



THE OLDEST HIDDEN TREASURE OF VEDIC SURGICAL SKILL.

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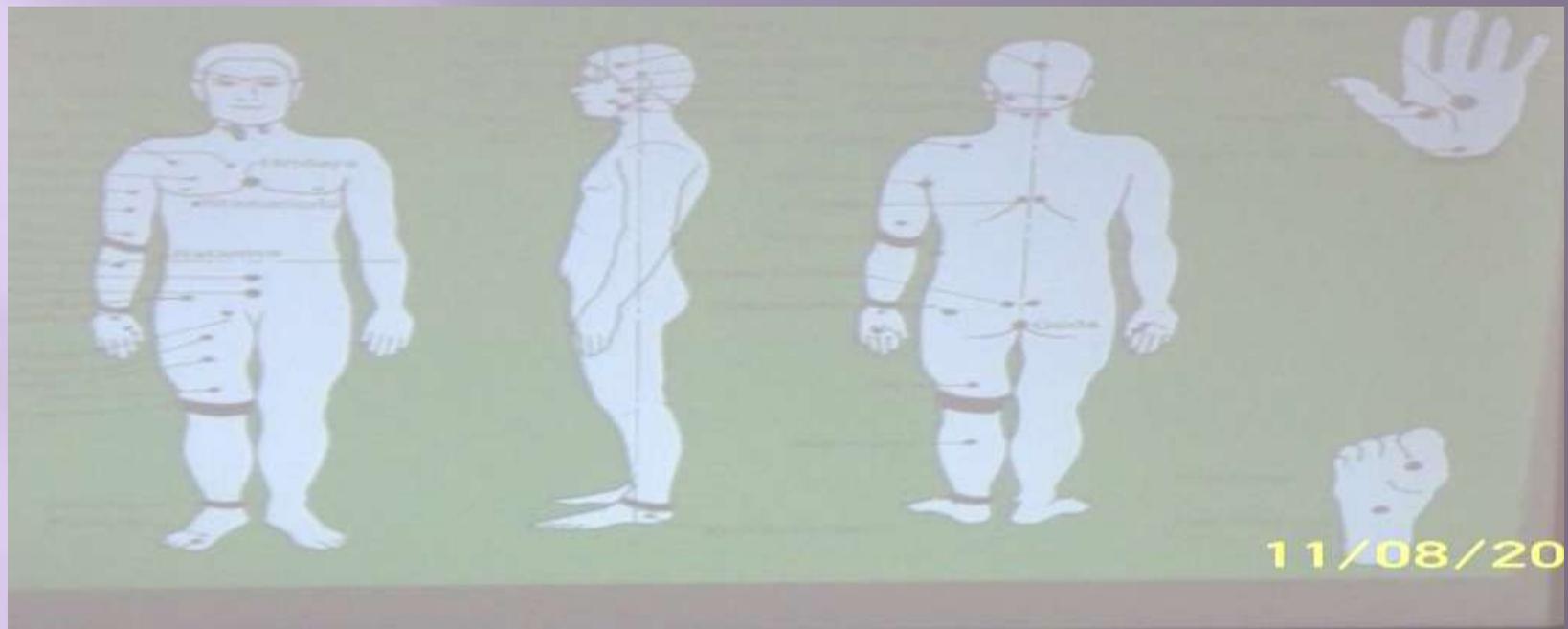
Vedic surgical skill.

- ▣ *Marma* science and *marma* therapy is an untouched chapter of Indian Surgery.
- ▣ With the exploration of *marma* science the whole scenario of Indian Surgery may change in multidimensional approaches.
- ▣ As previously yoga was the means of achieving spiritual gains, and these days yoga is a tool for health promotion among the masses and the best way to combat most of the diseases from which man suffers, in the same way the implementation of *marma* therapy may help in different medical and surgical lesions in many ways.

- ▣ Among the hidden sciences (Gupta Vidya) of India, Marma science is the most important.
- ▣ The human body is the basis of all types of activities.
- ▣ One can achieve many mortal and immortal gains from this body.
- ▣ In another reference it is said that the human body is the seat of diseases.
- ▣ Can any individual be able to get any gains from ill health? Is there any means to keep the body healthy? In answer to these questions we can say yes and with the knowledge of *marma* one can achieve it.

- ▣ According to *Ayurvedic* texts the *marmas* are the points, when injured, may be life threatening.
- ▣ *Marmas* are not superficial landmarks on the body surface but these are deep-seated important physio-anatomical structures.
- ▣ The knowledge of *marma* is the oldest hidden treasure of Vedic surgical skill.
- ▣ Many ancient saints got the knowledge of *marma* and practiced this knowledge for the betterment of suffering humanity.

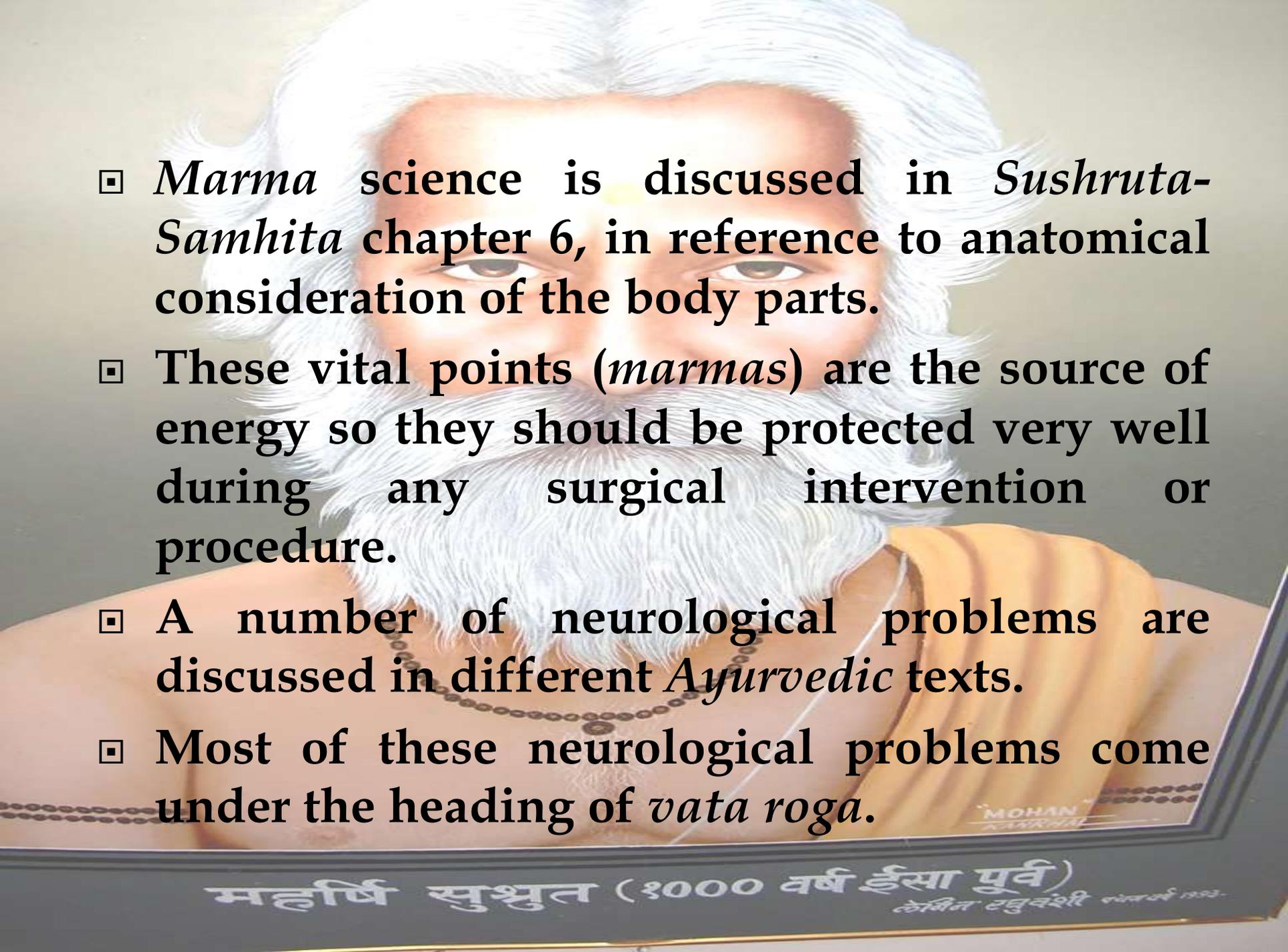
- ▣ In ancient times it was a hidden science and only the king and warriors knew it.
- ▣ Why was it a hidden science? To reply this question it is important to know what *marma* is.
- ▣ According to medical definition the specific parts of the body, which are very vulnerable to *trauma* is known as *marma*.
- ▣ Any trauma to these places may lead to death and many other complications regarding physiological and anatomical functions.



- ❑ These places are known as vital parts and are the source of energy.
- ❑ So these places should be preserved and should not be exposed to any *trauma*.
- ❑ Till date the knowledge of *marma* science is not well known to the practitioners of *Ayurveda*.
- ❑ So this science cannot flourish like other specialties of *Ayurveda*.

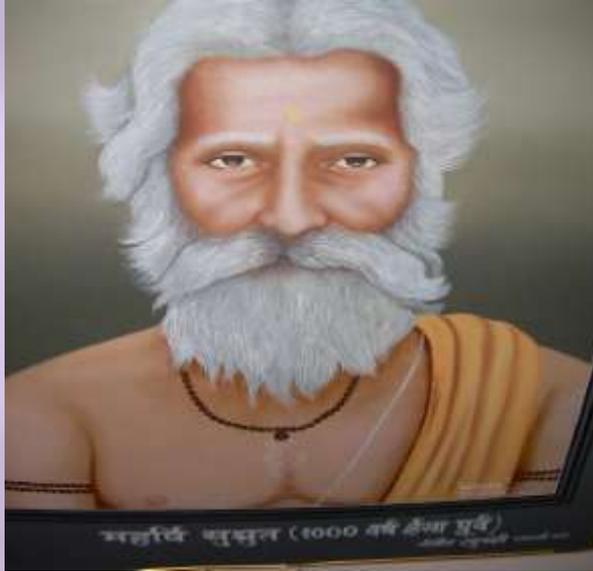
- ▣ These *marmas* are mentioned and discussed in *Sushruta-samhita* as anatomical consideration of different parts of the body.
- ▣ In the chapter on *marma*, in his commentary on the *Sushruta-Samhita*, Dr. Ghanekar writes- **“The definition of *marma* is discussed in different texts as vital organs. In practice it is also apparent that any trauma to these vital parts may lead to death. It is also truth in reference to the heart and brain. Trauma to these parts may lead to loss of vitality so these parts are known as vital parts.**

- ▣ The description of *marma* is an important part of *Ayurvedic* anatomy. There is no doubt that there is no proper assessment of the importance of these parts. But there is a very descriptive discussion of many body parts available in these chapters, which are not discussed earlier". (Author's translation from BG Ghanekar's Commentary on the *Sushruta Samhita*).

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- ▣ *Marma* science is discussed in *Sushruta-Samhita* chapter 6, in reference to anatomical consideration of the body parts.
 - ▣ These vital points (*marmas*) are the source of energy so they should be protected very well during any surgical intervention or procedure.
 - ▣ A number of neurological problems are discussed in different *Ayurvedic* texts.
 - ▣ Most of these neurological problems come under the heading of *vata roga*.

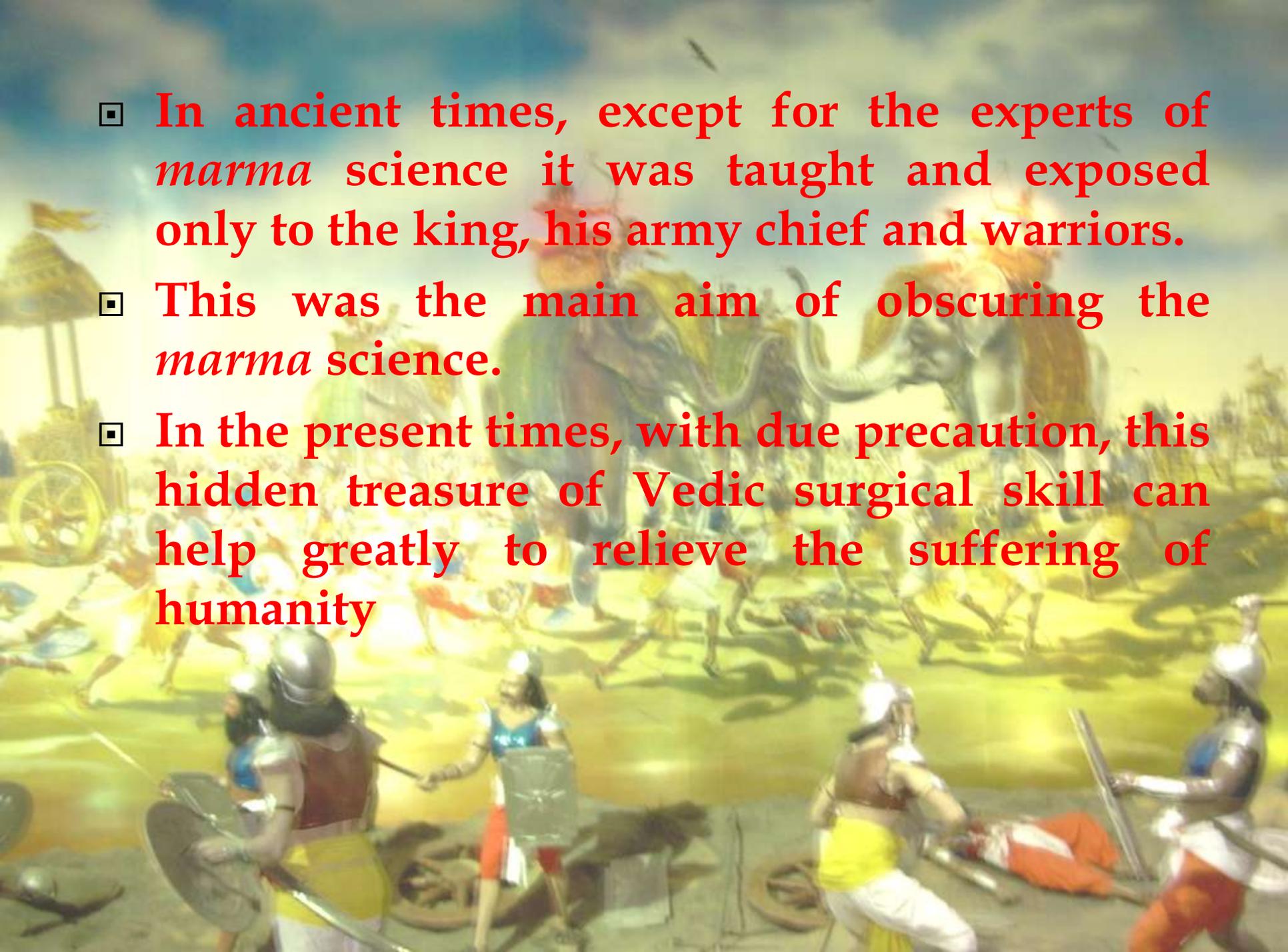
महर्षि सुश्रुत (३००० वर्ष ईसा पूर्व)
लेखित एषुवंशी संवत् १९९३

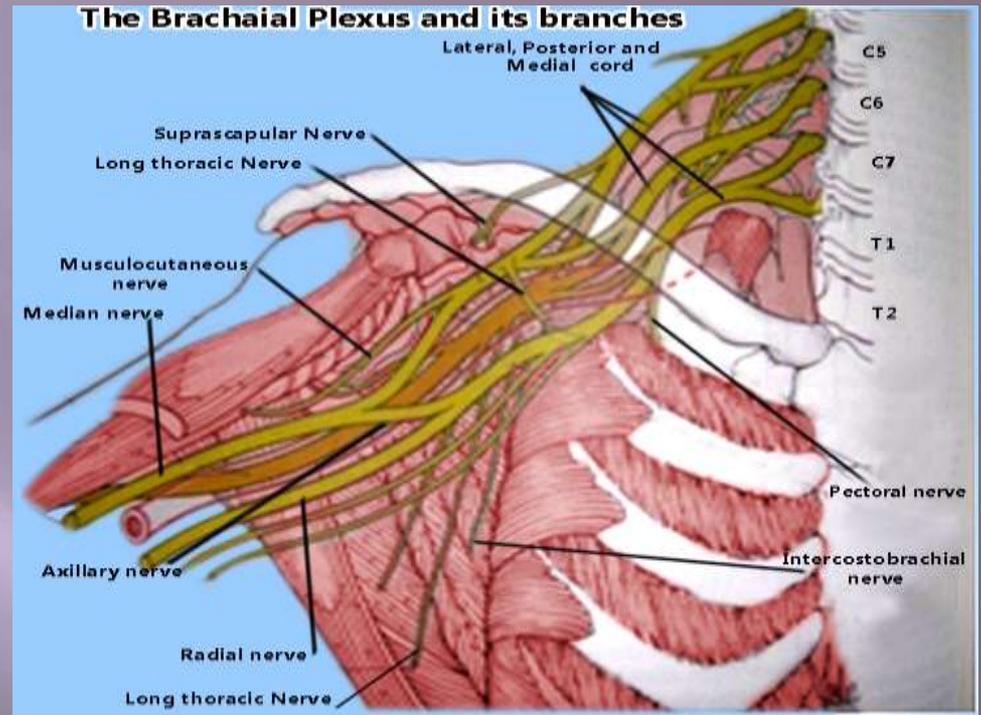
- ▣ These *vata* disorders (80 types) can be treated by *marma* therapy successfully.
- ▣ Apart from this, if the required procedures described in ancient texts are applied on those points in the proper way, then the body becomes healthy and long life can be achieved.
- ▣ One can get rid of and be free from different curable and incurable diseases.



- ▣ Ancient *Rishis*, the experts of *marma* knowledge, developed the *marma* science and therapy for suffering humanity and for those people who are engaged in the activities of service to humanity and are seekers of achieving the higher state of consciousness.
- ▣ Persons engaged in higher spiritual practices cannot practice yoga, *pranayama* and other physical practices to keep their body fit due to their special life style.

- ▣ They can, however, attain the same results and enjoy a similar outcome with *marma* therapy, which enables them to attain physical well-being, mental calmness, spiritual gains and self-realization
- ▣ Whereas, on one hand, physical and spiritual gains are possible through *marma* science, on the other hand the misuse of *marma* science may be fatal.
- ▣ Any unprecedented efforts may lead to complication and adverse effects or death; therefore the *marma* science was obscure and hidden for a long period of thousands of years.

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- ▣ In ancient times, except for the experts of *marma* science it was taught and exposed only to the king, his army chief and warriors.
 - ▣ This was the main aim of obscuring the *marma* science.
 - ▣ In the present times, with due precaution, this hidden treasure of Vedic surgical skill can help greatly to relieve the suffering of humanity



- ▣ It is supposed to be an extraordinary method of healing in many neurological and orthopedic surgical and non-surgical lesions.
- ▣ Many traumatic bony lesions, soft tissue lesions and nerve lesions can also be treated by this therapy.



- ▣ Thousands of patients with surgical disorders have been treated and relieved through marma therapy since 1993.
- ▣ The results of *marma* therapy are amazing and encouraging.
- ▣ The study of different aspects of *marma* therapy and its scientific presentation is one of the aims of practicing the therapy.



- ▣ Just as today *yoga* is well recognized by the scientist, world health organization and the general population, in the same way the hidden treasure of Vedic surgical skill in terms of *marma* therapy is ready to cope with the challenge of present times as a non-medicinal or non- surgical option.

THANKS



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