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## Marma points of the head

Marma Therapy Marmas are vital points in the body where vital energy is concentrated. Marma points are located where to meet meat, veins, arteries, tendons, bones and joints. They can also be described as the intersections where Vata, Pitta and Kapha meet; where Sattwa, Rajas and Tams meet; or where eternity and relativity meet. In martial art Kalaripayattu, the warrior is trained to attack especially Marma points his opponent. It is claimed that the advanced Kalar Master can disable or kill your opponent by simply touching the correct Marma point. But it is only taught to the most promising and meek people to discourage the misuse of technology. Marma points grouping Marma points are grouped according to the region of the body, Arms-22 points; feet-22 points (11 per lib); belly-3 points, chest – 9 points, back – points, head and neck- 37 points. Marma points are also grouped according to the muscles – 10 points; offers / ligaments – 23 points, Arteries – 9 points, Veins, joints – 20 points bones – 8 points. Traditionally, marma points are grouped into 3 categories: these legs and legs, (sanakha marma : trunk (Madhayamanga marma): neck and head (jaturdhara marma). These marma points are measured in finger units (angula) to determine their correct location. One angula is the finger width, for example ani marma is a marma point present just above the knee, four fingers over the middle of the knee. This point is tied to the small intestine, and is located on the back of the leg, right behind this place. If we moved our hands in front of the ani marma in a straight line back, this marma would be stimulated. So working on marma point affects the front, sides and back side of marma. Marma Abhyanga Heart, larynx and larynx are the most vulnerable areas of the body, while areas of the arms and legs are less severe. If there are imbalances in the body, Marma's points become painful, but the balance can be restored through treatment with Marma Abhyanga. Our body's main Marma points correspond to different chakras, while small Marma points are found around the torso and limbs. Thus, healing through Marma Abhyanga affects chakras and doshas and also stimulates the various organs and systems of the body. Marma and Astrology Have a fundamental link between the position of planets and stars and Marma Abhyanga. It is well known that cosmic rays affect the human body – for example, the sun is very powerful at noon and heat radiation is high at this time of day. Therefore, Treatment with Marma Abhyanga takes place only in the morning and evening, not in the afternoon. The Good Marma Practitioner knows all about Marma points, Ayurvedic, Kalari Chikitsa and astrology. Recommended reading marma points on the face fall into the category of shirogata marma, those marmas that are located in the head and neck area. Marma (Marma) all over the body. These are the places where the muscles, veins, ligament bones and joints meet.1 These are the points where all three doshas are present, with subtle forms of vital formation (prana) and three gunas (sattva, rajas, tamas), which are inseparable components of the mind.2 The head has eight important marma that live in the face of the region - Phana , Apanga, Vidhur, Shankha, Utkshepa, Avarta, Shringataka and Sthapani.3 These marma points are considered key points that combine all aspects of our energy, from internal consciousness to the outermost physical organs. Here's an elaborate description of the marma points on the face along with their importance to health and well-being. Phana Marma There are two phana marma. Their structure is mainly blood vessels (Sira marma) and they are about 0.88 cm (half angula). They're on both sides of the nose, inside the nasal cavity. Phana marma controls the life of life (Prana) life life with vital force, sense of smell, Kapha's head, nasal passages, sinuses, sinuses and left and right nostrils. Apanga Marma Apanga marma also has two locations, the outer corner of the eye, on either side of the head. Apanga marma is predominantly blood vessels (Sira marma). They are about 0.88 cm (half angula). Apanga marma checks the visual organs (Alochaka Pitta) and the channels of the right and left eye. Vidhur Marma Vidhur marma has two locations, behind and under both ears. It is mainly ligaments and tendons (Snayu marma). This size is about 0.88cm (half angula). Vidhur marma ontrols sense of organ hearing, Prana Vayu, and on the right and left side of the ear canals. For more on marmas and Ayurvedic massage, check out this course below. Shankha Marma Shankha marma has two locations, on either side of the head, between the ear and the forehead. It's also known as a temple. It is overwhelming bone tissue (Asth marma). This size is about 0.88 cm (half angula). Shankha marma controls the sense of organ touch, downward moving air and Vata large intestine (Apana Vayu). Utkshepa Marma Utkshepa marma is in two places, above Shankha marma, where hair meets the scalp, in the temple area, on both sides of the head. It is predominantly ligament and tendon (Snayu marma). It is about 0.88 cm in size (half angula). It controls the sense of organ odor, vata, mind and Apana Vayu in the large intestine. There are two Avarta marmas in the centre of the spaced marmas. These marmas are the predominant bone (Sandhi Marma). They are about 0.88 cm in size (half angula). This marma controls Vata in general, Prana, sense of view (Alochaka Pitta) and body position. Shringataka Marma Has four Shringataka marma points in the body, which is located in the head. They are mainly made of blood vessels (Sira marma). Their size is in the middle of the palm (panetal). They are located in the middle of blood vessels and feed the sense of organs – nose, eyes, ears and tongue (expected from the skin). Shringataka marma controls life life (Prana Vayu), Ojas, tongue lubrication and sense of organ taste, hearing, vision and smell. Here the exquisite form of Kapha (Ojas) provides food for Prana and the mind. Sthapani Marma Is one of the Sthapan marma located at the point between the eyes. It is overwhelming in the blood vessels (Sira marma). This size is about 0.88 cm (half angula). It controls the sixth chakra (Ajna), Prana, mind, senses and pituitary gland. It is known for controlling the senses. The importance of the head of Ayurveda, the head (Shirah) is given almost all the organs of the body. It has been added to the three most important monoks (Trimarmas). It is also considered the best organ (Uttamanga) as a vital force in life (prana) as well as all the sense of organs (Indriya) located in the head area.6 Old Ayurvedic tray Vagbhata compared to the human tree, roots at the top and branches at the bottom. She said that just as we need to keep the roots healthy to keep the plant healthy, in the same way that we keep the head healthy the whole body is healthy.7 Massage + Marma according to Ayurveda, regular massage balances Vata dosha and makes skin company and smooth.8 According to Sushruta, it balances Vata and Kapha, improves complexion9 and slows down the aging process (Jaraha).10 We know that marma points are energy points , which play an important role in the dynamic center, regulates the body and keeps it in a harmony and balanced state. Therefore, massage (abhyanga) at these points is considered to increase the effectiveness of this procedure for the general well-being. The benefits of facial massage (Mukhabyanga) there are several advantages of facial massage observed during research, which shows that it can be effective in relieving stress and increasing beauty. The studies showed that facial massage gives a feeling of freshness and rejuvenation, keeps the skin soft and supple, helps tighten the skin and slows down wrinkles. It thus helps to ward off the superficial lines and gives a more youthful expression to the face.11 It also increases blood flow to the skin, stimulates the operation of the waste-carrying lymphatic channels and improves colour and overall appearance.12 Another study was conducted for 32 healthy Japanese women aged 20-40. The results of this study showed that facial massage had a strong effect on stress relief, or psychological relaxation. 13 In addition, it was seen that skin massaging may also affect the penetration and storage of products.14 Marma points establish links with different internal organs, doshas and channels (srotas) through which they are vital (pranic channels). By stimulating or massaging these marma points, the functions of connecting organs can also be improved. Many therapists use these points both to treat and prevent ailments. Facial massage at these points certain types of vegetable, aromatic or essential oils can be used as rejuvenating therapy and to stimulate the body to alleviate occupational diseases and stress-related illnesses.15 It was also seen that stimulating the points of facial marma treated with friction, pressure and oil massage have shown relief in certain health conditions.16 Marma points, such as vidhura, apanga, expanse, uthepa, shankha, sthapan can be used to treat facial paralysis. Marma treatment apanga, avarta, utkshepa, shankha and vidhura helps support the spastic state of cerebral palsy. Regular facial massage using marma points on the face can be a truly holistic treatment to take care of the face, mind, body and soul. Please consult a qualified Ayurvedic practitioner before following the guidelines for marma points to face, as mentioned in this article. References 1. Ambikadutta Sashtri, Sushruta Samhita, Sutra sthana, Chapter 6 verse 16. Chowkhambha Bharti Academy, 2006. 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