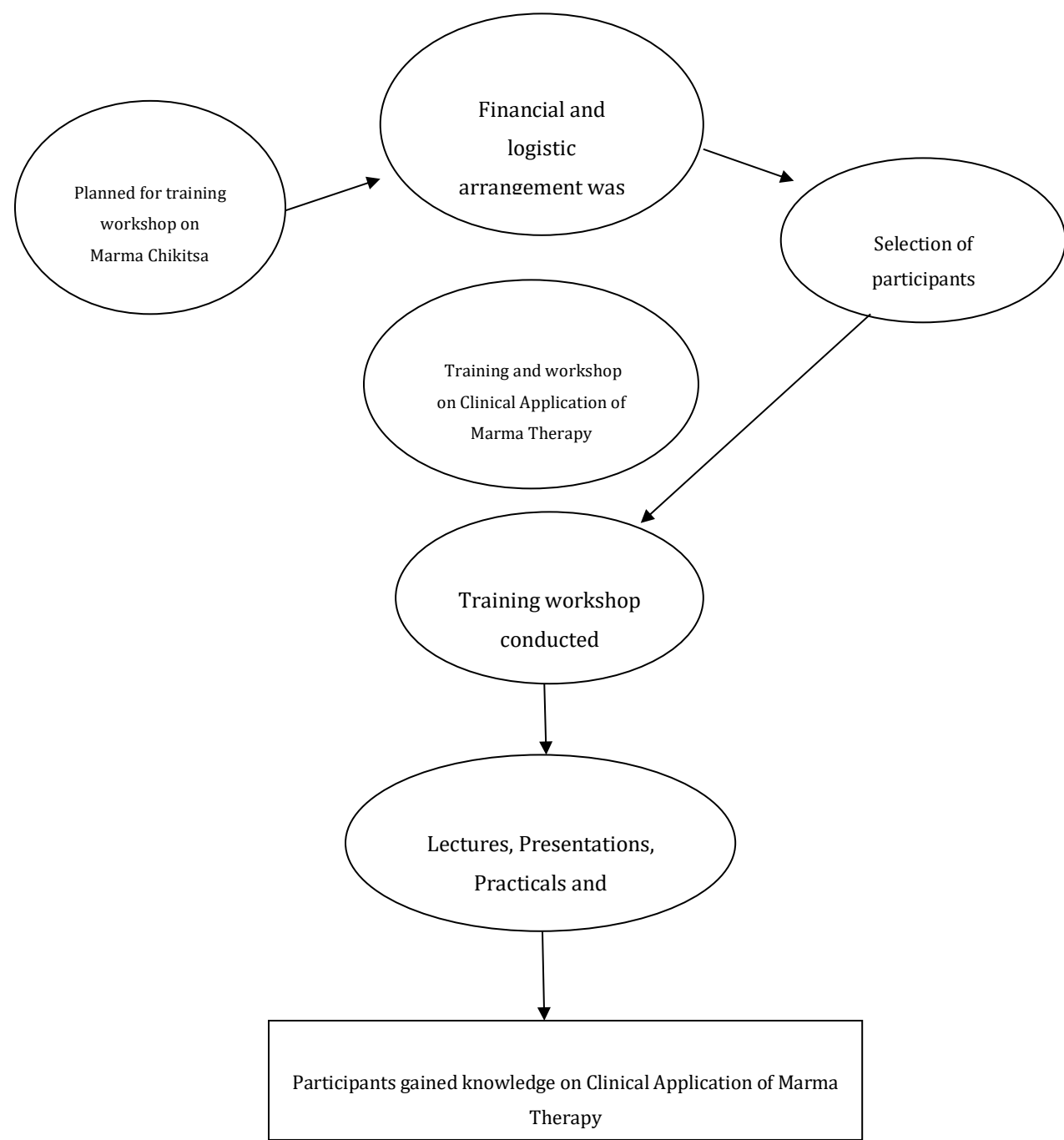


Figure 1: Training workshop design

## Name List of Participants

S.N	Name	S.N	Name
1	Prabin Rajgaiya	11	Sanjay Kumar Shah
2	Chudamani Awasti	12	Jagadishwori Awasthi
3	Indrakala Basaula	13	Tulasi Shrestha
4	Surya Mani Shahi	14	Rishi Raj Baral
5	Jyoti Thapa Magar	15	Navin Kumar Jha
6	Rom Nath Panthi	16	Yashodha Sharma
7	Surendra Bahadur Katuwal	17	Tek Nath Bhusal
8	Dinesh Prasad Acharya	18	Mahesh Kumar Yadav
9	Dinesh Raj Paneru	19	Shyam Kumar Rayamajhi
10	Rita Gyawali		

## Photographs



## Training and workshop on Clinical Application of Marma Therapy.

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The specific objectives of the training workshop were:

- Marma chikitsa is the natural way of treatment and recovery inherent in every human being with no side effects when done properly.
- It can also be self-practiced daily like yoga and other exercises which help in releasing the stress, stiffness of muscles & joints and to re-energize the body.
- It helps to boost immunity power and improve the function of body organs by achieving homeostasis.
- It provides a preventive & curative measure for disorders related to muscles and bones common in present times for most of the population due to prolonged sittings or bad body postures
- It helps to reduce the pain of nerves, muscles, ligaments, bones and joints and activate the mal-developed or deformed body parts or musculature etc.

## Name List of Participants

S.N	Name	S.N	Name
1	Mr. Puran Laheri	14	Ms. Manita Gurung
2	Mr. Arun Kumar Yadav	15	Ms. Monika Chaudhary
3	Mr. Manil Nepali	16	Mr. Om Prakash Chaudhary
4	Ms. Sabita Gautam	17	Mr. Dipendra Kumar Yadav
5	Ms. Anju Purbe	18	Mr. Lalit Bahadur Thapa Magar
6	Ms. Sharada Bhandari	19	Ms. Januka Bhattarai Dhungana
7	Ms. Parbati Rawal Neupane	20	Mr. Umesh Prasad Shah
8	Ms. Muna Acharya	21	Mr. Chun Chun Prasad Yadav
9	Ms. Sabita Sharma	22	Ms. Nilam Kumari Sah
10	Mr. Prakash Bist	23	Ms. Rama Devi Dahal
11	Mr. Rohit Bist	24	Ms. Ambika Kumari Mandal
12	Ms. Jhalka Maharaji Khadka	25	Mr. Rajendra Khanal
13	Ms. Bhabana Khadka	26	Mr. Amindra Kumar Pandit

## Photographs





