

## MARMA THERAPY IN *KATISHOOLA* (LUMBAGO): A NON-INVASIVE HEALING THERAPY

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### ABSTRACT

*Marma vigyan* is an ancient scientific therapeutic knowledge. It reveals various unexplained mystery of human body itself. Low back pain is one of the most common musculoskeletal problems in modern society which can be treated with manipulation and stimulation of *marma* points like *Nitamba*, *kukundara*, & *katikataruna*, along with internal medication. This stimulation should be at least 20 times in the same rhythm by press and release of same digital pressure. The above mentioned *Marmas* are *kalantara praanhara*, and *vaikalyakar* individually. So if any injury affects these *marmas* then gradually increasing pain in the lower back region, stiffness in the back region and restriction of all movements can be occurred. *Marma chikitsa* will stimulate the biochemistry and energy channels of body and it will release hormones and neurochemicals which will heal the abnormality along with effect on anatomical structures (Ligaments, joints, Nerve, vessels and bone). *Marma* therapy will help in improvement of motions, influence healing process, stabilize the ligaments, stimulate autonomic nervous system and strengthen the muscular part.

**Keywords:** *Katishoola*, *Marma therapy*, low back pain.

### INTRODUCTION

The most common causes of low back pain are musculoligamentous sprains and strains, which occur mainly at the lumbosacral region secondary to various injuries. Typical symptoms are pain and spasm range from sharp and stabbing to a dull ache are localized over the posterior lumbar spinal muscle bellies lateral to the spinous process or at the insertion of the muscle at the iliac crest. As per *Ayurveda*, Lumbago can be correlated with *Kati shoola*. *Kati shoola* has not been described as a separate disease entity in any classics rather than described as a symptom in various diseases

especially in *Vata Vyadhi*. *Marma* is very important and unique concept of *Ayurvedic* Science which is first described in *Brihatrayee* in the SIXTH chapter of *Sharirsthana Sushruta Samhita*<sup>1</sup>*Marma* means the most vulnerable spots in our body. *Marma* therapy will stimulate the vital points of body.<sup>2</sup> *Marmas* which will be stimulated in *Katishoola* are *Nitamba*, *kukundara* & *katikataruna* help in relieving symptoms like stiffness and pain.

### Aim and Objectives

- 1) Study the concept in available literature for related conditions *Katishoola* in *Ayurveda* & Lumbago in contemporary science.
- 2) Study the efficacy and mechanism *Marma* Therapy on *Katishoola*.

### Methodology

1. Literal study was done by collection from classical *Ayurveda* text along with modern aspect from modern medicine, pathology & physiology books, journals, presented papers, thesis and research work.
2. Anatomical consideration of *Marma* points are compared with modern anatomy theory and try to present a hypothesis with its position and important anatomical structure.
3. Apply *Marma Chikitsa* in *Katishoola* patients along with oral medication and *panchkarma* therapies if needed.

### Ayurvedic Literature

*Katika Taruna marma* –

*Asthi marma*, *Kalantara pranahara*, Extent – 1/2 *angula*. Site on both side of spinal cord in iliac part of pelvic girdle. According to modern Science- Common iliac artery after bifurcation of abdominal aorta. Trauma of this *Marma* causes rigidity of back and lower limb due to compromise of its vascular supply, Haemorrhage, anemia and death.

*Kukundara marma* –

*Sandhi marma*, extent -1/2 *angula*. Site - On both side of spinal cord below the sacroiliac joint. According to modern science the site may be Greater sciatic notch. The structures around it are periformis muscle, Superior gluteal vessel and nerve & Inferior gluteal vessel and nerve. It is *Vaikalyakara marma* and trauma on this *marma* will cause Sensory and motor function loss of lower half of body e.g. Paraplegia, foot drop, radiculopathy.

*Nitamba Marma*-

*Asthi marma*, *Kalantara Pranahara marma*, extent 1/2 *angula*. Underlying structures around it - Superior gluteal artery and nerve, Inferior gluteal artery and Nerve, & Sciatic Nerve. Trauma to this *marma* causes pain, stiffness, restriction of movements and muscle wasting of lower part of body and ultimately weak-

ness and death due to vascular insufficiency, neuropathy, muscle wasting etc.

*Katishoola* (Lumbago)

*Acharya Charaka* clearly mentioned that *Shoola* in any part of the body or in any disease is always caused by ‘provoked and vitiated *vata*’. Pain produced in a particular part of the body, caused by the vitiated *vata* is generally called as ‘*anga shoola*’ related to that particular part. So as per this definition, the pain in the *Kati* region is considered as ‘*Kati shoola*’ and can be correlated with Lumbago. The main feature of *Kati shoola* is *Shoola* at *katipradesha*, Means pain at *katipradesha* is the main symptom of *Kati shoola*. But according to other anatomical structure involved and progression of pathology some other symptoms are also found along with *shoola* (pain). These symptoms can be categorized as follows:

- ❖ Spine related symptoms i.e. *Stambha*, *Deha vakrata*, *Sprasha asahishnuta* etc
- ❖ Lower limb related features i.e. *Pada Suptata*, *Pada Harsha*, *Pada Daurbalya*, *Bala and Mansa kshaya*, *Gamane Kashtata*.

Lumbago is a common disease involving the muscles, nerves, and bones of the back. Pain can vary from a dull constant ache to a sudden sharp feeling.

Low back pain can be broadly classified into following categories:<sup>3</sup>

- Musculoskeletal – mechanical (including musculo-ligamentous strain, spasm, or O.A.), herniation of disk, PIVD, spinal stenosis, or vertebral fracture etc.
- Inflammatory – ankylosing spondylitis, reactive arthritis, psoriatic arthritis, IBD etc.
- Malignancy – bone metastasis from lung, breast, prostate, thyroid etc.
- Infectious – osteomyelitis, Potts spine etc.
- Metabolic- Hyperthyroidism, osteoporosis etc.

### Pathophysiology<sup>4</sup>

Lumbar (lower back) region is made up of five vertebrae (L1–L5), sometimes including the sacrum also (5 fused sacral vertebrae). In between these vertebrae, the fibrocartilaginous discs are present which act as cushions, preventing the vertebrae from rubbing together while at the same time protecting the spinal cord. Nerves come from and go to the spinal

cord through specific openings between the vertebrae, providing the skin with sensations and messages to muscles. Stability of the spine is maintained by the ligaments and muscles of the back and abdomen. Small joints called facet joints limits and direct the motion of the spine.

The para spinal muscles are the "action" muscles of the back and their work results in to obvious movements of spine. They course down back and spine and help to move your spine into extension, rotation, and side bending.

The para spinals are a set of three muscles occupying the intermediate layer of the intrinsic back muscles are following:

- Iliocostalis
- Longissimus
- Spinalis

If an intervertebral disc fails to maintain flexibility and the ability to absorb physical forces then stress on former parts of the spine increases, causing the ligaments of the spine to thicken and bony growths to develop on the vertebrae and results in reduction of space. When a disc degenerates as a result of injury or disease, the character of a disc changes, herniated disc material create a pressure on a nerve root and results into back abnormalities like pain, stiffness etc.

**Signs and Symptoms:** There are mild to severe symptoms for Lumbago. Generally a pain which is centered and affects the back is the indication of the Lumbago. The pain usually increases in case of any stress or movement of back and decrease on rest. It may be associated with muscle spasm and restricted range of motion of vertebrae and tenderness around paravertebral region.

#### **Marma Therapy in Katishoola:**

*Marma* stimulated and manipulated<sup>5</sup> in *Katishoola* are *Nitamba*, *kukundara*, & *katikataruna*. Each marma is stimulated 20 times in the same rhythm starting from *Nitamba* then *kukundara*, then a *katikataruna* consecutively by press and release by same digital pressure and follow this manner twice a day for two weeks. *Marma* treatment will stimulate the vital points of body which will help in improvement of motions, influence healing process, stable the ligament, stimulate nerves and strengthen the muscle. In this process we

apply a steady pressure on vital point or certain targeted points. This helps in the relieving the muscle spasm and decreasing the pain.

*Marma* treatment will stimulate the biochemistry and energy channels of body and release some hormones and neurochemicals which will heal the deformity along with effect on anatomical structures like Nerves, ligaments, joints, vessels and bones. Stimulation on *Marma* site will definitely stimulate the nerves related with lower back region. *Marma* treatment should be continued with oral medication in *Katishoola*.

**OBSERVATION:** The patient feels immediate improvement in movement of back, stiffness and pain. Extension, flexion and rotation of joint were also slightly improved after *Marma* treatment. We should continue this treatment for 1 month along with oral medication.

## **DISCUSSION**

Due to lifting of heavy objects, walking, bending, twisting etc. paravertebral structures got strained/ injured and results in to diminished ability to handle physical forces and increases stress on former parts of the spine, causing the ligaments of the spine to thicken and bony growths to develop on the vertebrae. There is reduction of space from where nerve roots passed. When a disc degenerates as a result of injury or disease, the character of a disc changes, herniated disc material create a pressure on a nerve root which will cause pain, stiffness and immobility of the joint.

*Marma* Therapy<sup>6</sup> will release the neurochemical substances, releases the muscle spasm, stimulate the nerves and it will help in cure of *Katishoola*. *Marma* treatment will stimulate the biochemistry and energy channels of body and release some hormones and neurochemicals which will heal the deformity along with effect on anatomical structures like Nerves, ligaments, joints, vessels and bones. Stimulation on *Marma* site will definitely stimulate the nerves related with lower back region.

## **CONCLUSION**

*Marma* are vital points of our body which contain secret bunch of energy because it is made up of *Panchmahabhuta*. Pressing a *Marma* point changes

the biochemistry and can unfold radical and chemical changes in one's make up. 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. Stimulation of *Nitamba kukundara*, & *katikataruna* will be helpful in curing the *Katishoola* because above *Marmas* are inter linked with each other by neural pathways. Hence we can say that *Katishoola* (Lumbago) can be cured by *Marma* therapy.

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