

Exploring Marma Points Activation During Sarvangasana Practice and Its Benefits

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Abstract: Yoga is an ancient Indian discipline that strives to combine an individual's physical mental, and spiritual components. It is necessary to understand that there are 107 vital points in different parts of the human body. These have special functions. Any blow on these points can cause various problems. The stretch pressure, vibration and rhythmic movement on these vital points by *yogasanas* and *pranayama* affects their activity and function of every part of the body related to the vital points affected. Therefore, it can be said that *yogasanas* and *pranayama* affect the body and mind only by stimulating the vital points. The study investigates the anatomical alignment and advantages of *sarvangasana*, focusing on its effect on *marma* points. Which are essential energy centers in *ayurvedic* treatment different *marmas* can also be affected through different *yoga* posture. All the posture that are done by bending the spine forwards or backward, affect the *marmas* located on the abdomen, chest and back. These *marmas* can be kept constantly energetic by doing *asanas* daily. Health care practitioners should be aware of the nature of *yoga* and the research supporting its numerous therapeutic benefits, especially as the number of people participating in mind-body fitness programs like *yoga* continues to rise. The word *asana* can be easily translated to mean "posture". This word's literal meaning is the seat or the position during meditation, which sustains the mental concentration. In general, it is clear that a strong spirit will be in a healthy body, and these postures are a positive influence on well-being, as well as they may be a tool for healing diseases.

Keywords: Yoga, Marma Points, Sarvangasana, Shoulder Stand Pose.

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I. INTRODUCTION

Today people from all over the world are interested in learning about *marma vigyan*, *marma chikitsa* and its medicinal uses. *marma vigyan* and *marma chikitsa*, *ayurveda* and *yoga* are being promoted and spread rapidly all over the world. Outside the boundaries of India *marma vigyan* and *marma chikitsa*, *Ayurveda* and *Yoga* are being tested on scientific basis. An important reason for its universal acceptance is the safety of these methods. Even after the promotion and spread of *yoga*, there are many misconceptions about it in the minds of people.

Yoga in its deeper sense is a spiritual science of self-realization. Its aim is to lift our awareness to a higher consciousness that transcends pain and suffering, karma and rebirth. Toward this goal, the science of *yoga* employs many practices and techniques. *Asanas* or *Yoga* postures work on our physical body to release stress, eliminate toxins and balance our physical energies. Among all the treatments in *Ayurveda*, *Marma* Therapy is regarded as the most gentle and effective. Because changing these vital points can lead to both beneficial and harmful outcomes, the understanding of *Marma* was deemed sacred and reserved for initiates deemed trustworthy. One of the goals.

➤ AIMS and Objectives

- Analyze the current practices of *Sarvangasana* including its alignment with *Ayurvedic* principle and impact on the body's energy system.
- Analyze how *sarvangasana* affects the flow of *Prana* (life force) and stimulates *marma* points, potentially improving vitality and well-being.

II. MATERIALS AND METHODS

The *Sanskrit* word *sarvangasana* is made up of three separate word *sarvanga* and *Asana*. The word *sarva* means whole all or entire the word *Anga* Means limb parts organs or members *sarvangasana* is so called because it is an asana which influences the whole body and its functions

➤ How to do Sarvangasana

Lie straight on your back. Bend your legs from the waist and lift them up. Keeping both hands on the back of the waist, lift the body in such a way that the legs, waist and back remain in a straight line and make a 90 degree angle with the head.

This asana practice stimulates the *marma* points *Adhipati*, *Amsa*, *Amsa Phalaka* and *Vrihati*. In this asana, the pressure of the thumbs of the hand and stimulation *Parsvasandhi Marma*.

➤ Benefits

- Daily practice of *sarvangasana* ignites the stomach fire.
- semen the inner being gets purified by moving upwards.
- this asana increases the power of the endothelium called thyroid.
- *sarvangasana* improves the blood supply to the brain.
- Strengthens muscles and Improves flexibility.
- Improves cardiovascular health.

III. DISCUSSION

Performing *Sarvangasana* exercises are necessary from an *Ayurveda* perspective of maintaining the proper state of the *marma* points, also known as the vital points in the body that are believed to be able to influence on the physical body condition, sense of emotions, and mental forces. The main objective of this study was to investigate and determine the role of *Vajrasana* in the activation of these *Marma* points for the betterment of overall health. Activating these *Marma* points via *Vajrasana*, The Thunderbolt Pose, comes with several physiological benefits such as but not limited to better digestion, blood circulation, and stronger muscles of the lower part of the body.

➤ The Relationship between Sarvangasana and Marma Points

The results show that *Sarvangasana* efficiently stimulates several important *Marma* sites in the upper extremities and neck region. Key among these are

Adhipati (top of the skull, specifically at the point where the skull bone meet) *Amsa Marma* (between the deltoid prominence and root of the neck), *Amsa Phalaka Marma* (just above the superior border of the spine of the scapula on either of the vertebral column), *Vrihati Marma* (on the back, specifically on the lateral side of vertebral column, at the level of the *sthanamula marma*), and *Parsvasandhi Marma* (at the junction between the abdominal sides and the pelvis). *Sarvangasana*, also known as shoulder stand, is a yoga pose where the body is supported on the shoulder and neck, with the legs raised vertically and applies pressure on these areas, activating them.

Adhipati Marma activation is especially remarkable because it has been linked to improved mental clarity, stress reduction and balancing the nerve system. *Amsa marma* associated with pain management, improved energy, better circulation and emotional healing. *Amsa Phalaka Marma* improve blood circulation of the shoulder joint. *Vrihati* help with digestive issues, stress and certain pain conditions. *Parsvasandhi Marma* potential support for the lower back, kidneys and digestive system.

IV. CONCLUSION

Shoulder Stand, or *Sarvangasana* is not an ordinary posture but a powerful energy booster through *Marma* points. *Sarvangasana* active using *Marma* points can increase the flow of blood, improve the work of the glands and the connection of mind with the body. The inversion of the body makes it possible to put the most beneficial pressure on particular *Marma* points in the outer neck, shoulders, and chest, which leads to the body's energy system balancing and general dynamism. The pose's extra therapeutic energy through *Marma* points is the result of the combination of healing methods of *Ayurveda* and the most current ideas in yoga. Not only will there be fewer illnesses, but also one can also expect to have a clearer mind and be sensitive enough to have the proper inner structure while showing the emotional tendencies. When *Marma* during *Sarvangasana* is activated the holistic aspects of the pose are reinforced and the method as a tool for physical and subtler body healing is further deepened and thereby the efficiency and effectiveness of the posture are both enhanced.

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