

MARMA SCIENCE POWER OF SELF HEALING



Dr. S.K. Joshi

M.D.Ay. (B.H.U.)

Reader and Head of the Department, *Shalya-tantra*

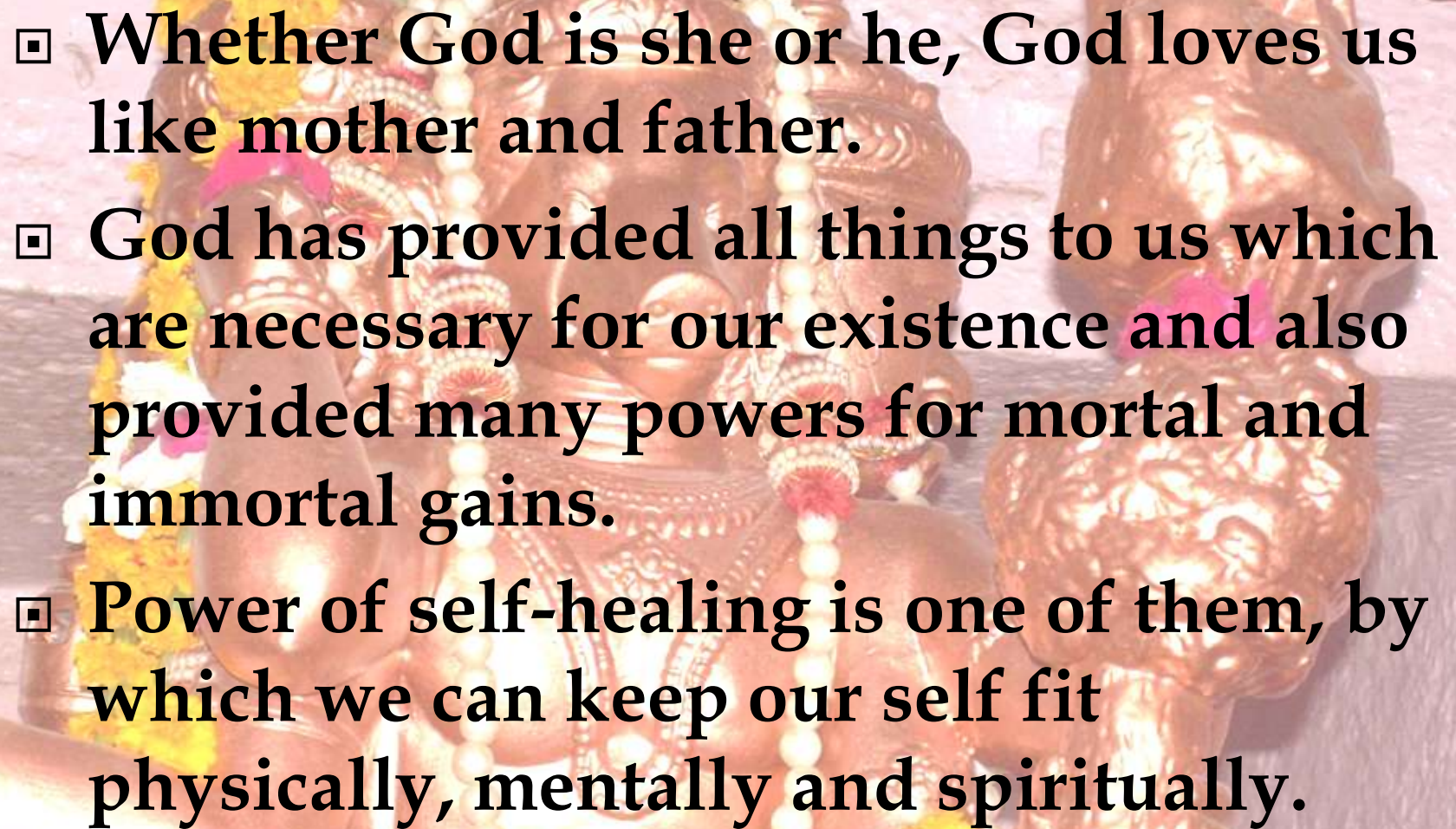
Additional Medical Superintendent

**Government Ayurvedic College, Gurukul Kangri, Hardwar
(U.K.)**

President

Mrityunjay Mission

Foundation For Vedic Medical Sciences

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- ▣ **Whether God is she or he, God loves us like mother and father.**
 - ▣ **God has provided all things to us which are necessary for our existence and also provided many powers for mortal and immortal gains.**
 - ▣ **Power of self-healing is one of them, by which we can keep our self fit physically, mentally and spiritually.**

- ▣ Sorrow and misery- less healthy life is also the outcome of that power.
- ▣ The self- healing power of God that dwells in the human being is not personal but this is the replica of heavenly powers in man.
- ▣ In this reference it is important to know that being son of God, man possesses all the characters of God.

- ▣ The health of the people reflects the social welfare parameters of any civilized state.
- ▣ This was the valuable achievement of the ancient Indian society.
- ▣ It was the key component of social values and indication of concern shown for the welfare of the common man by the Indian society.
- ▣ In the thousands of years of the history of India from *Vedas* to the present times, Indian society has proved that only the Vedic system can develop and provide a truly humane and efficient health service to our nation.

- ▣ We have inherited a very old, in fact the oldest, Vedic medical system in our country.
- ▣ World history does not show such a viable and existing medical system like India's, anywhere else across the globe.
- ▣ Therefore further development and expansion of such a viable Vedic medical system is the need of the hour.
- ▣ Preservation of health is a great personal treasure, so the health of society is a national treasure.

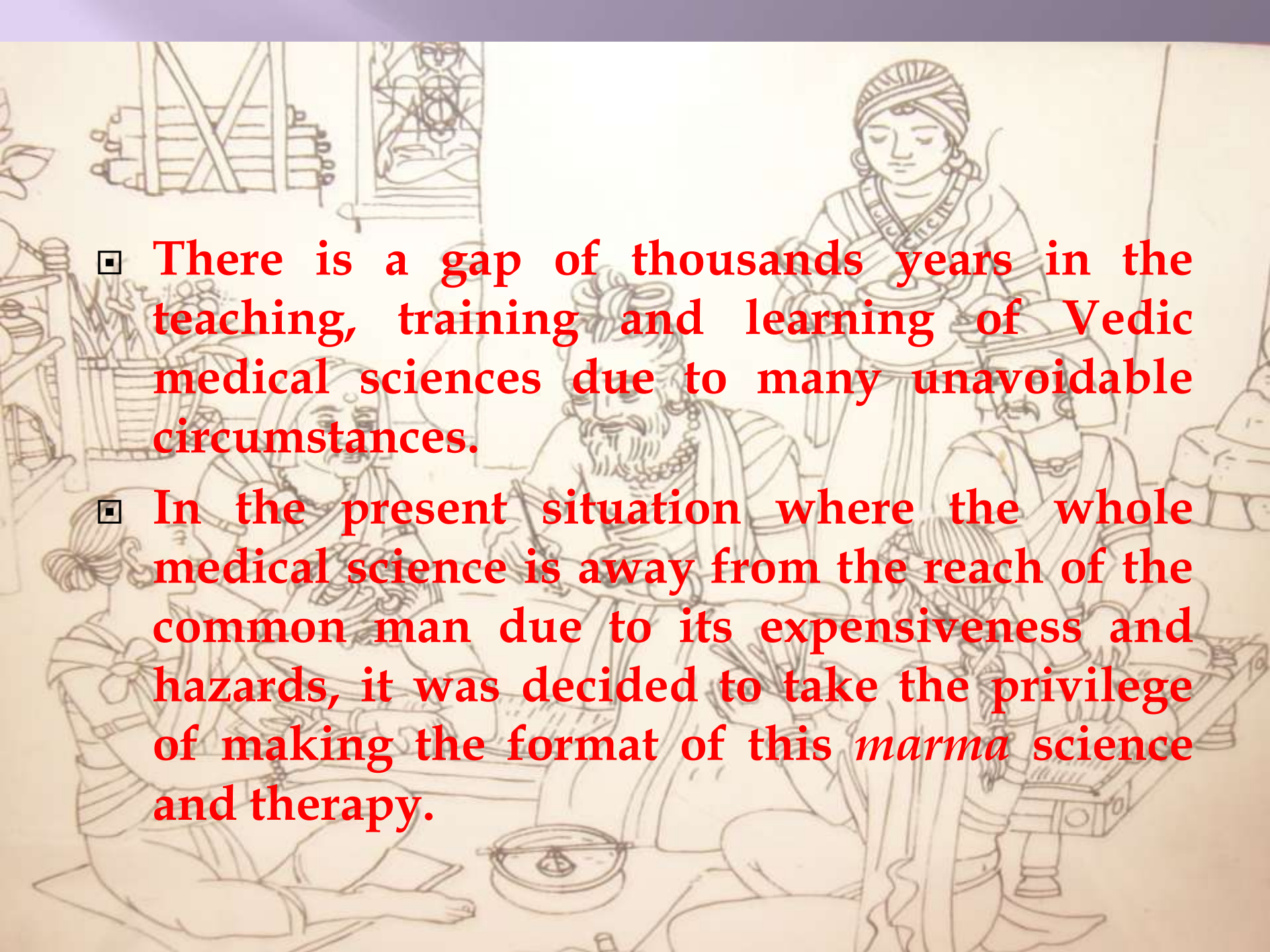
- ▣ The forms, methods and the nature of the medical science and service have changed but the fundamental principles have stayed the same.
- ▣ The Vedic medical system in terms of *marma* science is highly humane, free, easily available and widely accessible in all aspects for all.

- Forming a bridge across time, people became involved in the fight against diseases with *marma* science, *pranayama* and *asanas*, along with herbal medicines.
- In this aspect every person has the right to health protection by himself through *marma* science.



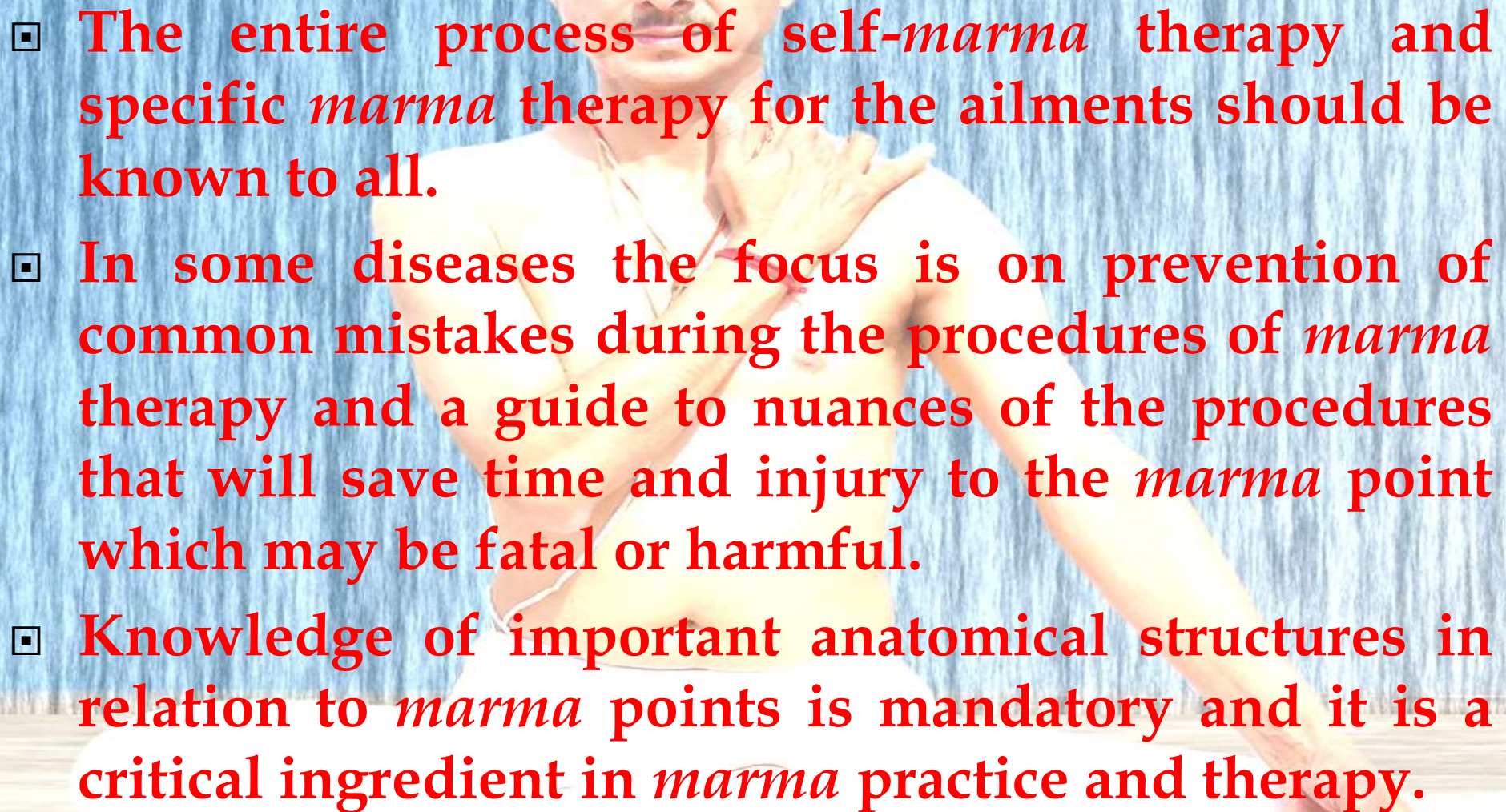


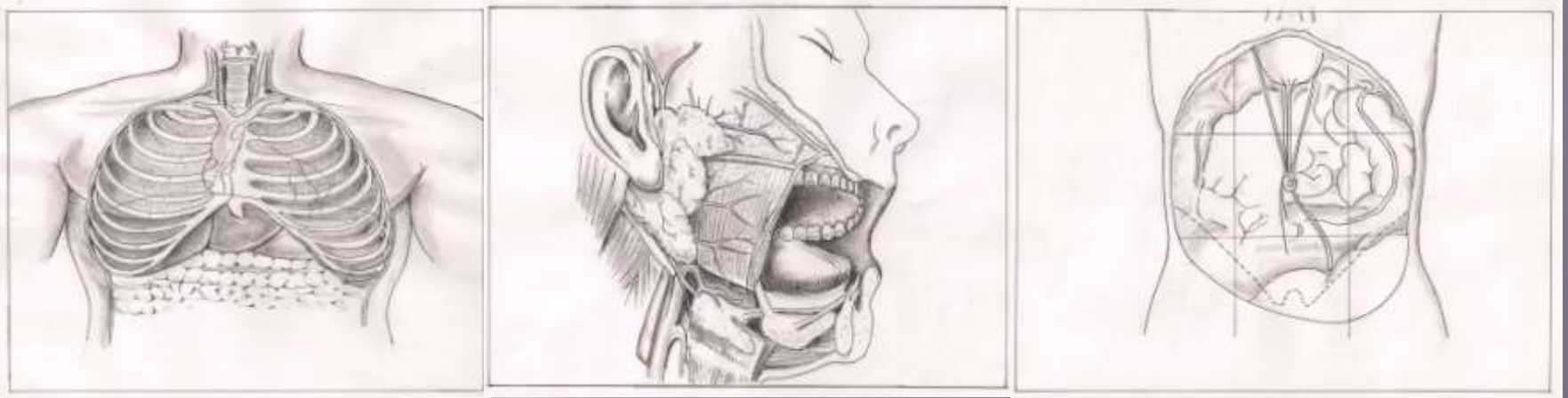
- ▣ It also guarantees the elderly and disabled to improve the quality of life as well as rehabilitation, -- in comparison to the present situation involving so-called modern medical science.
- ▣ where billions of dollars are invested in diagnostic tools, laboratory techniques and infrastructure but the net gain in terms of treatment is very limited.



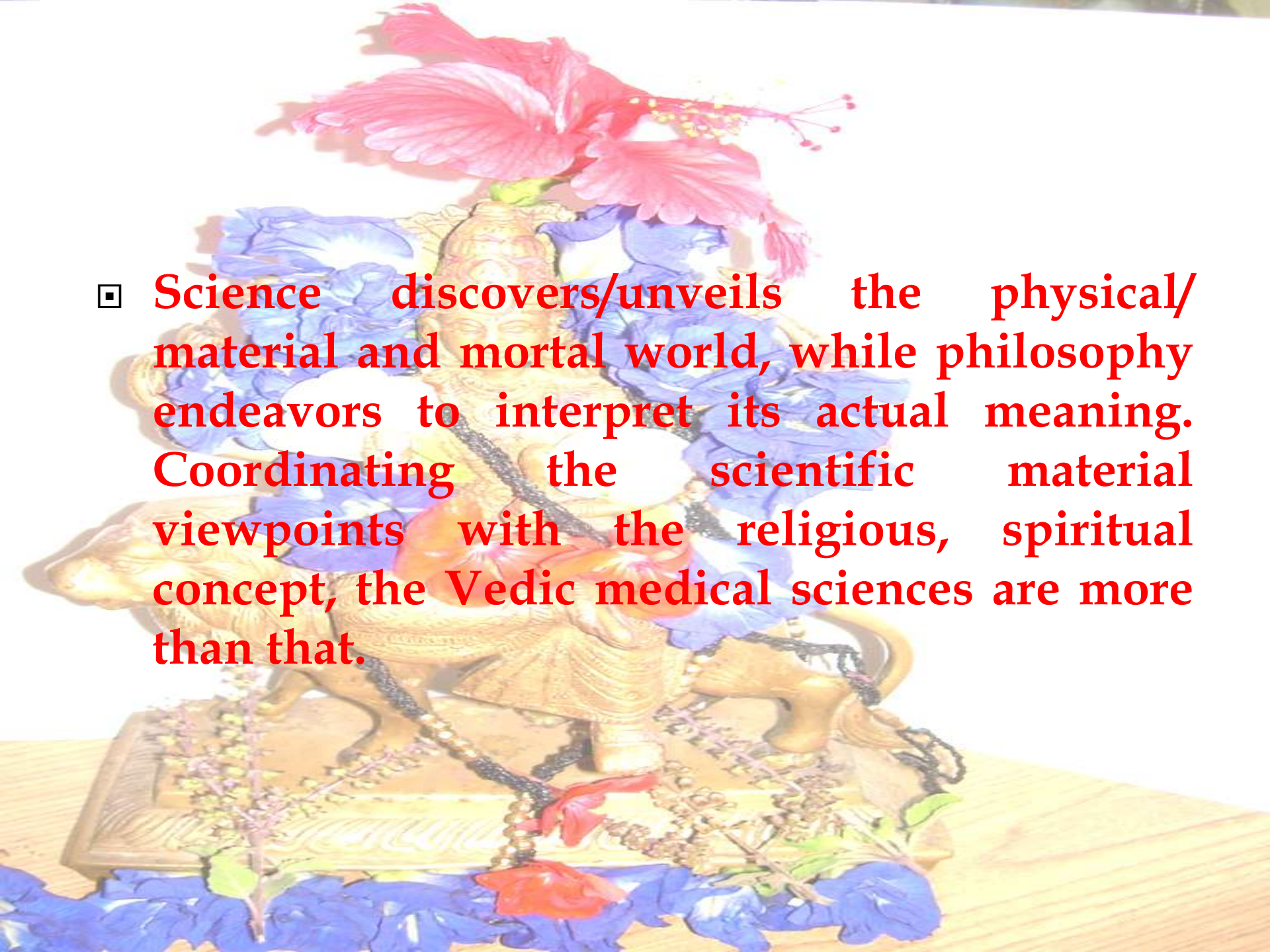
■ There is a gap of thousands years in the teaching, training and learning of Vedic medical sciences due to many unavoidable circumstances.

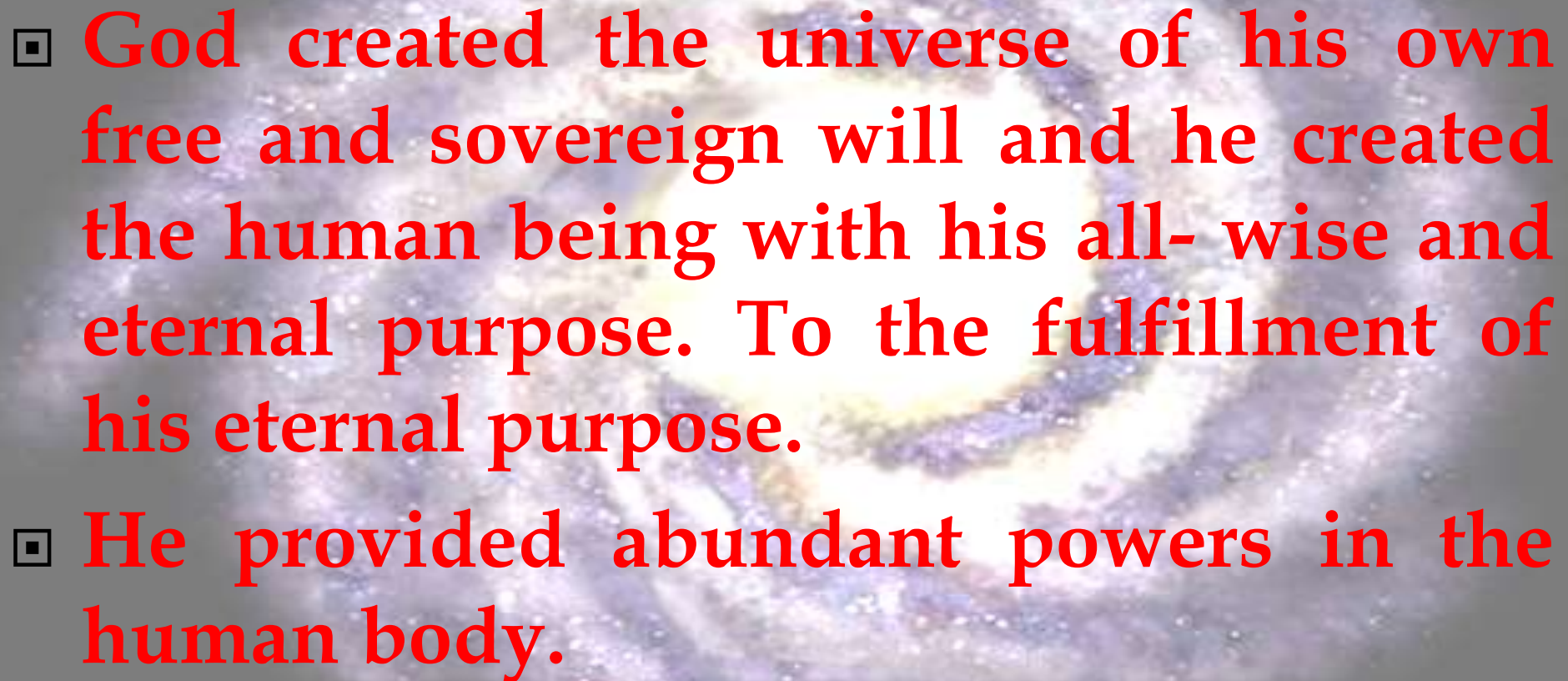
■ In the present situation where the whole medical science is away from the reach of the common man due to its expensiveness and hazards, it was decided to take the privilege of making the format of this *marma* science and therapy.

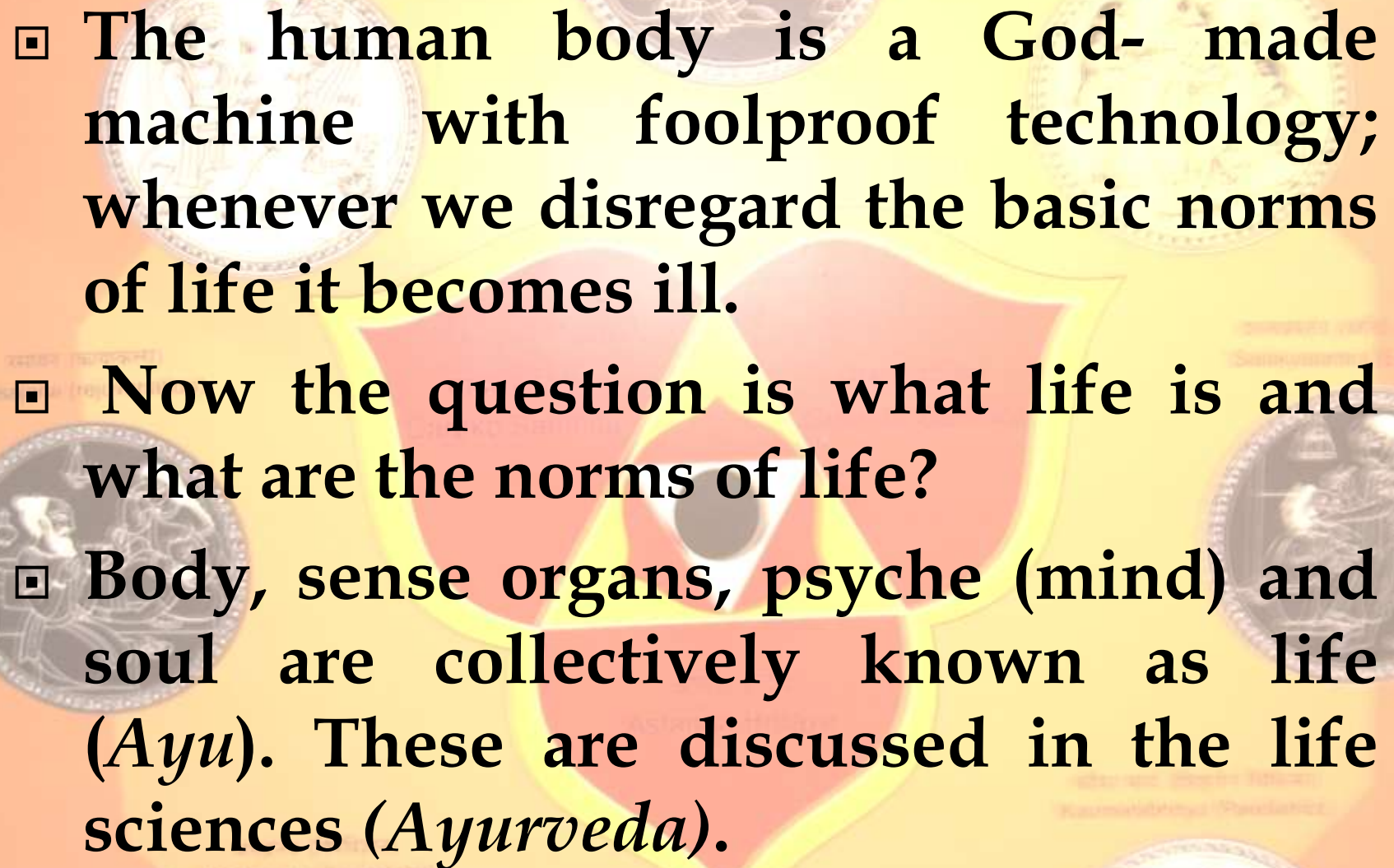
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- A man with dark hair and a mustache is shown from the waist up, sitting in a meditative pose on a white cloth. He is shirtless and has his hands resting on his knees, palms facing up. His eyes are closed, and he has a serene expression. The background is a textured, light blue surface. Overlaid on the image is a list of three bullet points in red text.
- The entire process of self-*marma* therapy and specific *marma* therapy for the ailments should be known to all.
 - In some diseases the focus is on prevention of common mistakes during the procedures of *marma* therapy and a guide to nuances of the procedures that will save time and injury to the *marma* point which may be fatal or harmful.
 - Knowledge of important anatomical structures in relation to *marma* points is mandatory and it is a critical ingredient in *marma* practice and therapy.

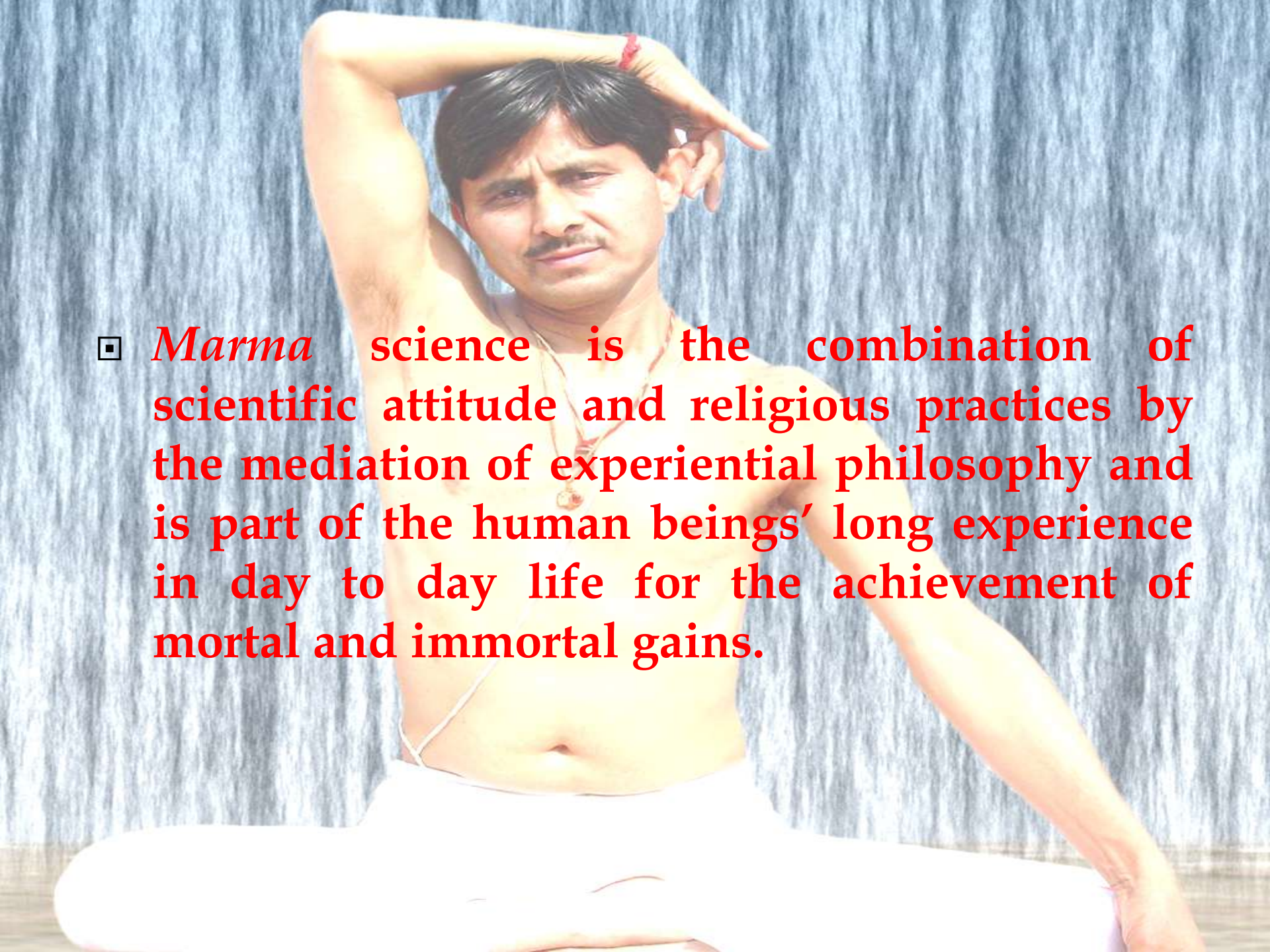


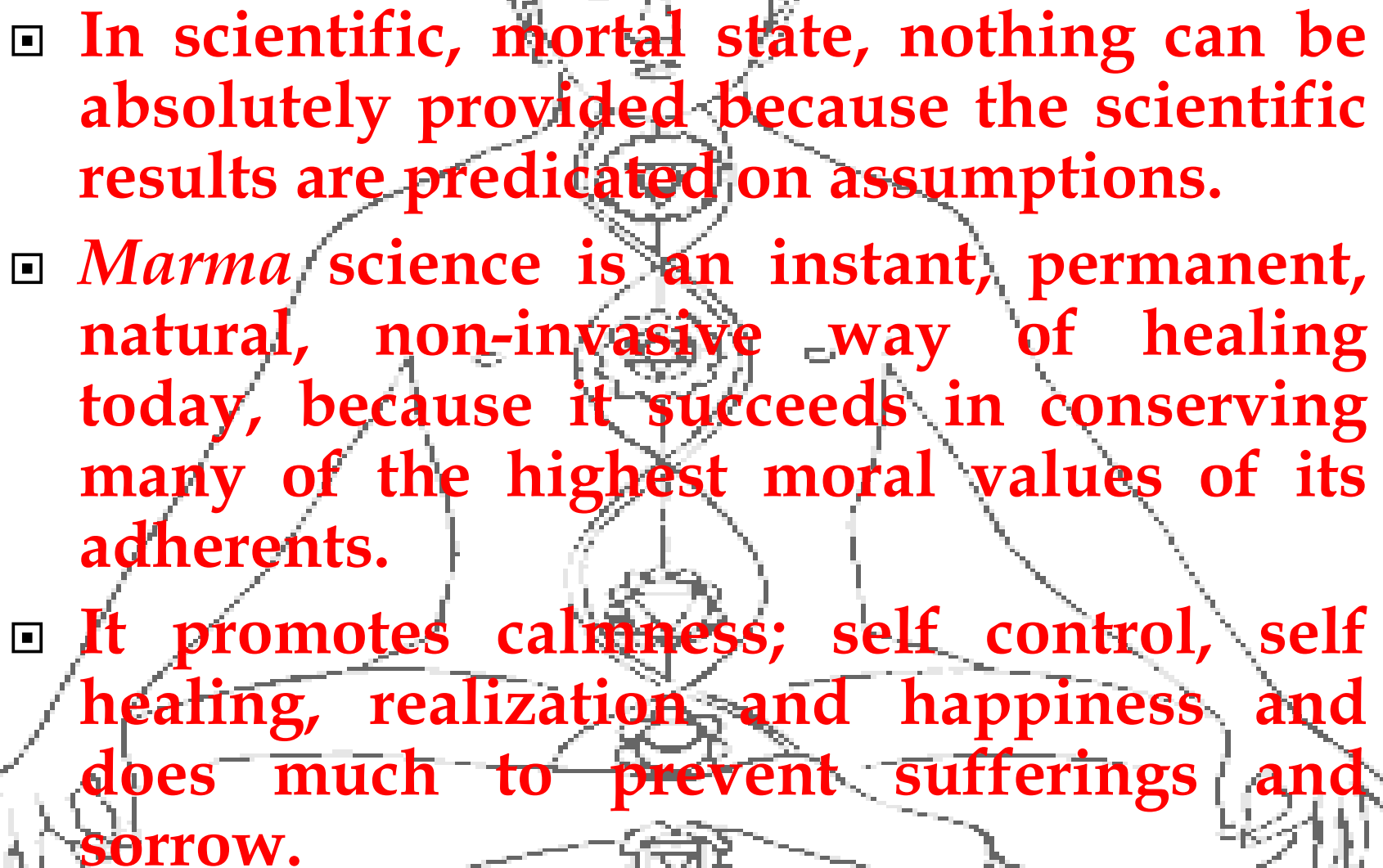
- ▣ Important anatomical structures and landmarks and their inter relationship is also important to know, as they inform certain *marma* therapy procedures.
- ▣ It is a successful approach to deal with the problems one comes across during *marma* therapy.
- ▣ Being an untouched method of healing, more and more working hands are needed to spread the knowledge and benefit of this science.
- ▣ Teaching, training and confidence building in this science is the need of the hour.

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- ▣ Science discovers/unveils the physical/material and mortal world, while philosophy endeavors to interpret its actual meaning. Coordinating the scientific material viewpoints with the religious, spiritual concept, the Vedic medical sciences are more than that.

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- ▣ God created the universe of his own free and sovereign will and he created the human being with his all-wise and eternal purpose. To the fulfillment of his eternal purpose.
 - ▣ He provided abundant powers in the human body.

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- ▣ The human body is a God-made machine with foolproof technology; whenever we disregard the basic norms of life it becomes ill.
 - ▣ Now the question is what life is and what are the norms of life?
 - ▣ Body, sense organs, psyche (mind) and soul are collectively known as life (*Ayu*). These are discussed in the life sciences (*Ayurveda*).

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- A man with dark hair and a mustache is shown from the waist up, sitting in a meditative pose. He is shirtless, wearing a white dhoti and a necklace with a small pendant. His right arm is raised, with his hand behind his head, and his left arm is extended downwards. He is looking directly at the camera with a serious expression. The background is a large, cascading waterfall with white water. The text is overlaid on the right side of the image.
- ▣ *Marma* science is the combination of scientific attitude and religious practices by the mediation of experiential philosophy and is part of the human beings' long experience in day to day life for the achievement of mortal and immortal gains.

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- In scientific, mortal state, nothing can be absolutely provided because the scientific results are predicated on assumptions.
 - *Marma* science is an instant, permanent, natural, non-invasive way of healing today, because it succeeds in conserving many of the highest moral values of its adherents.
 - It promotes calmness; self control, self healing, realization and happiness and does much to prevent sufferings and sorrow.

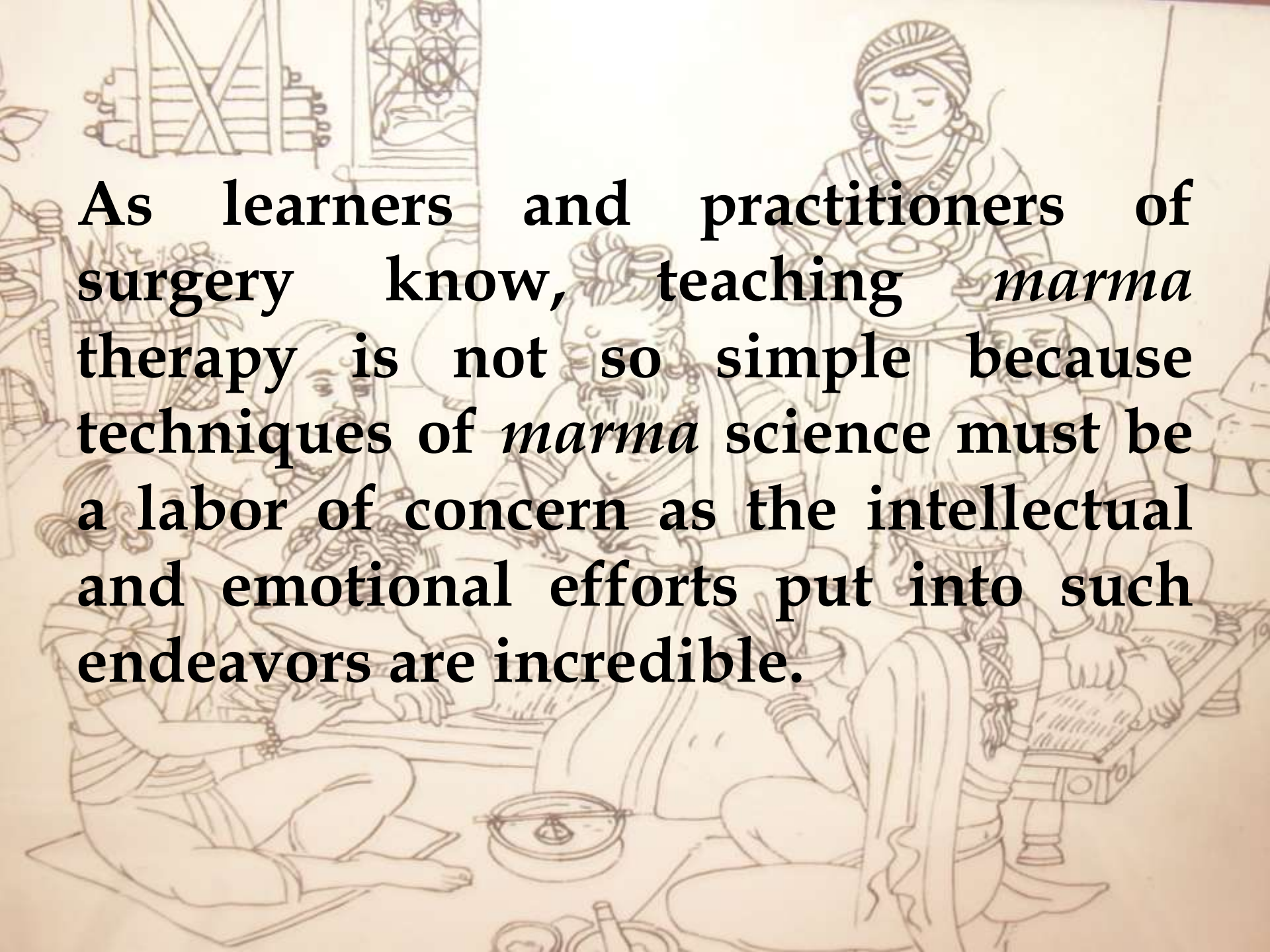
- ▣ Those who believe in the self-healing power of the human body, live better lives than many who do not, because they depend more on this science than the other conventional medical practices.
- ▣ The realization of the recognition of the healing power of *marma* therapy is an experience which is super ideational.
- ▣ There is no word which can be employed to designate the scope and prospects of *marma* therapy.

- ▣ While *Ayurveda* is not only a medical science but a way of life, it truly is one of the most noble ways of treatment, having originated out of a very long experience of thousands of years and culminated as final reality.
- ▣ The researchers and great scientists did not stop until it had speculated about almost every phase of medical science, expecting complete liberation from disease and sorrow.

- ▣ Bridging across the times, in this way, the non medicinal, non surgical option of healing in terms of *marma vigyan* was incorporated in the spiritual practices and rituals as a part and parcel of routine life.
- ▣ *Marma* science was conceived to be beyond all definition.



- ▣ How did it really happen? This is a presentation about the things we know and things we do not know about the self-healing power of the human body.
- ▣ Putting the emphasis on secrets of *marma* science we have switched over to confirm our efforts to completely understand the scope of this science.
- ▣ This work is a product and a natural result of a total of more than 20 years spent by the author practicing the intricacies of Vedic surgical skill in terms of *marma* science and *marma* therapy.

A traditional Indian line drawing in a sepia tone, depicting a classroom scene. A central figure, a bearded guru with a turban, sits on a raised platform, holding a book and gesturing with his right hand as if teaching. Several students are seated on the floor around him, some looking at books or writing. In the background, a woman stands holding a bowl, and another student is visible near a window. The scene is set in a room with a window showing a view of a building. The text is overlaid on the central part of the image.

As learners and practitioners of surgery know, teaching *marma* therapy is not so simple because techniques of *marma* science must be a labor of concern as the intellectual and emotional efforts put into such endeavors are incredible.



- Under the banner of Mrityunjay Mission we are committed to fulfill his dream to serve the suffering humanity through different Vedic medical sciences.



THANKS



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