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Effect of *Marma Chikitsa* in the management of *Udavarta Yonivyapad* (Primary Dysmenorrhea)

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ABSTRACT

Marma Chikitsa is very useful in present era specially in pain management. While describing *Sharir Rachna* different *Acharya* has described about *Marma* and vital regions of the body. *Marma Sthan* is a confluence on body where two or more structures *Mamsa, Sira, Snayu, Asthi* or *Sandhi*. In human body many structures have *Prana* (Vital Power) these are known as *Marma* and *Pranayatana*. These *Marma Sthan* harmonize the nervous and endocrine system and normalize different pathology in the body through vital power itself, with proper stimulations/manipulation. This technique is known as *Marma Chikitsa*. *Marma Chikitsa* is an ancient Indian practice whose purpose is stimulations / manipulation of vital energy (*Prana*) in the body for enhancing the healing process. *Marma's* knowledge helps the clinicians to regulate the flow of *Prana* through the coarse and subtle bodies in order to restore the patient's health and serenity. All authorities of *Ayurveda* have described *Udavarta Yoni Vyapad* and it's management. Dysmenorrhea means painful menstruation which can be correlated with *Udavarta Yoni Vyapad*. It occurs in 50% of post pubescent females. Dysmenorrhea literally means painful menstruation but a more realistic and practical definition includes case of painful menstruation of sufficient magnitude so as to incapacitate day to day activities. Primary Dysmenorrhea refers to menstrual pain without pelvic pathology. *Udavarta Yoni Vyapad* is characterized by painful menstruation. According to *Charak*, *Rajas* is pushed in upward direction by the aggravated *Vayu* due to obstruction in its normal flow (*Anulomana Gati*) in *Pakwashya*.

Key words: *Udavarta Yoni Vyapad, Marma Sthan, Prana, Primary Dysmenorrhea*

INTRODUCTION

Different *Ayurved* classics have dedicated a separate "*Sthan*" for the literature of *Sharir Rachna*. It is called "*Sharir Sthan*". While describing *Sharir Rachna* different *Acharya* has described about *Marma* and vital regions of the body. *Marma Sthan* is a confluence on

body where two or more structures *Mamsa, Sira, Snayu, Asthi* or *Sandhi*. Knowledge of *Marma* exists from ancient period of *Vedas*. *Marma* has been described in all described in all three great treatise-*Charak Samhita, Sushrut Samhita* and *Ashtanga*. According to *Ayurveda*, in human body many structures have *Prana* (Vital Power) these are known as *Marma* and *Pranayatana*.^[1] Here *Prana* is nothing but source of *Urja* (energy). These *Marma Sthana* harmonize the nervous and endocrine system and normalize different pathology in the *body* through vital power itself, with proper stimulations/manipulation. This technique is known as *Marma Chikitsa*. *Marma Chikitsa* is an ancient Indian practice whose purpose is stimulations / manipulation of vital energy (*Prana*) in the body for enhancing the healing process. *Marma Chikitsa* is based on the action of 107 *Marmas Sthana* in the body to access the body and mind. *Marma's* knowledge helps the clinicians to regulate the flow of

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Prana through the coarse and subtle bodies in order to restore the patient's health and serenity. *Aacharya Sushrut* has mentioned that *Marma* knowledge is called *Shalya Vishayardha*.

Udavarta Yonivyapad and Dysmenorrhea

All authorities of *Ayurveda* have described *Udavarta Yoni Vyapad* and its management. Due to suppression of natural urges the aggravated *Vayu* (*Apan Vayu*) in reverse direction. This *Vayu* occupies *Yoni*. This vitiated *Vata* or *Vayu* causes pain during flow of menstruation as soon as the blood flows out, pain is relived that is immediately flowing the discharge of *Raja*. Since in this condition the *Raja* moves upward or in reverse direction hence, it is termed as *Udavartini*.

सफेनिलंडदवर्ता रजः कृच्छ्रेण मुञ्चती ।

चतसृष्वपि चायासु भवन्त्यनिलवेदना ॥ (सु.उ.त.38/9,11)

Aacharya Sushrut says that besides painful, frothy menstruation, there are other pain of *Vata* (body ache, general malaise etc).^[2]

Dysmenorrhea

Dysmenorrhea means painful menstruation which can be correlated with *Udavartini Yoni Vyapad* of *Charak* or *Udavarta Yoni Vyapad* of *Sushrut*. *Udavarta Yoni Vyapad* is characterized by painful menstruation.^[3] According to *Charak*, *Raja* is used in upward direction by the aggravated *Vayu* due to obstruction in its normal flow (*Anulomana Gati*) in *Pakwashya*. It occurs in 50% of post pubescent females. Dysmenorrhea literally means painful menstruation but a more realistic and practical definition includes case of painful menstruation of sufficient magnitude so as to incapacitate day to day activities.

- It is of two types - Primary Dysmenorrhea refers to menstrual pain without pelvic pathology. Secondary Dysmenorrhea is defined as the painful menses associated with an underlying Pathology. Dysmenorrhea is the most common gynaecological problem among females which is mostly experienced by adolescent girls.^[4]
- A greater prevalence of Dysmenorrhea is generally observed in young women. Ranging from 67 to 90% for those age 17 to 24 years.

- In Modern medical science, there is only symptomatic treatment of Primary Dysmenorrhea for examples - NSAID's groups, analgesics - Ibuprofen, COX -2 inhibitors, steroids and ultimately surgery. And long-term use of these drugs can lead to renal problems, hepatotoxicity, stomach ulcers and many more other problems or diseases and the adverse effect of NSAID'S is well known so to get out of these problems we need a non-medical approach for management.

AIM

Effect of *Marma Chikitsa* in the management of *Udavarta Yonivyapad* (Primary Dysmenorrhea)

OBJECTIVES

- To review the literature and concept of *Marma* and *Marma Chikitsa*.
- To explore in brief the surrounding underlying anatomical structures at the site of *Indrabasti* and *Gulfa Marma*.
- To study the *Udavarta Yoni Vyapad* in detail in *Ayurveda* classics and Primary Dysmenorrhea in modern science.

Marma^[5]

Marma is defined as vital point of the body, the region in which there is a confluence of *Mamsa*, *Sira*, *Snayu*, *Asthi* and *Sandhi*. These are special points in human body and any injury to 20 points leads disability and if not treated properly may become fatal. The *Marmas* are made up of *Soma*, *Maruta*, *Teja*, *Raja*, *Satwa*, *Tama*, and *Bhutatma*. While describing *Pranayatana*, *Acharya Charak* mentioned 10 *Pranayatana*. They are- 2 *Shankha*, *Marma Traya* (*Shir*, *Hridaya*, *Basti*), *Kantha*, *Rakta*, *Shukra*, *Oja* and *Guda*. According to different classics of *Ayurveda* there are 107 *Marma*. Total numbers of "Marmas" are categorized depending upon the *Rachna* (structure involved), *Shadanga* (regional), *Pramana* (dimensional), *Parinama* (prognostic) and *Sankhya* (numerical).

Marma Chikitsa

In *Vedic science Chikitsa / Aushadha* is divided into 4 parts. *Atharvani*, *Angirasi*, *Daivi* and *Manushyaja*. The

basis of *Marma Chikitsa* can be considered as *Angirasi Chikitsa*. In *Angirasi Chikitsa*, *Rasa* refer to the executive element that controls and carries out various function of the body.

Indrabasti Marma

Anatomical Consideration

Locations and Numbers: Upper extremities-2 & lower extremities-2, total 4.

In the upper limbs: *Indrabasti Marma* is exactly located in the middle and anterior (front) part of the forearms between elbow and wrist (*Madhyaprakostha*).

Muscles, tendon involved: Flexor carpi radialis, Flexor digitorum superficialis, pronator teres, Flexor pollicis longus, Flexor digitorum profundus.

Nerve involved: Medial antebrachial cutaneous and its branches.

Vessels: Median antebrachial vein, Ulnar vein, Ulnar artery and its branches.

In the lower limbs: *Indrabasti Marma* is exactly located in the middle of the leg (calf muscles) and in line of the *Paarshni* (calcaneum, lateral malleolus) of both legs.

Muscles, tendon involved: Gastrocnemius, Achilles tendon and Soleus

Nerve involved: Sural nerve, Tibial nerve (deep)

Vessels: Posterior tibial artery and vein.

Classification: *Shakhagat Marma*, *Mamsa Marma*, *Kalantar Pranhar Marma* & $\frac{1}{2}$ *Angula* in *Praman*.^[6]

Anatomical Consideration

Gulfa Marma

Gulfa Marma is one of the delicate and vital points of the body located in the foot, especially in the ankle joints.

Location: The *Marma* is located exactly at the junction of *Pada* (foot) and *Jangha* (leg).^[6]

On the left side

Muscles, tendon involved: Flexor retinaculum medial ligament, flexor hallucis tendon, flexor digitorum longus tendon.

Nerve involved: Medial planter nerve on left side

Vessels involved: Post. Tibial artery and vein.

On the right side

Muscles, tendon involved: Sup. Peroneal retinaculum, lateral collateral ligament, fibularis longus tendon, fibularis brevis tendon.

Nerve involved: Sural nerve

Vessels involved: Fibular vein, small saphenous vein, fibular artery and veins.

Marma Therapy

It is an art of treating 107 *Marma* (vital points) and rechannelise the *Prana* (vital force in the body). Touching a *Marma* point changes the body's biochemistry and can unfold radical, alchemical change in one's makeup.^[7] Stimulation of these inner pharmacy pathway signals the body to produce exactly what it needs including hormones and neurochemicals that heal the body, mind and consciousness says Dr. Vasant Lad.

CASE DESCRIPTION

A 22-year-old female patient consulted the outpatient department (OPD) at, Pt. Khushilal Sharma Govt. (Autonomous) Ayurveda College and Institute, Bhopal on 2nd November 2022 with the complaint of severe pain and cramping in the lower abdomen and vomiting during menstruation from last 1-2 years. She is unable to perform daily activities due to painful menstruation.

Past History

No relevant history found.

Physical Examination

Weight: 52kg

Height: 160 cm

BMI: 21 kg/m²

Blood Pressure: 120/80 mmHg

Pulse rate: 74/minute

Pallor, Icterus, Cyanosis, Clubbing and Edema were absent,

Cardiovascular System (CVS): normal, Respiratory System (RS): clear no added sound.

Central Nervous System (CNS): consciousness & orientation, memory, and speech are normal, Reflexes in both upper and lower limbs were in the normal level and muscle power was elicited as 5/5 in all limbs.

Gynecology examination: Per Abdomen examination does not reveals any deformity.

Marma therapy procedure

- According to their anatomical location of *Indrabasti* and *Gulfa Marma Sthan.*, every *Marma Sthan* will be stimulated by using thumb for 15-18 times on an average in single sitting.
- A steady and moderate pressure will be applied slowly and gently.
- Pressure will be increased gradually depending upon patient's strength and tolerance.

METHODOLOGY

Initially moderate pressure was applied on *Marma* sites which is increased gradually.

Frequency: Twice a day.

Duration: 30 days

Follow-up: 15 days

Treatment Protocol

SN	Marma	Stimulation Time	Sitting of Marma Chikitsa	Frequency	Total time
1.	<i>Indrabasti</i>	0.8sec	Two times a day	15-18 times	30 days
2.	<i>Gulfa</i>	0.8sec	Two times a day	15-18 times	30 days

Assessment

The assessment of the effect of treatment will be based on parameters of disease which will be recorded before and after treatment. The symptoms will be

graded (0 - 3) on the basis of scoring system and Grading of Pain will be assessed using Visual Analogue Scale (VAS).

Criteria	Grading before Marma Therapy	Grading after Marma Therapy
Severity of pain	3	1
Duration of pain	3	1
Radiation of pain	3	2
Cramping in the lower abdomen	3	2

DISCUSSION

Marma points serve as channels connecting the physical body to the inner conscious and mind. By stimulation of *Marma*, *Prana* is channelized and pacifies the *Vata Dosh*. It enriches the aura or energy field of body and keeps the person energetic and healthy. According to pain gait theory by *Marma* Therapy, acute pain is stimulated which blocks the transfer of chronic pain, thus increasing the threshold of pain by stimulating the particular *Marma*. *Aacharya Sushrut* says that besides painful, frothy menstruation, there is other pain of *Vata* (bodyache, general malaise etc). Stimulation of *Indravasti Marma* can reverse the backflow of *Vayu* and relieves the pain in *Udavarta Voniypad*, It removes blocks in energy channels (*Srotas*), Pacifies *Doshas* bringing it to normal path (especially *Vyanavayu* which controls autonomic nervous system).^[8] It creates physical, mental and emotional flexibility and creates an opportunity to experience powerful and dynamic transformation at physical, mental, emotional and spiritual level by building a positive link with the unconscious mind.

CONCLUSION

Marma Therapy is a promising fast acting, drug less, cost effective, less time consuming, easy to use and non-invasive alternative method for treatment of *Dysmenorrhoea vis Udavarta Yonivyapad*. The results were quite encouraging without any side effects. This can be further evaluated on large number of patients

to validate its effectiveness. Further pharmacological research studies are the need of the hour.

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