

Marma Abhyanga in health

Marma' is a Sanskrit term for sensitive or vulnerable points on the body. Injury to marmas quickly affects the health and vitality of a person and in the case of some marmas can even prove fatal. Another term used for marma points is 'varma' points. Varma refers to protective material or armor. Marmas are regions of the body that were protected in battle in order to safeguard the life of the warrior.

[marma-abhyanga](#) points are positions on the body where flesh, veins, arteries, tendons, bones, and joints meet. They may be seen as the junctions where Vayu, Pitta, and Kapha meet; where sattwa, rajas, and tamas meet; or where eternity and relativity meet. Ayurveda, the ancient science of perfect health, comes from the highly developed Vedic civilization and has been practised in India for thousands of years. The Ayurvedic texts describe a wealth of treatments for maintaining and promoting good health by creating inner balance and re-establishing connection with the body's inner intelligence. Abhyanga, a whole-body oil massage done before the morning shower or bath, is regarded as one of the most important one of these procedures.

Certain marmas, touched in a specific manner, can confuse, incapacitate, paralyze, or even kill an opponent. Dhanur Veda trains a warrior how to recognize marma points as well as the different blows that can be used to affect marmas in various ways.

Massage has been a central pillar to many healing systems, such as Ayurveda and Chinese medicine, as well as to many European and indigenous cultures. Receiving therapeutic massage regularly can help improve your overall health and your state of mind. Massage therapy is well known for having both physiological and psychological benefits. Please Purchase Online <http://ayurvedasbeautycare.com>

About the Author

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