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Marmas are the vital points in the body where the life force energy is concentrated. The Marma points are located where the flesh, veins, arteries, tendons, bones and joints meet. They may also be described as the junctions where Vata, Pitta and Kapha meet; where Sattwa, Rajas and Tams meet; or where Eternity and Relativity meet. In the martial art of Kalaripayattu, the warrior is trained to

The secrets of Marmas (Vital Points of Human Body)

The Secrets of Marmas Vital Points of Human Body Marmas Just as the physical body has a vital network of nerves centralised in the spinal column, the subtle body has a network of energy channels called meridians or nadis (from Sanskrit meaning ' channel ', or ' flow ').

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The Vishalyaghna Marmas are possessed of Vataja properties (that is, they arrest the escape of the vital Vayu); so long as the dart does not allow the Vayu to escape from their injured interior, the life prolongs; but as soon as the dart is extricated, the Vayu escapes from the inside of the hurt and necessarily proves fatal.

The Marmas (vital parts of the body) [Chapter VI]

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where Sattwa, Rajas and Tamas meet; or where Eternity and Relativity meet.

Secrets of Marma | Ayurveda Yoga villa, Wayanad

The Marmas of the Indian system should not be confused with Chinese acupuncture points. Yet many parallels can be found within the two systems. Yet many parallels can be found within the two systems. In a similar vein to the Nadis , the subtle energy channels to be found within the body, of the 108 marmas, 12 are said to be of vital importance, while the remaining 96 have a supporting function in relation to the 12.

- THE 108 MARMAS: VITAL JUNCTION POINTS - — yoga

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Great healing secret of Ayurveda Marma Therapy is the art of treating very special vital points on the human body and is one of the greatest healing secrets of Ayurveda. It can be used to detoxify the body, to strengthen and revitalise, for rejuvenation and relaxation, and to release blocked energy.

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