

A Literary Review on the Concept of Marmas of Paada (Foot)

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Abstract: *Marma is one of the most important subjects in Ayurveda. Marma points have been universally recognized as the 'seats of life' (Prana, the vital life force). If these areas are harmed, it could result in extreme pain, impairment, loss of function, loss of feeling, or death. As a result, the ancient scriptures have clearly stated that these essential regions should not be harmed, and that proper precautions should be followed even when performing procedures. Marma its definition, types of Marmas, symptoms produced after injuries to these Marmas, and their treatment are described by all Ayurvedic texts, especially "Trimarmiya Siddhi." There are one hundred and seven (107) marmas(vital spots) are present in human body. In Ayurveda Paada terminology has come in various contexts like it is one of the shadanga, it is one of the indriya i.e. karmeindriya. It is one of the pratyanga. In embryonic life during month wise development of garbha, panchapindka are formed. Out of that paada is one of the pindka. In Paada Kshipra, Talahridaya, Kurcha, Kurchashira, Gulphamarma are present*

Keywords: Paada, Marma, Shadanga, Panchpindka, Trimarmiya sidhhi