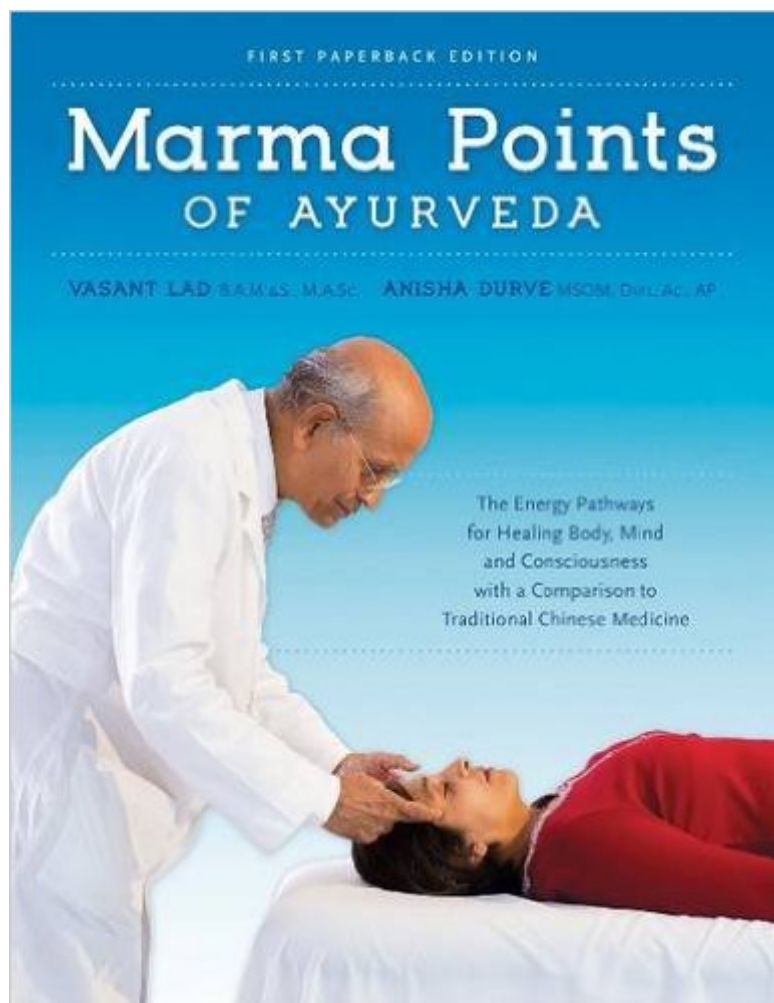


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# Marma Points Of Ayurveda: The Energy Pathways For Healing Body, Mind, And Consciousness With A Comparison To Traditional Chinese Medicine



## Synopsis

**Marma Points The Mystical Doors of Perception** In ancient Vedic times, marma points were called bindu-a dot, secret dot or mystic point. Like a door or pathway, activating a marma point opens into the inner pharmacy of the body. The body is a silent, universal, biochemical laboratory operating every moment to interpret and transform arising events. Touching a marma point changes the body's biochemistry and can unfold radical, alchemical change in one's makeup. Stimulation of these inner pharmacy pathways signals the body to produce exactly what it needs, including hormones and neurochemicals that heal the body, mind and consciousness. This deep dimension of marma therapy has the potential to unfold spiritual healing. Marma points are an important element of Ayurveda's healing power. Developed in India centuries ago, these energy points profoundly affect the body, mind and spirit and facilitate the deepest levels of healing. Prana is the current of energy that infuses every cell within the body. Stimulating marmani (energy points) directly taps into this reservoir of energy and promotes health. This work is the first of its kind to systematically present all 117 marmani according to their individual energetics and to compare them with the Chinese system of acupuncture points. Detailed commentaries for each marma shed light on their diagnostic and therapeutic scope. Marma therapy integrates vital knowledge of the energy points with specific techniques of Ayurvedic massage, detoxification, acupressure, aromatherapy, yoga practices, meditation and more. This book is a valuable resource for Ayurvedic practitioners and acupuncturists as well as medical doctors, massage therapists and yoga therapists. It also serves as a foundation to develop tools for one's own self-healing and for students of various medical systems who are motivated to pursue a holistic approach to health.

## Book Information

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## Customer Reviews

I've read many (good) books on Marma Chikitsa, from western and Indian authors. But I always felt that something was missing. This book from Dr. Lad is simply the best and most complete book. It brings a comprehensive description of 117 points (more than all other books), and a very interesting correlation with acupoint. It is certainly an essential book for those who want deeper studies on Ayurveda.

Of all the Marma Therapy books I have read so far, this one is the most detailed and amazing. Great work.

This book is great for explaining the differences and commonalities between marma points and acupuncture points. It has a lot of information and is really good sized.

This book is a gift to all who want to achieve optimum health. I am not a Health Practitioner but a Yoga teacher. The instructions in this book are so clear that I have been able to use it in my life with spectacular results. My sincere, heartfelt thanks to Dr. Lad and Anisha Durve.

The book took a little while to sail on a slow boat all the way here to Australia, but it was worth the wait. We have many books of this topic (an area we work in professionally), but this is now, by far, the best reference text we own on the subject. Highly recommended. Soundthinker

This book has great pictures, descriptions and it goes step by step comparing Acupuncture to the Marma Point system. The focus is on Marma points and that's what I wanted. They explain the Sanskrit words and philosophy of Marma. There is even a section on yoga postures linked to the 5 elements of the Marma system. It's a great book loaded with information.

Loved it. It's an information super highway on lesser known Ayurvedic principles! Wow! The diagrams with the comparison charts of acupuncture were well detailed, crisp and clear. Thank you very much for this remarkable piece of work.

Wow I'm just one quarter into this book and I'm so wowed by it. If you're into alternative healing and dabble somewhat into acupressure or acupuncture I highly recommend you take a look at the Ayurveda way of similar healing points.\*\*\*\*\* If you enjoyed my review please vote this review as

helpful and feel free to ask me any additional questions and I'll answer them to the best of my abilities \*\*\*\*\*

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