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A Study on *Janu Marma* and Application of *Marma* Therapy

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ABSTRACT

Marma are the vital points present in our body. They are classified on the basis of dominant structures that contribute to that *Marma*. According to *Acharya Sushruta Janu Marma* is a kind of *Sandhi Marma* and is located between leg and thigh. According to modern knowledge it can be correlated with Knee Joint. According to prognostic results, it is assumed to be located at the point of insertion of Medial Collateral Ligament. *Marma* Therapy is a very effective therapy to treat the disorders of *Janu Marma*. There are two ways to apply *Marma* Therapy over *Janu Marma*. These are Thumbs-Up Technique and Thumbs-Down Technique. This technique is very effective in reducing Pain of Knee Joint. *Marma* Therapy can be presented as a super healing science or spiritual healing technique. Regular practice of *Marma* therapy makes a great contribution in the effort to attain supreme consciousness.

KEYWORDS

Marma, Sandhi, Janu, Therapy, Pain



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INTRODUCTION

According to *Acharya Sushruta*, the *Marmas* are juncture place of *Sira* (Veins), *Snayu* (Ligaments), *Sandhi* (Joints), *Mansa* (Muscles) and *Asthi* (Bones). The *Prana* are specifically situated in these '*Marmas*' by the virtue of their nature. Trauma to any one of these *Marmas* invariably causes physical disturbance in accordance with their particular types¹. If we go through the chapter on *Marma Sharira* of *Sushruta Samhita*, there are 107 *Marmas* described all over the body. *Marma* are divided into 5 types based on the structural composition of them (Table no.1). These are *Mansa*, *Sira*, *Snayu*, *Asthi* and *Sandhi*.

Table 1 Classification of *Marma* according to *Rachana Prakara*

S.No.	Name of <i>Marma</i>	<i>Sushruta</i> ²
1	<i>Mansa</i>	11
2	<i>Sira</i>	41
3	<i>Snayu</i>	27
4	<i>Asthi</i>	08
5	<i>Sandhi</i>	20

- *Janu Marma*-

Janu Marma is one of the types of *Sandhi Marma*. It lies at the junction of *Jangha* (leg) and *Uru* (thigh) and injury to it results in limping or lameness³. It is *Sandhi Marma* in nature, *Vaikalyakara* in consequences and measures three *Angula Pramanas*⁴.

According to Dr. R.R. Pathak and Dr. V.S. Patil, the anatomical structures corresponding to this *Marma* are articular capsule, fibular collateral ligament, anterior cruciate ligament, posterior cruciate

ligament, medial meniscus, lateral meniscus, transverse ligament, coronary ligament and arcuate popliteal ligament. They are likely to get affected at the time of trauma or injury.

On the basis of the available ancient description and the corresponding anatomical structures, the *Janu Marma* can be taken as a knee joint. There is articulation in between femur and tibia and an injury to it is likely to cause swelling and rigidity of the lower limb due to involvement of patellar ligament.

The injuries causing rupture of the ligaments of the knee joint may result in painful swelling, restricted movements and sometime haemarthrosis. Rupture of the ligament may also cause defective weight bearing leading to permanent limping. The rupture of medial meniscus is very common, if once torn it fails to heal and thus leads to permanent deformity⁵.

Marmas are called as half part of *Shalyatantra* (Surgery)⁶. It is because while doing any surgical course of action, a surgeon must have the basic understanding of the structures which are present at the operational site. For this, the knowledge of *Marma* is indispensable. *Janu Marma* (Knee joint) is one of the chief joint in the human body for various movements of the lower extremity. So, it is crucial to see the five basic structures present in it with the



help of modern anatomy by using cadaveric dissection technique (Table No.2).The highest point of tenderness is generally observed in the medial surface of the knee joint which corresponds to the insertion of

Medial Collateral Ligament. As per the observation of *Sushruta*, *Khanjata* or limping is the feature of *Janu* getting injured.

Table 2 Ayurvedic view and Modern Correlation of structures involved in *Janu Marma*⁷

Sr. No.	Ayurvedic view	Modern Correlation
1	<i>Mansa</i>	Medial and lateral head of gastrocnemius and Plantaris muscles.
2	<i>Sira</i>	Popliteal artery with its branches and popliteal vein with its tributaries
3	<i>Snayu</i>	Capsular ligament, Ligamentum patellae, Cruciate ligaments, Lateral and Medial menisci
4	<i>Asthi</i>	Femur and Tibia, Patella
5	<i>Sandhi</i>	Knee joint

The most common cause of *Khanjata* or limping occurs due to injury of the medial collateral ligament which can be in the form of partial or complete tear. After going through all these facts the *Janu Marma* is supposed to be present in the medial surface of the knee Joint where Medial Collateral Ligament is inserted⁸.

Marma Therapy

Marma therapy is a very effective and rapid acting way of treatment. For effective *Marma* therapy, diagnosis of disease and proper technique of applying *Marma* Therapy is needed. It gives prompt results in different kinds of muscular, ligament, joint and nerve pains, tingling sensation, inflammation and heaviness. *Marma* therapy gives response in many other diseases in very less time. However, being a rapid-acting technique, it should be performed very carefully. If not, there may

be some complications and results may be variable⁹.

Procedure to Stimulate *Janu Marma*¹⁰

Thumbs Up technique-

This technique is to be done by the therapist or the patient's attendant. Firstly, to stimulate *Janu Marma* we keep the *Janu* or Knee Joint in a semi-flexed condition. Then put the palm over the sides of patella so that the thumbs point upwards. The fingers of our hands will be on the infero medial and infero lateral boundary of popliteal fossa. The *Marma* has to be stimulated for 15-18 times and every stimulus should be of 0.8 seconds. This process has to be repeated for 3-4 times per day depending upon the severity of the disease.

Thumbs down Technique-

This technique is used by the patient itself. Firstly, to stimulate *Janu Marma* we keep the *Janu* or Knee Joint in a semi-flexed



condition. Then patient is asked to place his/her palm over the sides of patella so that the thumbs point downwards. The fingers of patient will be on the infero medial and infero lateral boundary of popliteal fossa. The *Marma* has to be stimulated for 15-18 times and every stimulus should be of 0.8 seconds. This process has to be repeated for 3-4 times per day depending upon the severity of the disease.

Avoid- It should be informed to patient to avoid stimulating in the region of popliteal fossa as excessive stimulation may cause the Bakers cyst.

CONCLUSION

On the basis of the available ancient description and the corresponding anatomical structures, the *Janu Marma* can be taken as a knee joint. There is articulation in between femur and tibia and an injury to it is likely to cause swelling and rigidity of the lower limb due to involvement of patellar ligament. It was found in this study that application of *Marma* Therapy by Thumbs Up (Therapist) and Thumbs down (Self) Technique has more effect in relieving Pain of Knee joint while there was little relief in other symptoms. It is presumed that touching *Marma* point changes the body's

biochemistry and can result into radical and biochemical changes in one's make up.



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