Marma Yoga

Yoga of Pranamaya Kosha

Book 2: Marma and Pawanmuktasana

Swami Vishwashakti Saraswati
Swami Omkarmurti Saraswati



Yoga Publications Trust, Munger, Bihar, India

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With kind regards, ॐ and prem



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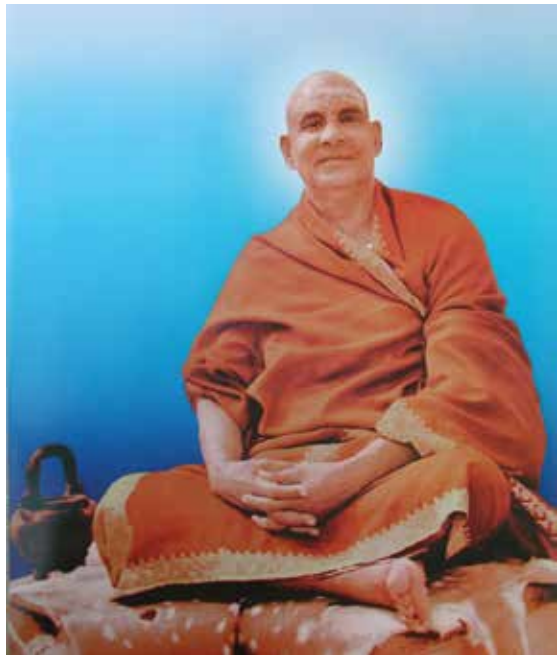
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Dedication

In humility we offer this dedication to
Swami Sivananda Saraswati, who initiated
Swami Satyananda Saraswati into the secrets of yoga.



Dedication

To our guru Sri Swami Satyananda Saraswati
who continues to inspire and guide us
on our yogic and spiritual journey.

DEDICATION

This book is my humble guru dakshina to Swami Satyananda Saraswati from whom I received, during the Sat Chandi Mahayajna, his blessing for writing this book, and to Swami Niranjanananda Saraswati who encouraged me to write this book and passed his jnana and prana to me, so that I could write it. All the time he was standing by the book and me, and guided us.

Thank you, Swamiji!

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My special gratitude to Prof Dr Edvin Dervisevic who permitted us to use graphics from his book *Akupunktura* for diagrams of nadis (Figures 18 to 32) in this book.

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About the Books *Marma Yoga*

At the very beginning of this book, I offer my highest and deepest respect to my Gurudev and all rishis, munis, sadhus, wise men and to our ancestors for their sacred knowledge, which we inherited from them. Somehow they received the cosmic knowledge of healing which had not existed on our planet before them. How did they receive this knowledge? In their deep state of meditation? Maybe they experienced this knowledge through their meditation. Maybe they received this knowledge as a cosmic gift for the entire humanity from God himself. Maybe they were in a different dimension of consciousness. Today it is indeed highly admirable how they were so familiar with the complete mind, body and energy structures, anatomy, physiology, biochemistry, pathology, etiology of diseases, phases of disease processes, the curative and preventive aspects of medicine, pranic or energy network systems, the psychological, mental, emotional and spiritual aspects of the human system.

This is highly admirable because they had all information about our mind, body and energy systems without using any techno-medical equipments. Today we do have a wide range of information about our mind, body and energy systems through books, internet, techno-medical equipments, laboratories, and so on. It is much easier today to gain data of information than many thousands of years ago. I often

asked myself: do I know all the secrets of our mind, body and energy systems as they did many thousands of years ago? The answer is 'No'.

For many years I had the feeling that Swami Satyananda gave us many hints, which are hidden in the texts of all his books. I felt that he was trying to tell us something that usually we do not read in his texts. Somehow, I felt that it was waiting for me to reveal it. Then all those books full of wisdom of Swami Niranjanananda came. He was more direct and I studied his books with enormous hunger to fill my appetite for the secret, sacred knowledge of yoga. I knew that all my feelings were right, that I was on the right path. Yes, there is much precious wisdom hidden and underlying in the texts.

So on an auspicious, day I was lucky to discuss this with Guruji Swami Niranjanananda. And what happened? He just simply said – as it usually happens with him – "Yes, you are right, everything is there. Write a book about it. For many years I have been waiting that somebody would reveal this knowledge and write a book about it, so go ahead and write a book." I was surprised and happy, that it was I, who received this role to be a medium for transmitting the secret and hidden knowledge of our ancestors. Later on, when I met with Swamiji in Barcelona, Spain, we again had some discussion regarding the book and he gave the title of the book as *Marma Yoga*. He told me that I am a marmacharya and that marma yoga is the specialization of Satyananda Yoga. For me it was, as if I was initiated into the sacred, secret path of knowledge, as if I would enter into the cosmos, full of hidden secrets of our body, mind and prana shakti; and there was a light.

Why I used Sanskrit terms in this book

In this book I have often used Sanskrit terms as it is the language of the science of yoga, and it is our connection with the sacred nature. If we use Sanskrit terms, it reminds us of our connection with nature, Mother Prakriti. Sanskrit

was the language of our ancestors, and they explained their experiences of the sacred science through the sacred language of Sanskrit. The Sanskrit language by itself is *shabda Brahman*, the sound of creation, and is full of *nada*, the subtle sound vibrations. Therefore, creation of the subtle energy takes a form when we use Sanskrit. Each syllable in Sanskrit is a mantra by itself, which has a profound effect on our body, mind and energy systems. Sanskrit was the language of our ancestors who wrote the cosmic philosophy or Samkhya, philosophy in the Sanskrit language. According to Samkhya there are fifty-one tattwas, corresponding to the fifty-one letters of the Sanskrit alphabet. The Sanskrit terms reveal the meaning if we use the correct terms. Yoga shastras were written in Sanskrit, names of asanas, pranayamas, mudras and bandhas were written in Sanskrit, and if we use the correct Sanskrit name of an asana it will reveal to us the meaning and purpose of the specific asana. We can understand the true nature of an asana through the name itself.

Subjects on yoga-ayurveda and marma yoga were written in Sanskrit, and I just could not write this book and provide the sacred nature of this subject without using Sanskrit terms. The proper use of Sanskrit words purifies our tanmatras and tattwas, because they are mantras by themselves. Tanmatras and tattwas are the base of marma yoga and the basic subjects of this book. So my hope is that the mantra ॐ, the vibration of the creative energy of the cosmos, will vibrate throughout the book *Marma Yoga*.

It is the first time that Sanskrit terms are used parallel with the modern standardized names for nadis and marmas as recognized by the World Health Organization (WHO) and worldwide. There are many disputes regarding the names and locations of the nadis network in the ancient Indian system. We can find different names and locations for the same nadi or marma. It leads to a lot of confusion in understanding the system of the nadis network. Sometimes a name of a marma or nadi was given according to the name

of the author or according to the character of the pranic flow of a nadi or according to the functional characteristic, and so on. In different ancient books we can find different names and locations of the same nadi, marma or chakra. We find such differences in both Indian and Chinese scriptures.

We should remember that nadis, marmas and chakras were revealed to our ancestors in their deep stages of meditation. We should understand that the process of visualization in a deep stage of meditation is very individual. One individual will visualize and have a perception of a nadi in a particular part of the body, and for him it is the starting point of the specific nadi's flow. Some other will have different visualization of the same nadi in the same particular part of the body and may have a perception of the end of the nadi's flow. The location of a nadic flow depends on individual perception of the pranamaya kosha and its nadis, chakras and marmas. Later on, these seers reconstructed the nadic pathway as they memorized it. We also have to take into consideration that many of the ancient scriptures were lost or damaged over time.

To avoid such confusion regarding Indian and other systems of nadis, I considered it best to use the worldwide recognized standardization of names and locations of nadis and marmas. Along with the standardized terms of nadis and marmas I used the Sanskrit terms to make it easier to understand the very complex subject of the book, as the Sanskrit terms reveal to us the nature and condition of prana shakti of the marmas or nadis and nature in general. In the Appendix, the reader will find the names of marmas listed both in Sanskrit and according to the International Standard.

Although the information in this book is based on the ancient science of ayurveda and marma yoga or the yoga of the subtle energy body as an integral part of ayurveda and yoga, this book should not be taken or construed as standard medical diagnosis or treatment. For any medical condition, always consult a qualified physician.

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Introduction

Book 2 of *Marma Yoga* is the analysis of yoga asanas, and how the practice restores balance between mind, body and energy systems.

Yoga means union with oneself or nature. Through this union yoga provides us with a strong therapeutic value. Yoga as a system has its therapeutic value. It is a holistic system. Yoga is a science of healthy living. It is a process of living and it is a lifestyle. Yoga is maintaining our physical, emotional and pranic bodies through changing our lifestyle, habits, dietary regime, behavioural patterns, and attitude towards ourselves and others. First of all, it helps us to know our own self, our nature and how to change it. Life is a cycle which consists of different factors such as lifestyle and habits, the food which we take, the environment which surrounds us, our family and social condition and our family interrelationships, as well as our social relationships, professional or work circumstances. All these factors have their influences on our mind-body-energy system, and they are linked to our wellbeing. If these factors are not appropriate we will develop imbalances sooner or later.

Through these factors our samskaras are developing, which are affecting our mind-body-pranic system. They will change the functioning of our mind, perceptions, behaviours or conditions of manomaya kosha. They will change the functioning of our body organs, systems and processes

or conditions of annamaya kosha. They will change our pranic flows through the nadis which will further change the condition of pranamaya kosha. Usually we like to advise others to change themselves instead of changing ourselves. However, we are not changing ourselves. First of all, we should change our own self, and only then should we advise others how to change themselves. Yoga provides opportunities how to change ourselves. Yoga, as a holistic system, deals with us in totality, not partially. It changes us to a complete person on all levels, and indeed in a positive way. It is a way of returning to the inner self, to our inner nature or to that inner person which is dwelling within us.

Hatha yoga as a system is a base of all other yogic systems, as it is concerned with awareness of body and mind. In yoga everything starts from here, no matter which system of yoga we practise. Satyananda Yoga always defines hatha yoga as a yogic system of how to reach the homeostasis condition, which means how to reach balance between the ida and pingala qualities or how to achieve harmony between the solar and lunar energies, or how to attain harmony between the mental and vital forces, or how to reach balance between the sympathetic and parasympathetic nervous systems. All these definitions are about how to reach the homeostasis condition. Without the homeostasis condition we cannot attain wellbeing or good health.

Traditionally according to the Upanishads, hatha yoga consisted only of *shatkarmas* or six actions for purification of the mind-body-energy system (see Shatkarmas in the book *Asana Pranayama Mudra Bandha*). It has a very profound effect on our entire system and helps us to reach the homeostasis condition. It is a very systematic and specific science. The aim of this very specific therapeutic purification technique is to reach harmony between the ida and pingala qualities of energy, or to reach the homeostasis condition. We cannot exactly say where hatha yoga ends and where raja yoga begins.

Nowadays people think about hatha yoga as some kind of physical exercises which is very unfair and ignorant to this

beautiful branch of yoga. Even about shatkriyas many people (even among yoga aspirants) think that it is only a technique of a physical cleansing for body organs. But it is a very wrong and narrow way of thinking. It is not possible to clean only our physical body without cleansing our mental and pranic body too. We are an integration of physical, mental and pranic bodies, and these three levels function together and affect each other. We cannot separate them. According to yoga, the human body consists of five *koshas* or levels. Koshas function in a chain system, they are inseparable and it is not possible to purify only one kosha without having an effect on the others (see *Asana Pranayama Mudra Bandha* and Chapter 8 on koshas of Book 1).

Shatkriyas of hatha yoga balance all *pancha tattwas* or five elements which means sound health. This is why the day after we perform shatkarmas we feel physically good and light, mentally calm and pranicaly harmonized. In my practice, as a yoga teacher and ayurvedic physician, it always happened that my patients or yoga students informed me how good they felt in different aspects after performing shatkriyas. They love shatkriyas and we only have to explain to people the shatkriyas in a correct manner, how they affect our mind-body-pranic system, balance us and help us to attain a good health.

> Prior to everything, asana is spoken of as the first part of hatha yoga.
> Having done asana, one attains steadiness of body and mind, freedom from disease and lightness of the limbs.
>
> *Hatha Yoga Pradipika* (1:17)

Asanas mean physical positions of a person. During our yoga sadhana we are working on ourselves. We should look at the time of our yoga sadhana as an invaluable time. It is the time when we communicate with ourselves; it is the time of our ripening, time for our self-development. This is why awareness is very important in yoga. While we are in yoga sadhana, first of all we should be aware that we are practising

awareness of the body position and parts of the body which we are working on, awareness of the condition of the mind and awareness of the pranic condition and flow of prana through the nadis of the body. It means complete awareness of annamaya, manomaya and pranamaya koshas. Within pranamaya kosha, it is very necessary to develop awareness of the functioning of specific tattwas, koshas, chakras and marmas, awareness of the whole pranamaya kosha. In this way we should engage our self totally with ourselves and then it becomes sadhana of self-development. Thereby, we can attain knowledge about ourselves and *asana siddhi* or complete knowledge over asanas.

Asana is a condition of a person, in which a person could stay physically and mentally stable, calm, peaceful and comfortable. According to the definition of Rishi Patanjali in his *Yoga Sutras* (2:46): *Sthiram sukham asanam* – asana means a position which is comfortable and stable.

It is not possible to be physically and mentally stable, calm, peaceful and comfortable, if we are not physically and mentally balanced. It means that we should do our yoga sadhana to reach this condition of the mind and body, to reach our goal of good health. If we are sick or mentally not feeling well it is not possible to practise any yoga sadhana. For meditation, yoga nidra, pranayamas, etc. we need to be in good health, we need to be physically and mentally balanced. Otherwise we will not succeed in our sadhana. We all know that a sick person cannot sit and perform any of the sadhanas.

Asanas have effects on our pranamaya kosha, which means on our pranic flow through the nadis, on chakras and marmas. Asanas enable us to control our body, mind, pranic flow and condition of prana.

Marma means energy point, and yoga means harmony, balance or equilibrium. How we reach this balance through the yogic sadhanas is the subject of our analysis.

From the view of marma yoga, the following points are of vital importance, and we should have knowledge about them and be aware of them during our yoga sadhana:

- the koshas, especially pranamaya kosha,
- the anatomical locations of the nadis, chakras and marmas and their functions,
- the exact locations of the flows of nadis,
- the pancha tattwas and their links with our specific body organs and specific emotions,
- the pancha tanmatras and their links with our jnanendriyas and karmendriyas,
- the prana and its qualities,
- the state of mind and emotion,
- the profound knowledge about the yogic techniques of asanas, pranayamas, mudras and bandhas (see the book *Asana Pranayama Mudra Bandha*),
- the exact and correct performance of yoga practices, without any improvisations,
- the most precise pressure on the specific marma through the yogic techniques (with the help of the part of our body as auto-acupressure). If we improvise there would be no pressure on the specific marma.
- the awareness of all above mentioned and to feel them during sadhana.

Marma yoga is a very subtle part of the yogic science. In marma yoga we are working through *pranamaya kosha* or the energy field. Pranamaya kosha is a very subtle level of our existence. Prana is our life force and we call it *prana shakti*. Prana shakti is our silver thread, which connects us with the cosmic energy and consciousness. Through prana shakti we are communicating with our *pancha koshas* or all five levels of our existence. According to marma yoga, our body is a temple, where our inner self or our godly quality lives. If this temple is ruined then our inner self cannot feel good and secure, and then imbalances or sicknesses come. This is why we should take care of our body-temple. This is a postulate of the yogic science.

Pranamaya kosha consists of *nadis* or energy channels, *chakras* or energy centres, *marmas* or energy points and different qualities of prana shakti according to their func-

tions and areas of their actions. Pranamaya kosha is our second level of existence and it is functioning as a bridge between annamaya kosha and manomaya kosha. It has simultaneous actions on annamaya kosha and manomaya kosha. Any kind of changes in pranamaya kosha will cause changes in annamaya kosha and manomaya kosha. Prana shakti flows through the nadis and the nadis are the communication networks, the 'bridges' between annamaya kosha and manomaya kosha. Each specific nadi is in connection with our body organs and in connection with our mind and emotions.

The pranic flow and condition of prana depends on conditions of pancha tattwas. Conditions of pancha tattwas are responsible for our physical and mental conditions. Any changes in the condition of pancha tattwas will cause changes in the pranic condition and in the flow of prana.

According to Swami Satyananda, all kinds of mental or physical diseases are results of blockages in the pranic flows. Rigidity and stiffness of the body and mind are results of imbalances in tattwic conditions which caused the blockages in the flow of prana. As the results of these imbalances and blockages, physical and mental toxins will occur, which later on will cause physical or mental diseases. When pancha tattwas are in a balanced condition, prana will flow as a river and we will be physically and mentally in excellent form and our yoga sadhana will be better than ever. This is the exact reason why one day our yoga sadhana is without any success and next day it is very fruitful. When we have a bad day with our yoga sadhana, we should take it always as an 'alarm' from our inner self or inner nature. It means that there is something wrong with our tattwic and pranic condition, and we should take an action to correct this condition. Here comes yogic awareness. This is why yoga says that awareness is the most important element during our yoga sadhana. Without awareness we will not catch the 'alarm' and we will not take any further action to correct the imbalances of the tattwic and pranic conditions.

Besides awareness in marma yoga, it is very important to know the exact locations of the chakras and marmas and the flow of nadis. (see Book 1, Chapter 12 on nadis.) It is very necessary to know the anatomical locations of the nadis, chakras and marmas, so that we will know exactly through which asana, mudra, bandha and pranayama we can activate specific marmas and chakras, improve the pranic flows in the nadis, which will change the pranic and tattwic conditions and lead us to a better quality of health.

The most precise pressure, which we have to insert on marmas or chakras, is of vital importance. This subtle pressure will act on the marmas, and marmas will change the pranic flow and condition of prana, which will further change the condition of tattwas, which will change the functional conditions of our body, the functioning of specific organs, the functioning of specific systems and processes. This very specific and exact pressure on our marmas, through the very specific and exact yogic techniques, will change the condition of our mind and emotions. For this precious pressure we have to do our asana, mudra, bandha or pranayama perfectly.

The perfect performances of yogic techniques are the only way to insert the exact pressure on the marmas. Otherwise none of the important changes will occur. It is the same as in the chemical laboratories. If we respect and work according to the exact procedures, then we will always have the same and expected results. Otherwise we could have unexpected results. We should not forget that our body with our mind is a great laboratory and many of the biochemical processes happen inside of our body and mind. Through the pressure on marmas in yogic sadhanas we affect these biochemical processes with the aim to attain some positive changes. This is the reason why our sadhana should be perfect and correct as it is required. So if you wish to reach the expected goal do not improvise anything during your yoga sadhana.

1

Introducing Pawanmuktasana

We will start our analysis with the series of asanas called pawanmuktasana. It is the most special and the most important asana in Satyananda Yoga. In Satyananda Yoga we start our learning process with it. According to Satyananda Yoga (see the book *Asana Pranayama Mudra Bandha*), this series of practices has the most in-depth effects on our mind-body-pranic system and for that it is a very helpful tool for the management of different diseases and for the management of health in general. Pawanmuktasana has very subtle effects on our mind-body-pranic system. It is known as *sukshma vyayama* or subtle practices.

Now I will explain to you from the aspect of marma yoga why this series of asanas is the most sukshma vyayama. The word *pawan* means wind or air, *mukt* means release, and *asana* means position. These three words underline the very subtle effects of these asanas on our entire mind-body-energy system. Pawan is another term of vayu tattwa. According to ayurveda, marma yoga and yoga, vayu is the most subtle tattwa and it symbolizes our psychic condition. Vayu is the leading tattwa for other tattwas. The condition of the other tattwas depends on the condition of vayu tattwa. Vayu, as the most subtle tattwa, consists of pure prana. For vayu prana we also use the term prana. If vayu tattwa is in an imbalanced condition we will have a lot of problems with ourselves, as vayu is the leading tattwa. It means that there

will be imbalances with other tattwas and as a result of these imbalances blockages will occur in the flow of prana, and the condition of prana will be imbalanced. This blockage in the flow of prana and imbalanced condition of prana will affect the condition of our pranamaya kosha. Finally, it will cause psychosomatic disorder, because prana or vayu has simultaneous effects on annamaya and manomaya koshas.

As the condition of vayu means our psychic condition, an imbalanced condition of vayu always leads us to psychological, mental and emotional disorders. This mental and emotional disorder will then act as a cause and will result in a somatic disorder. As you could see at the very beginning, we had pranic imbalances, which affects manomaya and annamaya koshas. So the key for releasing this condition is in vayu or pawan. This is why the name is pawanmuktasana. The real meaning is: the asana which will release the blockages of pranic flow from the nadis, improve the condition of prana and its flow through the nadis, improve the functions of manomaya and annamaya koshas and lead us to a better quality of life. Finally, the conclusion is that by its nature pawanmuktasana is a more pranic and mental than physical asana.

According to the book *Asana Pranayama Mudra Bandha* the series of asanas are known as anti-rheumatic group, digestive group and energy blockage group of asanas, but according to marma yoga the series has more various effects on very different disorders and diseases than only on rheumatic, digestive and energy disorders. By stimulations on marmas of the nadis, the series has remote rather than only local and different physical, mental, emotional and pranic effects on our entire system.

In the aspect of marma yoga, pawanmuktasana is a demanding asana and it is a sadhana by itself. It is a comprehensive asana, and in very systematic order it stimulates and activates all nadis, chakras and marmas. Only through this asana we can affect and change the conditions of our pancha tattwas and koshas. It is almost unbelievable how

in a very subtle manner it permeates our entire annamaya, pranamaya and manomaya koshas. According to marma yoga, pawanmuktasana is the most complete asana, and there is no other asanas as complete as pawanmuktasana. Pawanmuktasana is a yogic version of Chinese tai chi, if you practise it with awareness of the pranic flow in a deep concentrated state.

To the yogic students it seems to be a very easy asana, but it is not as easy as it may seem. We should perform pawanmuktasana precisely so that we can create and insert the appropriate subtle pressure on our marmas. It means that asanas should be practised in a perfect or correct way. There should be a sound awareness of pranamaya, manomaya and annamaya koshas.

I offer my great gratitude and respect to Paramahamsa Satyananda Saraswati who gave us this all-pervading technique of yogic asanas and to Paramahamsa Niranjanananda Saraswati for preserving this ancient and very useful technique as a health promoting tool for the new generations.

(For techniques and contra-indications of the yoga asana see the book *Asana Pranayama Mudra Bandha*, Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India)

2

Pawanmuktasana Part 1

While I was doing my research and analysis of pawanmuktasana, it was amazing and unbelievable how the series of the asanas are very systematic from the aspect of prana shakti and its qualities of pranic nature. From the very beginning of the series we can see how the asanas are affecting prana shakti. How there is a beautiful arrangement of the marmas, how organizationally they are passing over the prana shakti to the next marma. How they are opening, sprinkling, streaming and flowing as a river, and finally how nicely the prana shakti is pouring into the sea.

At the very beginning the asanas are affecting the *kuupah* marmas of the nadis of the lower and upper limbs, and pulling up the prana shakti from the depth of the marma to the surface of the marma, just as we are pulling up the water from the depth of the well. Then they are affecting the *jharna* marmas and sprinkling the prana shakti to the nadis. Further they are affecting the *dhara* marmas and supplying continuous flows of prana shakti to the nadis. Further they are affecting the *nadi* marmas and the prana shakti is flowing as a river, rather than only some drops of prana through the nadis. Finally, they are affecting the *samudra* marmas, and all nadic flows are flowing into the sea and passing over the surplus of prana shakti from the nadis. In this way, if there is any surplus of prana shakti in the nadi, they lower the level of prana shakti of the nadi and prevent prana shakti from

overflowing in the nadi. They harmonize the flow of prana shakti in the nadis. Pawanmuktasana is a complete prana sadhana; it is prana vidya in different ways and techniques.

Can you imagine how beautiful it is outside early in the morning between 3 to 7 am, when the atmosphere is in complete harmony and the air is full of prana? We are sitting with awareness of our whole being and practising pawanmuktasana. It is the right time to practise pawanmuktasana. It is the time when akasha tattwa just passed its prana shakti to vayu tattwa. A new day is born, and it is time for a new pranic cycle and vayu will lead us.

The first part of pawanmuktasana begins with the lower part of the body, exactly with the lower extremities.

Aspect of pranamaya kosha

Through the lower extremities run the nadis (see Book 1, Chapter 12 on nadis) which are in relation with akasha, jala and prithvi tattwas. From the aspect of marma yoga, through these nadis the prana shakti of akasha, jala and prithvi tattwas are flowing with both ida and pingala qualities. Through the tattwas as akasha, jala and prithvi, active links exist with the chakras, respectively vishuddhi, manipura, swadhisthana and mooladhara. Through the marmas which are aligned on the akasha, jala and prithvi nadis, our internal-external communications are running.

Aspect of annamaya kosha (see Book 1, Chapter 6 on tattwas and body organs)

Akasha, jala and prithvi tattwas are governing, controlling and in interrelation respectively with the liver, gall bladder, kidney, urinary bladder, spleen/pancreas and stomach. It means the major systems and processes.

The akasha tattwa through its related body organs liver and gall bladder governs the digestive system, metabolic process, endocrine system, etc.

The jala tattwa through its related body organs kidney, urinary bladder, suprarenal glands and reproductive organs

governs the uro-genital system and the endocrine system, etc.

The prithvi tattwa through its related body organs spleen, pancreas and stomach governs the digestive and endocrine system.

Aspect of manomaya kosha (see Book 1, Chapter 6 on tattwas and emotions)

The akasha tattwa, according to pancha tattwa emotional chakra, governs our consciousness and the emotions as all-permeating happiness, melancholy and sudden bursts of anger.

The jala tattwa, according to pancha tattwa emotional chakra, governs our subconscious mind and the emotions such as fear and phobia.

The prithvi tattwa, according to pancha tattwa emotional chakra, governs our physical and mental existence and the emotions such as worry, pensiveness and attachment.

Through the medial aspect of our leg there are running three very vital ida nadis: akasha tattwa nadi of the liver (LR.), prithvi tattwa nadi of the spleen/pancreas (SP.) and jala tattwa nadi of the kidney (KI.).

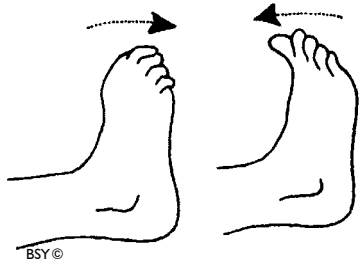
Through the lateral aspect of our leg are running three pingala nadis: akasha tattwa nadi of the gall bladder (GB.), prithvi tattwa nadi of the stomach (ST.) and jala tattwa nadi of the urinary bladder (BL.).

Through the back of the leg is running pingala nadi jala tattwa nadi of the urinary bladder (BL.).

Through the front side of the leg is running pingala nadi prithvi tattwa nadi of the stomach (ST.).

The first asana of the first part of pawanmuktasana starts with the asana called padanguli naman. Our first salutation to our akasha, jala and prithvi tattwas, to our ida and pingala qualities, to our chakras as well as to our consciousness and to our subconscious and unconscious mind. Here start the first stimulations of our vitally important organs, systems and processes.

PADANGULI NAMAN



In padanguli naman through the pressure of our body parts, exactly with the toes of our feet, we are stimulating, activating and affecting the following pancha tattwa marmas, which are in relations with three ida organs through three ida nadis of the legs, which are carrying the ida qualities of prana shakti. These marmas are directly in relations with the pancha tattwas and connect with the three ida organs liver (LR.), spleen/pancreas (SP.), and kidney (KI.) via these three ida nadis:

LR.1: The akasha tattwa marma of the akasha nadi, which is a kuupah marma by its pranic nature. It means that prana shakti is deep in this marma and through stimulation we have to pull up the prana shakti, just as we are pulling up water from the well.
Beneficial marma for: genito-urinary and intestinal disorders, hypertension, arthrosis, rheumatic disorders and arthritis of the lower limbs.

LR.2: The agni tattwa marma on the akasha nadi, which is a jharna marma by its pranic nature. It means that the prana shakti is now springing out from the marma.
Beneficial marma for: liver disorders, hypertension, digestive disorders, genito-urinary disorders, eye disorders, pain in the lower part of the abdomen, lower back pain, weakness of the lower limbs, cold feet, pain of the foot and ankle,

arthrosis, arthritis and rheumatism of the lower limbs, migraine, vertigo, insomnia, epilepsy, mental irritability, hyper-emotiveness, fears and phobias, hypochondria.

LR.3: The prithvi tattwa marma of the akasha nadi, an adhara marma, which is a dhara marma by its pranic nature. It means that the prana shakti is now streaming continually from the marma through the nadi.
Beneficial marma for: hypertension, vertigo, headache, digestive disorders, diabetes, genito-urinary disorders, pain in the lower part of the abdomen, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain and spasms of the shin and ankle muscles, cold feet, general weakness and hypotony of the muscle system, lower back pain, impotence, anorexia, insomnia, mental agitation and epilepsy.

SP.1: The akasha tattwa marma of the prithvi nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: digestive disorders, low appetite, vomiting, intestinal disorders, gynaecological disorders, insomnia, nightmares.

SP.2: The agni tattwa marma of the prithvi nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: gastrointestinal disorders, motor-sensitive disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, lower back pain and low perspiration.

SP.3: The prithvi tattwa marma of the prithvi nadi, which is a dhara marma and adhara marma by its pranic nature. It means that the marma is the source of the prana shakti and is streaming continuously.
Beneficial marma for: digestive disorders, dyspepsia and constipation, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain in the foot, feeling of heaviness of the whole body.

KI.1: The akasha tattwa marma of the jala nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, hyperhidrosis and heat of the sole, muscle spasms in the lower and upper limbs, pain of the vertex, vertigo, urological disorders, eyesight disorders, hypertension, pain of the throat and dryness of the tongue, loss of voice, asthenia, epilepsy, mania and hysteria, memory disorders, mental confusion, fears and phobias.

KI.2: The agni tattwa marma of the jala nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: genito-urinary disorders, arthrosis, arthritis and rheumatic disorders of the lower limbs, inflammation of the dorsum of the feet, numbness of the lower limbs, asthenia and anxiety.

The following marmas are in relation with three pingala organs through the three pingala nadis of the legs, which are carrying the pingala qualities of prana shakti. These marmas are directly in relations with pancha tattwas and connected with the three pingala organs: gall bladder (GB.), stomach (ST.), urinary bladder (BL.) via these three pingala nadis:

GB.44: The vayu tattwa marma of the akasha nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insomnia and nightmares, migraine, eye pain, deafness, mastitis, singultus, asthma and pain of the hypochondria.

GB.43: The jala tattwa marma of the akasha nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: vertigo, headache, tinnitus, deafness, pain and disorders of the eyes, intercostal and hypochondria pain, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs.

GB.42: *Beneficial marma for*: pain, swelling and arthrosis of the dorsum of the feet, tinnitus, axillary and inguinary disorders, mastopathia and ophthalmic problem.

GB.41: The akasha tattwa marma of the akasha nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: eyesight disorders and pain of the outer corner of the eye, shoulder pain, pain and swelling of ankles and feet, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, deafness and tinnitus, mastitis and dysmenorrhoea.

ST.45: The vayu tattwa marma of the prithvi nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: digestive disorders, gastric and liver disorders, ORL and dental disorders, facial oedema, distention of the chest and abdomen, arthrosis, arthritis and rheumatic disorders of the lower limbs, swelling of the lower limbs, mental agitation and confusion, insomnia and nightmares.

ST.44: The jala tattwa marma of the prithvi nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: gastrointestinal disorders, sore throat and epistaxis, headache, nightmares of children, pain and swelling of the foot, arthrosis, arthritis and rheumatic disorders of the lower limbs.

ST.43: The akasha tattwa marma of the prithvi nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: facial oedema, pain of the lower part of the abdomen, gastric and intestinal disorders, general oedema, ORL and dental disorders, pain and swelling of the feet, pain and arthrosis, arthritis and rheumatic disorders of the lower limbs.

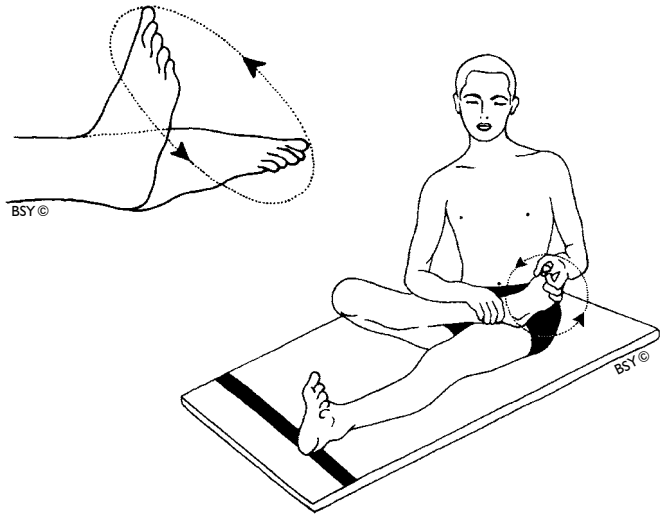
BL.67: The vayu tattwa marma of the jala nadi, which is a kuupah marma by its pranic nature.

Beneficial marma for: genito-urinary disorders, frontal headache, rhinitis and epistaxis, eye pain and inflammation, feeling heat on the sole, arthrosis, arthritis and rheumatic disorders of the lower limbs.

BL.66: The jala tattwa marma of the jala nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: dyspepsia, vertigo, epistaxis, headache, stiffness of the neck region, pain of the foot and arthrosis, arthritis and rheumatic disorders of the lower limbs.

BL.65: The akasha tattwa marma of the jala nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: epilepsy, pain and arthrosis, arthritis and rheumatic disorders of the lower limbs, headache, stiffness and pain of the neck region, eye pain, nasal obstruction and epistaxis, spasms of the urinary bladder, haemorrhoids, lower back pain.

GOOLF NAMAN, GOOLF CHAKRA AND GOOLF GHOORNAN



These are extraordinarily important asanas for recharging our entire annamaya, pranamaya and manomaya koshas with pranic energy, as the locations of these very asanas are in the ankles, where the junction is of three ida (liver, kidney and spleen/pancreas) nadis and three pingala (gall bladder, stomach and urinary bladder) nadis of the leg; the ankles are the locations of one of the yogic upa-chakras. The change of polarity of prana shakti from pingala to ida takes place in the ankles. For stimulation we are inserting the precise pressure on marmas through movements of the ankles.

LR.4: The vayu tattwa marma on the akasha nadi, which is a nadi marma by its pranic nature. It means that from it the prana shakti is flowing as a river.
Beneficial marma for: genito-urinary disorders, impotence, digestive disorders, hernia, pain of the lower part of the abdomen, anorexia, pain and muscle spasms of the shin and

foot, cold feet, arthrosis, arthritis and rheumatic disorders of the lower limbs, lower back pain, general weakness and muscle hypotony, and mental agitation.

SP.5: The vayu tattwa marma of the prithvi nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, pain and oedema of the foot, joint disorders, lower back pain, blood vessel disorders, digestive and gastrointestinal disorders, haemorrhoids, feeling of coldness and heaviness of the whole body, irregular menstruation and dysmenorrhoea, rigidity and pain of the tongue.

KI.3: The prithvi tattwa marma of the jala nadi, which is a dhara and adhara marma by its pranic nature. It means that from the marma the prana shakti is streaming continuously and it is the source of prana shakti of the jala tattwa nadi.
Beneficial marma for: genito-urinary disorders, irregular menstruation, impotence, night sweating, sore throat, stomatitis, asthma, lower and dorsal back pain, deafness, motor disorders and arthrosis, arthritis and rheumatic disorders of the lower limbs, obesity, depression and mental agitation.

KI.4: The setu marma of the jala nadi. Through this marma the prana shakti of the ida nadi of jala tattwa is connected with the prana shakti of the pingala nadi of jala tattwa.
Beneficial marma for: urinary disorders, asthma, obstipation, sore throat, pain in the heel, arthrosis, arthritis and rheumatic disorders of the lower limbs, depression, hysteria and neurasthenia.

KI.5 and **KI.6**: are not the specific tattwa marmas, but they are very important marmas of the junction of three ida nadis. These two marmas have very deep effects on the genito-urinary system and on the mind.

Beneficial marma for: genito-urinary disorders, irregular menstruation, dysmenorrhoea, sight disorders, myopia, pre-menopausal changes of mood, pain and arthrosis, arthritis and rheumatic disorders of ankles and lower limbs.

GB.40: The adhara marma of the akasha nadi. It means that this is the source marma of prana shakti of akasha tattwa nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, functional disorders of all joint of the lower limbs, motor disorders, muscle atrophy and pain of the lower limbs, pain and swelling of the lateral side of the ankle, stiffness and pain of the neck region, intercostal neuralgia and fullness of the chest, respiratory disorders, pain of the hypochondria region, depression and sadness.

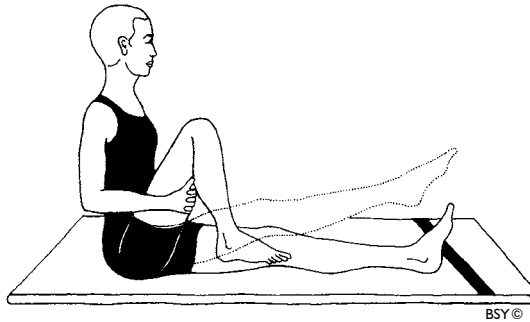
ST.42: The adhara marma of the prithvi nadi. It means that this is the source marma of the prana shakti of prithvi tattwa nadi.
Beneficial marma for: ORL disorders, gastrointestinal disorders, anorexia, facial paralysis, sensory-motor and circulatory disorder and swelling of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs and pain of the feet.

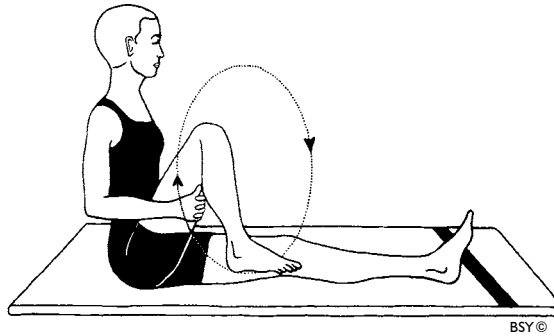
ST.41: The agni tattwa marma of the prithvi nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: digestive disorders, vertigo, palpitation, arthrosis, arthritis and rheumatic disorders of the lower limbs, swelling of the foot joints, pain and swelling of the lower limbs, motor disorders and muscle atrophy of the lower limbs, headaches, mental agitation, anxiety and depression.

BL.62 and **BL.61**: are not the specific tattwa marmas, but they are very important marmas of the junction of three pingala nadis. These two marmas have very in-depth

effects on the mental system and for benefits of the lower extremities and the back of the spine.
Beneficial marmas for: neurovegetative disorders, hypersympathic tonus, neurotic tachycardia, mental confusion, insomnia, headaches, vertigo, epilepsy, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain in the heel, swelling of the foot, pain of the ankle, motor disorders, muscle atrophy and weakness of the lower limbs, lower back pain.

BL.60: The agni tattwa marma of the jala nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all pains of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, all pains of the lower trunk, sciatica and lumbago, motor disorders of the lower limbs, pain of the lateral side of the foot and ankle, heel pain, stiffness and pain of the neck, shoulder and arm, headaches, epistaxis and disorders of sight, amenorrhoea and haemorrhoids.





Effects of all four asanas are on marmas of the knee joints. The knee joint is the junction of three ida and three pingala nadis of the leg. Knees are the locations of upa-chakras with very important marmas for promotion of pranic, mental and physical health.

LR.7: *Beneficial and important marma for*: all knee disorders.

LR.8: The jala tattwa marma of the akasha nadi of the liver, with the pranic nature of samudra. It means that the endless prana shakti is in the marma.
Beneficial marma for: liver disorders, disorders of blood coagulation, diarrhoea and obstipation, pain in the lower part of the abdomen, respiratory disorders, asthma, skin disorders,

genito-urinary disorders, very specific marma for impotence, dysmenorrhoea, headaches and migraine, mental irritability, mania, arthrosis, arthritis and rheumatic disorders of the knee joint, circulatory disorders of the knee joint, pain and spasms of all muscles.

SP.9: The jala tattwa marma of the prithvi nadi, with the pranic nature of samudra.
Beneficial marma for: soft tissue disorders, liquid retention of the body, oedema and ascites, digestive disorders, diarrhoea, low appetite, pain and spasms of all internal organs, genito-urinary disorders, dysmenorrhoea and hypermenorrhoea, pain and oedema of the knee joint, circulatory disorders of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs.

KI.10: The jala tattwa marma of the jala nadi of the kidney, with the pranic nature of samudra. It is a very important marma known as an anti-allergic and anti-pruritic marma.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joints and lower limbs and all disorders of the knee joint and medial side of the leg, genito-urinary disorders, baldness, spasms of the urinary bladder and incontinence, dysmenorrhoea and frigidity.

GB.34: The prithvi tattwa marma of the akasha nadi, with the pranic nature of samudra, influential marma for muscles and tendons.
Beneficial marma for: all muscle and tendon disorders, nausea, bitter taste in the mouth, vomitus, obstipation, heartburn, lower abdominal pain, lumbar pain and sciatica, atrophy, pain and motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee and elbow joints, swelling of the foot, intercostal and trigeminal neuralgia, vertigo, respiratory diseases and hypertension, mental disorders, epilepsy, gall bladder disorders, hypochondria pain.

GB.33: The important marma of the akasha nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and all knee disorders and pain, numbness and muscle weakness of the lower limbs.

ST.34: The important marma of the prithvi nadi, known as a homeostatic and alarm marma.
Beneficial marma for: gastric pain and painful tension of the stomach, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint.

ST.35: The important marma of the prithvi nadi, useful for motor disorders of lower extremities and especially for knee joints, an analgesic marma for knee joints.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint, motor disorders, pain and numbness of the knee joint.

ST.36: The prithvi tattwa marma of the prithvi nadi, with the pranic nature of samudra. It is one of the most important marmas of our mind-body-energy system. It is one of the most important distal marmas with very subtle action. It is a homeostatic and general toning marma. It is the mother marma of all energies and all samudra marmas. It is the marma of endless prana shakti. The marma which is most often used in all kinds of marma therapies.
Beneficial marma for: all digestive, intestinal and gastric disorders, diarrhoea, nausea, vomiting, obesity and abdominal pain, mastitis, hyper- and hypotony of the muscles of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint, genito-urinary disorders, dysmenorrhoea, eye disorders, asthenia, hyper- and hypotension, vertigo and mental disorders such as strong mental irritability, depression and insomnia.

BL.38 and **BL.39**: Important marmas of the jala nadi.
Beneficial marmas for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.40: The prithvi marma of the jala nadi, with the pranic nature of samudra. It is one of the most important distal marmas with very subtle effects on the mind-body-energy system. The marma with endless prana shakti of the jala tattwa nadi.
Beneficial marma for: urinary disorders, abdominal pain, vomiting, obstipation, diarrhoea, haemorrhoids, dorso-lumbar pain, pain of the lower limbs, motor disorders of the hip joint, atrophy of the muscles, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs, hypertension.

With janu naman besides the marmas on the lower extremities, we are also using the upper extremities and stimulating the marmas on the following nadis on the inner side of the hands, which are carrying the ida quality of pranic energy to the ida organs: the vayu nadis of the lung (LU.), the agni nadis of the heart (HT.) and the agni nadi of the pericardium (PC.). We are also stimulating the marmas of the following nadis on the outer side of the hands, which are carrying the pingala quality of the pranic energy to the pingala organs: the vayu nadis of the large intestines (LI.), the agni nadis of the small intestine (SI.) and the jala nadis of tridosha (3D.).

LU.9: The adhara and prithvi tattwa marma of the vayu nadi, which is a dhara marma by its pranic nature. It is also an influential marma for all vascular disorders.
Beneficial marma for: diseases of the wrist joints, especially arthrosis, arthritis, rheumatism, arteriosclerosis, respiratory disorders, chest and intercostal pains, local pains in the

hand and along the nadi, carpal tunnel syndrome, insomnia, mental agitation and depression.

LU.5: The jala tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. When the nadi is in surplus of prana shakti, it lowers the level of prana shakti in the nadi, it is a special sedative marma.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the elbows, tennis elbow, motor disorders of the upper extremities, pain and swelling of the elbow, respiratory diseases, asthma, spasms of the fingers due to writing, skin diseases, skin problem of the face, mental excitement, sadness, fear of the night.

LU.2: *Beneficial marma of vayu nadi for*: respiratory diseases, asthma, dyspnea, pains in the shoulder and shoulder blade, chest pain and pain in the dorsal side of the back.

LI.4: The adhara marma of the vayu nadi. One of the six important distal marmas it works as a 'great eliminator' and 'detoxifying' marma. It is a sedative, analgesic and energy regulatory marma.
Beneficial marma for: all kinds of pain, disorders of the thumb, index finger and wrist joint. It is a specific marma for disorders of the head, face, front side of the neck, special sense organs (organs of the jnanendriyas) and all disorders of the vayu tattwa organs the lung and large intestine.

LI.11: The prithvi tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: It is the best marma for homeostasis, support of immune system and for toning. All kinds of disorders in the elbows, tennis elbow, paralysis of the upper extremities, pains in joints and upper extremities, hypertension, high temperature, back pains, especially in the lumbar region, asthma and allergy, menstrual pains and amenorrhoea.

LI.12: Special marma of the vayu nadi.
Beneficial marma for: all kinds of elbow disorders.

LI.15: Special shoulder marma of the vayu nadi.
Beneficial marma for: frozen shoulder or periarthritis of humero-scapularis; all kinds of disorders of the shoulder joint and surrounding tissues, pains in the shoulder, arm and joints of the upper extremities, paralysis of the arm, atrophy of the muscles, sweating, skin disorders and hypertension.

LI.16: *Beneficial marma for*: toothache, headache, shoulder and shoulder blade pain, motor disorder of the upper extremities and inability to lift arm to the shoulder level.

HT.8: The agni tattwa marma of the agni nadi which is a jharna marma by its pranic nature.
Beneficial marma for: disorders of the palm, rheumatoid arthritis of the carpal joints, spasm of fingers, motor disorders and numbness of the hand, palpitation and chest pains, feeling of extreme heat in the hand, pruritus, disuria, vaginal spasms and hypermenorrhoea.

HT.7: The adhara and prithvi tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. The best and most important sedative and tranquilizer marma. It is a very important marma for the regulation of prana not only in the heart, but also in all internal organs, and for the regulation of sexual energy.
Beneficial marma for: insomnia, anxiety, mental disorders, hysteria, strong emotions, fear, amnesia, nightmare, palpitation, hypertension, anorexia. This marma has a great influence on basal metabolism and hyperthyreosis.

HT.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: all disorders of the elbow joint and the soft tissues around it, golfer's elbow, arthrosis, arthritis and

rheumatic disorders of the elbow joint and upper limbs, motor disorders, numbness and tremors of the upper extremities, palpitation, intercostal neuralgia, dry cough, chest and pleural pains.

HT.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: pains in the shoulder blade, shoulder joint and upper arm, motor disorders of the upper extremities, arthrosis, arthritis and rheumatic disorders of the shoulder joint and upper limbs, intercostal neuralgia and mental depression.

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: pains of the lower arms, finger numbness, arthrosis, arthritis and rheumatic disorders of the finger joints and lower arm, febrile diseases, tinnitus.

SI.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. It is a confluent marma of the amatya nadi.
Beneficial marma for: acute stiffness of the neck, lower back pain, occipital and other kinds of headaches, numbness and tremor of the arm, fingers and elbow, pain in the lower arms, arthrosis, arthritis and rheumatic disorders of the finger joints and lower arm, lumbago, dyspnoea, feeling of fullness of the chest, intercostal pain, disorder of the eyes and ears, enteritis.

SI.4: The adhara marma of the agni nadi.
Beneficial marma for: headaches, stiffness of the neck, pain in hypochondria.

SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: disorders and pains of the hand, wrist joint and lateral side of the arm, disorders of the neck and lower jaw.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: disorders and pains of the wrist joints, stiff neck, arthritis of the upper extremities and shoulder, excess of prana in the nadi and disorders related to it, lumbago and eye disorders.

SI.8: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: disorders of the palm, small finger, elbow and shoulder blade, backache, oedema of the neck region and low hearing ability.

SI.9: Special shoulder marma.
Beneficial marma for: especially for frozen shoulder, sprains and strains of the shoulder muscles, inability to lift the arm, sensory-motor disorders of the upper extremities, shoulder and neck, pains of the shoulder blade, disorders of hearing, ear tingling.

SI.10: *Special marma with beneficial effects for*: all disorders, numbness and pains of the shoulder joint and upper extremities.

PC.7: The prithvi tattwa marma of the agni nadi, which is an adhara marma by its pranic nature. Very specific marma for regulation of pranic flow.
Beneficial marma for: disorders and pains of the wrist joints and palm joints, palpitation, hypertension, gastric disorders, mental disorders, general disorders of the sexual tonus, sexo-psychosomatic disorders, mental tension, fear, anxiety, hyper emotiveness.

PC.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: anxiety, irritability, gastric disorders, female sterility, all disorders of the upper extremities.

PC.2: *Beneficial marma for*: chest pain, cough, cardiac pain, pains of the inner side of the upper arm.

3D.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: disorders and pains of the elbow and palm joints, respiratory disorders, dental disorders, headaches, deafness.

3D.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. It is a special marma for toning of all pingala nadis.
Beneficial marma for: hypertension, respiratory disorders, head, shoulder and back pains, deafness and ear disorders, motor disorders of the upper extremities, mental disorders, asthenia, general debility, sadness.

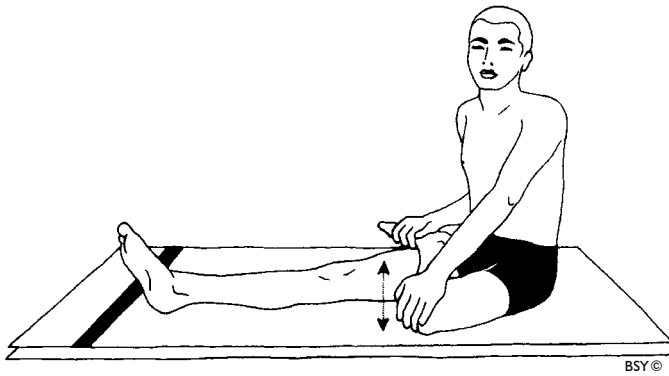
3D.4: The adhara marma of the agni nadi.
Beneficial marma for: disorders of the palm, wrist and shoulder joints, ear disorders, dysfunction of the urinary system, mental disorders such as depression.

3D.10: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: pains of the elbow, upper arm, shoulder and neck, disorders of the ORL system, hypertension, intercostal neuralgia, headache, mental agitation, emotional shock.

3D.11: *Beneficial marma for*: pains of the shoulder, upper arm and elbow joints.

3D.14: *Beneficial marma for*: pains of the shoulder joint and upper arm, frozen shoulder, motor disorders of the upper extremities, hypertension.

ARDHA TITALI ASANA



In this asana, first of all we have all the effects on marmas and benefits as in the previous four asanas, as we are performing the asana with bent knee and additionally we are placing our palm on the knee and inserting additional pressure on marmas of the knee regions as in the previous four asanas. As the foot is on the anterior aspect of the thigh, we are inserting pressure on the marmas of the spleen/ pancreas (SP) and stomach (ST) nadis of prithvi tattwa.

SP.11: *Beneficial marma for*: genito-urinary system.

ST.32: Very special motor marma for all motor disorders.

ST.33: *Beneficial marma for*: all disorders of leg and for motor disorders.

ST.34: It is a very special homeostatic and alarm marma of the prithvi tattwa nadi.
Beneficial marma for: gastrointestinal disorders and for all disorders of the knee joint. The main pressure has effects on marmas on the hip joint.

ST.31: *Beneficial marma for*: disorders of leg and anus region, arthrosis, arthritis and rheumatic disorders of the lower limbs, difficulties while standing.

GB.30: *Beneficial marma for*: most effective marma for sciatica and all disorders of lower extremities, also used for skin disorders.

BL.36: *Beneficial marma for*: sciatica and all disorders of lower extremities and for haemorrhoids.

LR.10 and **LR.11**: *Beneficial marmas for*: uro-genital and digestive disorders, effective for all disorders of the lower extremities and pain in the thigh region.

As the sitting position for this asana is on our buttocks, we are additionally inserting pressure on the marmas of jala tattwa of the bladder nadis and on the marmas of amatya and sharkaraksha nadis. Our sitting position, with special position of the legs, makes our sacral region open and inserts additional pressure on the marmas of jala tattwa on both branches of the bladder nadis.

BL.25: The specific 'back alarm marma of the large intestine' on the jala tattwa nadi of the back.
Beneficial marma for: digestive and intestinal disorders, haemorrhoids, abdominal pains, constipation, disorders of the assimilation process, obesity, migraine of digestive character, urinary disorders, lumbago, sciatica, lower back pains, paralysis of the lower extremities.

BL.27: The specific 'back alarm marma of the small intestine' on the jala tattwa nadi of the back.
Beneficial marma for: functional disorders of the small intestine, lumbago, sciatica, lower back pains, inflammation of the pelvic region, functional disorders of genito-urinary system, night sweating.

BL.28: The specific 'back alarm marma of the urinary bladder' on the jala tattwa nadi of the back.
Beneficial marma for: genito-urinary disorders, lumbo-sacral disorders, constipation and diarrhoea.

BL .29: *Beneficial marma for*: hernia and lower back pains.

BL.30: *Beneficial marma for*: gynaecological disorders, lower back pains, sciatica, lumbago and hernia.

BL.31: *Beneficial marma for*: genito-urinary disorders, lower back pains, sciatica, and haemorrhoids.

BL.32: *Beneficial marma for*: genito-urinary disorders, sciatica, haemorrhoids, motor and all other disorders of the lower extremities, lower back pains and hernia.

BL.33: *Beneficial marma for*: genito-urinary disorders, lower back pains, constipation and haemorrhoids.

BL.34: *Beneficial marma for*: urinary disorders, lower back pains, abdominal pains, and constipation.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: *Beneficial marma for*: genito-urinary disorders, haemorrhoids, lumbo-sciatica, hip joint disorders, motor and sensibility disorders of lower extremities.

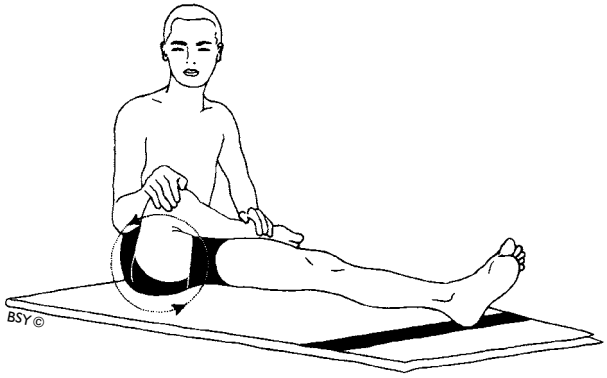
AM.1: The setu marma for the sharkaraksha nadi, the marma is analogue to mooladhara chakra. Special marma for all kinds of prithvi tattwa disorders in the mental and physical dimensions.
For the physical body it is a very beneficial marma for: rectal prolapse, haemorrhoids, anal fissure, pruritus of anus and vulva, genito-urinary disorders, pain in the perineum, pains

during defecation and urination, lumbo-sacral pains, pain in the sacro-coccygeal region.
For the mental body it is a *beneficial marma for*: anxiety, insecurity, worry, pensiveness and attachments.

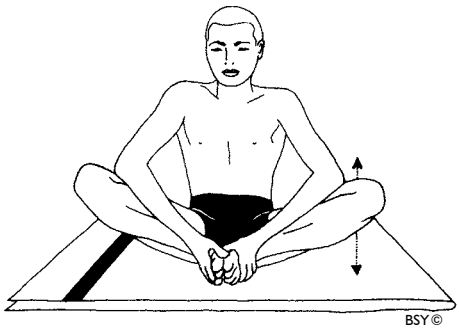
AM.2: The marma is analogue to swadhisthana chakra.
Beneficial marma for: all kinds of jala tattwa disorders in the mental and physical dimension.
In the mental dimension it is a beneficial marma for: all kinds of subconscious problems, fears and phobias.
In the physical dimension it is beneficial marma for: all kinds of dysfunctions of the genito-urinary system, lumbo-sciatica, lower back pains, and all disorders of the lower extremities.

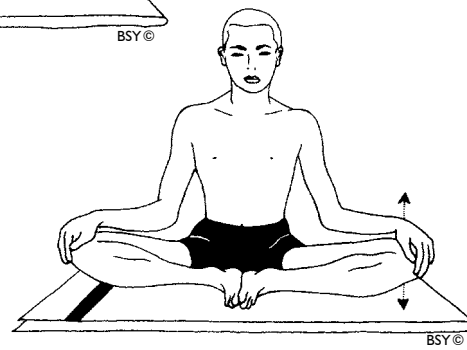
AM.3: The marma is analogue to manipura chakra.
Beneficial marma for: all kinds of agni tattwa disorders in the mental and physical dimensions.
In the mental dimension it is beneficial marma for: anger and problems of self-consciousness, self-esteem and self-confidence.
In the physical dimension it is beneficial marma for: genito-urinary disorders, impotence, weak erection, haemorrhoids, diarrhoea, muscle contractions, pain in the lumbar region.

SHRONI CHAKRA



All effects on marmas and tattwas through the nadis and benefits are as in ardha titali asana.





Aspect of pranamaya kosha

From the aspect of marma yoga, through the upper extremities run six nadis (see Book 1, Chapter 12 on nadis) with ida and pingala qualities of prana shakti. Among them, along the inner aspect of the arms are flowing three ida nadis with ida quality of prana, and along the outer aspect of the arms are flowing three pingala nadis with pingala quality of prana. Through these nadis flows the prana shakti of vayu and agni tattwas. Through the vayu and agni tattwas, the active link with the chakra system such as anahata, manipura and swadhisthana chakras exists. Through the marmas, which are aligned on vayu and agni tattwa nadis, our outer-inner communications are running.

Aspect of annamaya kosha

Vayu and agni tattwas are governing, controlling and in interrelation with the lungs, large intestine, heart, small intestine, pericardium and tridosha. It means the main pranic systems and processes (see Book 1, Chapter 6 on tattwas and the body organs). The vayu tattwa through its related body organs, the lungs and large intestines, governs the respiratory, circulatory and eliminatory systems.

The agni tattwa through its related body organs heart, small intestine, pericardium and tridosha governs over the cardiovascular, lymphatic, metabolic and endocrine systems.

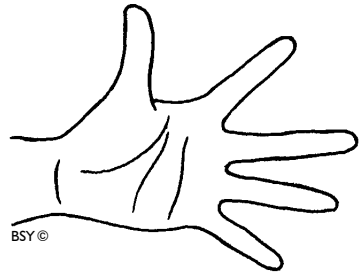
Aspect of manomaya kosha

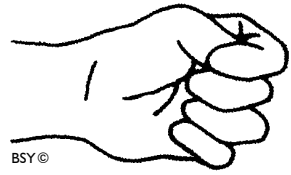
The vayu tattwa according to pancha tattwa emotional chakra (see Book 1, Chapter 6, Figure 8) governs our psychological body and emotions in relation to vayu tattwa which are universal happiness and sadness.

The agni tattwa according to pancha tattwa emotional chakra governs our mental body and emotions in relation to agni tattwa which are worldly happiness and anger. It is governing our 'I'-ness and is responsible for our self-confidence, self-esteem and self-consciousness.

Through the inner aspect of our arms are running three vital ida nadis of the lung (LU.), heart (HT.) and pericardium (PC.). Through the outer aspect of our arms are running three pingala nadis of the large intestine (LI.), small intestine (SI.) and tridosha (3D.). So we could say that these asanas, if we are practising them correctly, are very regenerative for the entire mind-body-pranic system. They recharge and revitalize the whole body.

MUSHTIKA BANDHANA





Pawanmuktasana of the upper limbs starts with the salutation to the vayu and agni tattwas, the two tattwas with most pranic activities.

In mushtika bandhana, through the pressures of our body parts, exactly with the fingers of our palms, we are stimulating, activating and affecting the following pancha tattwa marmas which are in relation with three ida organs, through three ida nadis of the inner arms, which are carrying ida qualities of prana shakti. These marmas are directly related with the pancha tattwas and through their relations with pancha tattwas they are connected with the three ida organs, the lungs, heart and pericardium, via these three ida nadis.

LU.11: The akasha tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: respiratory diseases, influenza, finger disorders and pains, arthrosis, arthritis and rheumatic disorders of the palm joint, skin disorders, mental disorders.

HT.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: general toning and nourishment, chest pains, palpitation, pain and disorders of the elbow joint, contraction of the hand muscles, all disorders of the palm joints, headache, mental disorders such as fear, depression, melancholy, mania, asthenia.

HT.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders of the palm joints, rheumatoid arthritis of the palms and carpal joints, spasm of fingers, motor disorders of the palm joints, numbness of the palm, feeling of extreme heat in the palm, genito-urinary disorders, hypermenorrhoea, chest pains and palpitation.

PC.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insolation, chest pain, arrhythmia, palpitation, hypertension, feeling of extreme heat in the palms, mental disorders, insomnia, depression, nightmare of children, impotence, frigidity, sexo-psychosomatic disorders.

PC.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: chest pain, palpitation, all disorders of the palm joints, rheumatoid arthritis of the carpal and the palm joints, excessive sweating of the palms, thermal shock, gastric disorders, stomatitis and mental disorders.

The following marmas are in relation with three pingala organs through three pingala nadis of the outer arms, which are carrying the pingala qualities of prana shakti. These marmas are in direct relations with the pancha tattwas, and through their relations with the pancha tattwas they are connected with three pingala organs the large intestine, small intestine and tridosha via these three pingala nadis.

LI.1: The vayu tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: stomatitis, gingivitis and tooth pains, tinnitus and vertigo, asthma, all disorders of palm joints, rheumatoid arthritis and pains of the palm joints.

LI.2: The jala tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: as in the previous asana, dental and mouth affection, back, shoulder and arm pains and disorders, facial paralysis and abdominal flatulence.

LI.3: The akasha tattwa of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: tooth pains, eye pains, neuralgia trigeminus, arthrosis, arthritis and rheumatic disorders and swelling of the palm and finger joints, abdominal flatulence and diarrhoea.

LI.4: The adhara marma of the vayu nadi, the best analgesic marma for the entire body, one of the six distal marmas. Used as a sedative marma too. Very popular marma for eliminations and detoxification and used for all treatments. It is a great regulatory marma of prana shakti. It is the source of prana shakti of the vayu nadi.
Beneficial marma for: all diseases, disorders and pains, all disorders of the thumbs, index finger, palm and wrist joints. Special marma for head, face, special sense organs and front of the neck. For all disorders of the lungs and large intestine, amenorrhoea.

SI.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: sensory-motor disorders and neuralgia of the inner aspect of the upper arms, arthrosis, arthritis and rheumatic disorders of the palm and finger joints, headache, ophthalmic disorders, mastitis and

hypo-lactation, rigidity of the tongue and disorders of the kidneys.

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders and pains of the lower arm and numbness of the fingers, respiratory disorders, ophthalmic disorders and tinnitus.

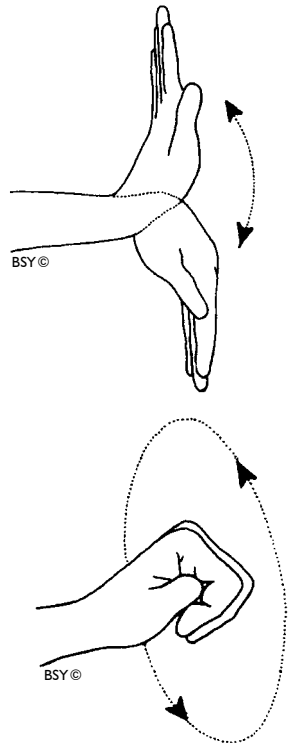
SI.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. The confluent marma of amatya nadi.
Beneficial marma for: acute stiffness of the neck, acute lower back pains, all kinds of headaches, tremors and numbness of the fingers, all disorders and pains of the lower arm, feeling of fullness of the chest, dyspnoea, disorders of hearing and ophthalmic disorders.

3D.1: Vayu tattwa marma of the agni (secondary) nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: toning effects on the body, sadness, worry, ophthalmic disorders, respiratory disorders, headache and tinnitus.

3D.2: Jala tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: respiratory disorders, deafness, tinnitus, headache, inflammation of teeth and gingives, all disorders and pains of the upper limb and palm joints.

3D.3: Akasha tattwa marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature. This marma has toning effects on all pingala nadis.
Beneficial marma for: ear and eye disorders, vertigo and tinnitus, all disorders of the upper extremities, hypertension, head, shoulder and back pains, motor disorders of wrist and fingers, general lethargy, slowness and sadness.

MANIBANDHA NAMAN AND MANIBANDHA CHAKRA



The locations for these two asanas are in the upa-chakra. It is a very important junction, where all three ida and pingala nadis are passing on, and the marmas of this location are very important for the entire annamaya, pranamaya and manomaya koshas. It is the meeting location for the ida and pingala qualities of prana shakti. The change of polarity of prana shakti from ida to pingala takes place in the wrist. The three ida nadis, lung, heart and pericardium nadi, are passing through the wrist joint and their marmas LU.9, HT.7 and PC.7 are in relation with the wrist joint, and they not only treat the local joint disorders, but also distal regions,

organs and systems. The three pingala nadis, large intestine, small intestine and tridosha nadis, are passing through the wrist joint and their marmas LI.5, SI.5, SI.6, 3D.4 and 3D.5 are in relation to the wrist joint and treat local and distal disorders.

LU.7: The setu marma of vayu nadi. Through it the pranic flow of vayu nadi of the lung is communicating with the pranic flow of the vayu nadi of the large intestine. It means that the pranic quality of ida vayu nadi is meeting with the pranic quality of pingala vayu nadi. One of the six important distal marmas and confluent marma for sharkaraksha nadi. It is a main focus marma of the prana shakti, which is located in the vayu nadi. It is the best pranic marma of the vayu nadi.
Beneficial marma for: all kinds of disorders and problems from the top of the head up to the 7. cervical vertebra on the back side of the neck (occipital headache, stiff neck, spondylosis, shoulder pain, pain along the back of the chest). All kinds of respiratory diseases, skin disorders, paresis facialis.

LU.8: The vayu tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature. It is also the *kaala* (horary) marma of the nadi.
Beneficial marma for: respiratory diseases, intercostal pain and all disorders and pains of the lower arm and wrist joint.

LU.9: The prithvi tattwa marma, adhara marma and influential marma for the entire vascular system of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: respiratory and vascular disorders such as arteriosclerosis and others, hypotension, specific dhatu (tissue) disorders, throat and chest pains, all disorders and pains along the inner aspect of the lower arm and palm, carpal tunnel syndrome, mental disorders such as insomnia with mental agitation and depression.

LU.10: The agni tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature. It is the specific motor marma of the vayu nadi.
Beneficial marma for: respiratory disorders, chest and throat pains, headache, all disorders and pains of elbow, palm and thumb, mastitis and mental disorders such as insomnia and anxiety.

HT.5: The setu marma of the agni nadi. Through it the ida quality of prana shakti of the agni tattwa nadi of the heart is communicating with the pingala quality of prana shakti of the agni tattwa nadi of the small intestine.
Beneficial marma for: cardiovascular and respiratory disorders, hypotension, digestive disorders, eye disorders, aphasia and dysphasia, hoarseness and sudden loss of voice, paresis and paralysis of the tongue, all disorders and pains of the elbow, wrist, palm joints and arm, elimination of liquids and oedema.

HT.6: The alarm marma of the agni nadi.
Beneficial marma for: palpitation and cardiac disorders, excessive sweating and specific night sweating, spasms of muscles of the upper arm, headaches, hyper-emotiveness such as hysteria, anxiety and sudden loss of voice.

HT.7: The prithvi tattwa and adhara marma of the agni nadi, which is a dhara marma by its pranic nature, the most important tranquilizer and sedative marma.
Beneficial marma for: mental disorders such as insomnia, anxiety, hysteria, fear, strong emotions, poor memory and nightmare, restlessness, anorexia, palpitation and cardiac disorders, hypertension, basal metabolism and hyper-thyreosis, regulation of prana not only in the heart but also in all internal organs, regulation of sexual energy, sensation of heat in the palms.

PC.5: The vayu tattwa marma of the agni (secondary) nadi, which is a nadi marma by its pranic nature.

Beneficial marma for: cardiac and chest pain and palpitation, mental disorders such as irritability and epilepsy, digestive disorders, malaria, all disorders and pains of elbow and arm, swelling of axilla.

PC.6: The setu marma of the agni (secondary) nadi. One of the six important distal marmas, excellent sedative marma.
Beneficial marma for: all kinds of cardiovascular disorders, palpitation, hypertension, thyroid disorders, digestive disorders, gastric disorders, hypochondriac pains, sensory-motor disorders and pains of the arm and palm, mental disorders as hysteria, anxiety, insomnia, fear, depression, hyper-emotiveness, sexual and sexo-psychosomatic disorders.

PC.7: The prithvi tattwa and adhara marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints, muscle contraction of the inner side of the lower arm, writer's spasm, carpal tunnel syndrome, sensory-motor disorders of the arm, digestive disorders, cardiac and chest pains and palpitation, pain in the hypochondriac area, hypertension, mental disorders such as fear, anxiety, hyper-emotiveness, general disorders of sexual tonus, sexo-psychosomatic disorders.

PC.8: The agni tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: cardiac pain, gastric disorders, rheumatoid arthritis of the wrist joint, all disorders and pains of the palm, excessive sweating of the palm, mental disorders.

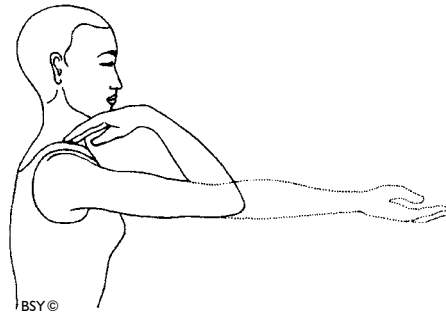
LI.5: The agni tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: deafness, tinnitus, eye disorders, headaches, toothache, all disorders and pains of the palm, wrist joint and writer's spasms (graphospasm).

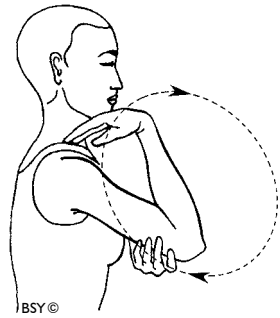
SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints and upper arm, deafness, tinnitus, vertigo, pains and swelling of neck and lower jaw.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: arthritis, arthrosis and rheumatic disorders and pains of the palm, wrist, elbow and shoulder joints, motor disorders of the arm, stiff neck, cervical spondylosis, back pains, lumbago, eye disorders.

3D.4: The adhara marma of the agni (secondary) nadi.
Beneficial marma for: disorders of the urinary system, prostatitis, tinnitus and deafness, all disorders and pains of the upper limbs, arthrosis, arthritis and rheumatic disorders of the shoulder, wrist and palm joints, malaria.

3D.5: The *setu* marma of the agni (secondary) nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the arm, stiff and painful elbow and wrist joints, tremors of the palm and fingers, motor disorders of the upper extremities, stiff neck, headaches, deafness and tinnitus, hypertension, night sweating, painful spasms of the muscles on all locations.





The locations of these two asanas are taking place in the upa-chakra of the elbow. All three ida nadis, the lung, heart and pericardium, and the pingala nadis, the large intestine, small intestine and tridosha, are passing through the elbow. All marmas for these two asanas are located in the elbow joint and around it.

LU.5: The jala tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. It lowers the level of the prana shakti while it is overflowed in the vayu nadi. It is a good sedative marma.
Beneficial marma for: disorders of the respiratory system, fullness of the chest, skin diseases, arthrosis and arthritis

of the elbow joint, pain of the elbow, swelling of the elbow, spasms of the fingers, irritability, sadness, fear at night.

LI.11: The prithvi tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. The best marma for homeostasis, supporting marma for the immune system. It tones the entire system.
Beneficial marma for: all disorders and pains of the elbow, shoulder and arm, motor disorders of the arm, back pains, lumbar pain, respiratory and skin disorders, hypertension, menstrual pains and amenorrhoea.

LI.12: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains of the elbow and upper limbs.

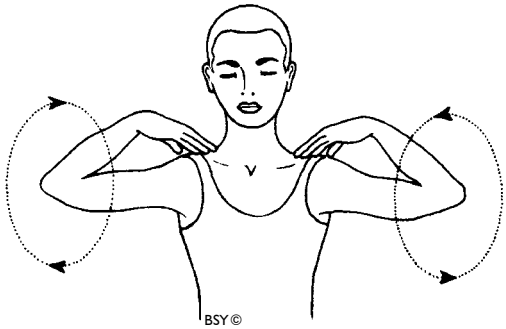
HT.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature. Special marma for raising the prana shakti and for happiness in life.
Beneficial marma for: all disorders and pains of the elbow joint, motor disorders of the lower arm and palm, tremors and numbness of the upper limbs, cardiac pain and palpitation, intercostal neuralgia, dry cough and chest pain, hypochondriac pain, enuresis, mental disorders such as depression, fears, anxiety, hyper-emotiveness.

SI.8: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: all disorders and pains of the dorsal back, shoulder blade, elbow and fifth finger of the hand, oedema of the neck, poor hearing.

PC.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: cardiopulmonary disorders, palpitation, gastric disorders, all disorders and pains of the elbow, palm and arm, tremor, female sterility, anxiety.

3D.10: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the elbow joint and upper arm, pain and stiffness of the neck, migraine, intercostal neuralgia, hypertension, irritability, insomnia, mental agitation, emotional shock.

SKANDHA CHAKRA



Locations of marmas are in the shoulder joints. The effects on marmas in the elbow region are as in the previous two asanas. The shoulder joint is a very important junction, as through the shoulder joint three ida nadis, lung, heart and pericardium, are running from the body towards the fingers of the palms, where they end their journey, meet and pass over their prana shakti to the three pingala nadis, large intestine, small intestine and tridosha. Three pingala nadis start their journey from the fingers of the palms and carry prana shakti towards the head, where they meet with the three pingala nadis of the legs and pass over the prana shakti. In this way prana shakti circulates through the closed pranic network system and carries prana to each and every cell, tissues, organs and systems.

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma

supports the effects of the previous marma and strengthens its effects.

LI.15: Popularly known as a shoulder marma as it is a very effective marma for pre-arthritis of the shoulder joint, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motor disorders of the head and arms, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motor disorders and pains of the head and upper limbs, inability to lift the arm up to the shoulder, toothache.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motor disorders of the upper limbs.

SI.9: *Beneficial marma for*: all disorders and pains of shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulders and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of upper arm.

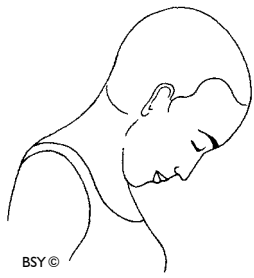
SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

PC.2: *Beneficial marma for*: all disorders and pains of the inner side of the upper arm, chest and cardiac pains and cough.

3D.14: *Beneficial marma for*: frozen shoulder, pain and motor disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in upper arm and neck, asthma and cough.

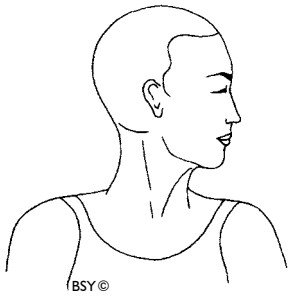
GREEVA SANCHALANA



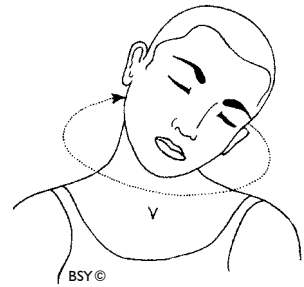
Stage 1



Stage 2



Stage 3



Stage 4

Location for this asana with all four stages is in the neck region and front side of the neck. The location is in the vishuddhi chakra and vishuddhi kshetram regions. Three pingala nadis of the upper extremities start from the hands, run upward along the arms, pass through the neck and ascend to the head, where they meet with three pingala nadis of the lower extremities. Three pingala nadis of the lower extremities start from the head, run downward, along the neck region, run downward through the trunk of the body and then run downward towards the feet, where they meet with three ida nadis of the legs. The change of polarity of prana shakti, from ida quality to pingala quality, happens in the ankles. All three pingala nadis of the arms and all three

pingala nadis of the legs are crossing through the neck and front neck regions.

Besides that, the central back nadi, the amatya nadi, which is pingala by its quality, starts from the perineum, ascends along the spine, passes the neck region and ascends to the head, where it meets with the central front nadi the sharkaraksha nadi, which is ida by its quality. The sharkaraksha nadi starts from the perineum (like amatya nadi), ascends along the trunk of the body, passes the front of the neck region and ascends to the head where it meets with the amatya nadi. That is why the neck region is so important in yoga, and it should be straight. Only then it will enable nadis to flow in the correct manner, so that the prana shakti will flow appropriately. Otherwise there will be blockages in the flow of prana shakti, which will create imbalances in the pranic flow.

In this asana we are moving the neck region to the front and back, to the left and right, and moving in a whole circle. In this way we are stimulating (as in a gentle massage) the marmas, which are aligned on the nadis in the neck and front neck region and releasing the blockages of prana shakti and harmonizing the pranic flow. As in these asanas we are stimulating vishuddhi chakra and kshetram, we are receiving all beneficial effects from it. The jala nadi of the urinary bladder, the akasha nadi of the gall bladder and the amatya nadi are passing and carrying prana shakti through the vishuddhi chakra region. We are harmonizing the mental qualities and emotions which belong to akasha and jala tattwas. The quality of prana shakti, which is responsible for elimination of mental and physical toxins is flowing through the amatya nadi. Vishuddhi is responsible for purification and establishment of order in the mental and emotional body.

Through the frontal side of the neck, the vishuddhi kshetram region, are passing and carrying: the pingala qualities of the prana shakti of the prithvi nadi of the stomach, vayu nadi of the large intestine and agni nadi of

the small intestine and the tridosha nadi of the tridosha (the jala secondary and hormonal body) and sharkaraksha nadi. Through this asana we are harmonizing mental qualities and emotions which belong to vayu, agni and prithvi tattwas. Through the sharkaraksha nadi is flowing the prana shakti which is responsible for conception.

AM.14: The marma is vishuddhi chakra, the location of akasha tattwa.
Most beneficial marma for: respiratory and immune disorders, local disorders of the neck region, frozen shoulder, motor disorders of the upper extremities, pains along the thoracic part of the back, headaches, skin disorders and all mental disorders. The Chinese people believe that through the stimulation of this marma it is even possible to change the genetic code. In yoga we will say 'yes', it is possible, as it is vishuddhi chakra, which we are stimulating through asanas or any other yogic technique. The akasha tattwa is the element where all potentials are in latent and inherent condition and waiting for their time, chances and opportunities to manifest. Vishuddhi is the chakra of purification, and it will purify our existing mental and physical condition. Only we have to practise it each and every day.

AM.15: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blades, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.22: The marma is the vishuddhi chakra kshetram, the location of akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14.

SH.23: The marma is in the vishuddhi chakra kshetram region.
Beneficial marma for: disorders of voice ability, respiratory disorders, hypersalivation, stomatitis and mutism.

LI.17: This marma is near to the vishuddhi chakra kshetram region and has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joints and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of the pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

SI.15: The marma is in the vishuddhi kshetram region and has great effects on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blades and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blades and neck region, tinnitus and deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsillitis, pains of the throat, arthrosis and pain of the neck, tinnitus and deafness and disorders of voice abilities.

SI.19: *Beneficial marma for*: all kinds of disorders of the ears.

3D.16: *Beneficial marma for*: conjunctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

3D.17: *Beneficial marma for*: tinnitus and deafness, ear and eye disorders, paralysis facialis, neuralgia of the trigeminal nerves, toothache, mumps and all disorders and pains of the lower jaw joints and lockjaw.

3D.18: *Beneficial marma for*: headaches and cerebral congestion, tinnitus and deafness and paralysis facialis.

3D.19: *Beneficial marma for*: headaches and cerebral congestion, tremor, vomitus, toothache and otitis media or inflammation of the middle ear.

3D.20: The special marma for endocrine disorders, it has great effects on the pituitary area or the area of the ajna chakra.
Beneficial marma for: endocrine disorders, pain of the temporal region, tinnitus, ear and eye disorders, toothache and lockjaw.

3D.21: *Beneficial marma for*: all kinds of ear disorders, headache, toothache, lockjaw, tinnitus and deafness.

ST.5: *Beneficial marma for*: disorders of voice abilities, lockjaw, pain of the neck region, neuralgia of the trigeminal nerves, facial paralysis, toothache and mumps.

ST.6: The special motor marma.
Beneficial marma for: lockjaw, neuralgia of the trigeminal nerves, facial paralysis, toothache, mumps, thyroid disorders, pains and stiffness of the neck.

ST.7: *Beneficial marma for*: arthritis and arthrosis of the lower jaw joint, lockjaw, facial paralysis, neuralgia of the trigeminal nerves, toothache, ear diseases, vertigo.

ST.9: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory disorders, disorders of voice abilities, disorders of thyroid glands.

ST.10: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: Arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

ST.12: The marma is in the vishuddhi chakra kshetram region. The marma is the junction of three pingala nadis of the arms (large and small intestines and tridosha) and one pingala nadi of the leg (stomach).
Beneficial marma for: disorders of large and small intestines and the stomach, respiratory disorders, intercostal neuralgia, hyper-emotiveness, insomnia and mental irritability.

GB.11: *Beneficial marma for*: occipital headache, tinnitus and deafness, pain of the eyes, pain and arthritis of the neck.

GB.12: *Beneficial marma for*: respiratory disorders, toothache, tinnitus and deafness, paralysis of facial muscles.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulders, neurovegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulders, motor weakness of the arms, pain in lumbar region, hyperthyroidism and mastitis.

BL.9: The marma is in the ajna chakra region.
Beneficial marma for: occipital headache, vertigo, nasal obstruction, eyesight disorders such as myopia.

BL.10: The marma is in the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulders and shoulder blades, upper respiratory disorders, eyesight disorders, and disorders of smell sensation.

BL.11: The *asthi* dhatu or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulders and shoulder blades, headache and vertigo.

3

Pawanmuktasana Part 2

The effects of these asanas are on the hip joints. Three ida nadis of the legs are passing through the hip joints and ascending upwards to the trunk and then to the body organs, carrying the prana shakti of tattwas akasha, jala and prithvi. Three pingala nadis of the legs, which are carrying the prana shakti of the tattwas akasha, jala and prithvi, are descending towards the lower body parts, passing through the hip joint region. They continue to descend along the legs and meet with the three ida nadis of the legs. It means that we are working on both the ida and pingala qualities of the prana shakti of the tattwas akasha, jala and prithvi and influencing their conditions and receiving benefits of it.

Besides these six nadis of the legs, the most important nadic flow which we are stimulating through these asanas are the amatya and sharkaraksha nadis.

According to yoga, there is a special nadi which is passing through the inguinal region and running upward along the trunk and ascending up to the head. This nadi is called 'gupta nadi' and it represents the direct communication link between mooladhara and ajna chakras. Through it ajna and mooladhara are in close relationship, and that is why when we are working on mooladhara chakra we are activating ajna chakra and vice versa.

According to my experiences, the gupta nadi is the amatya nadi, which starts from mooladhara chakra and

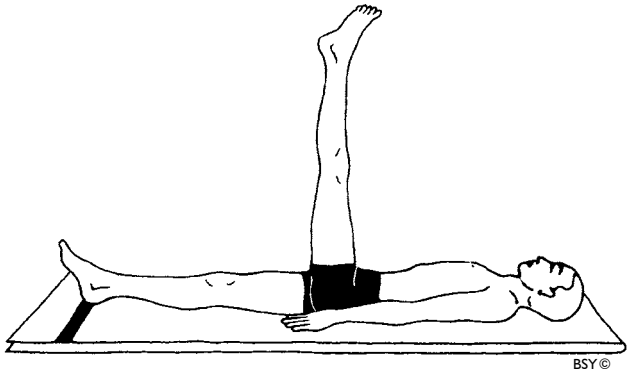
ascends along the median line of the back, along the spinal cord, up to the median line of the head (it runs over the brain) and descends along the median line of the forehead, passes ajna chakra kshetram and continues to the tip of the nose and the median of the upper lip and terminates between the gum and upper lip in the frenulum of the upper lip. The pranic flow of the amatya nadi is in very close relation with the functioning of the brain. The AM.25 marma of the amatya nadi, which is located just on the tip of the nose, is the very close connection between mooladhara and ajna chakras (agochari mudra); it is the button or the trigger marma for activating ajna and mooladhara chakras. The sharkaraksha nadi, which also starts from the mooladhara chakra region and ascends through the median line of the frontal trunk, ascends up to the face to the middle of the mentolabial groove, here it divides in two branches which circulate around the lips, ascends along the cheeks and terminates in the infraorbicular region, where it sends its pranic flow into our eyes. The eyes are in the region of ajna chakra. Through the setu marmas these two nadis are connected to each other.

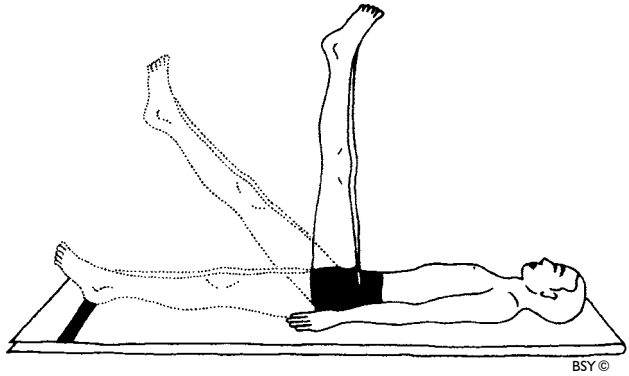
Ajna chakra is in direct relation with mooladhara chakra through the pingala nadi, which starts from the ajna chakra region, passes through the mooladhara region and descends along the outer side of the legs. Mooladhara chakra is in direct relation with ajna chakra, through the ida nadi which starts from the leg, ascends along the inner side of the leg, passes through the mooladhara region and ascends along the trunk, up to the ajna chakra region. The link through the nadis, between ajna and mooladhara chakra, is very direct.

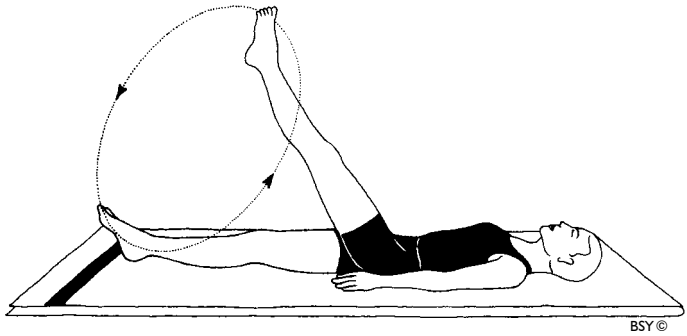
While we are working on the hip joints, through pawan-muktasana part two, we should be aware that we are working on the communication link between ajna and mooladhara and on the tattwas akasha, jala and prithvi and are receiving all benefits from these chakras and tattwas. We also have to be aware that during these practices a deep purification process is occurring especially in our manomaya and

pranamaya koshas. These practices are influencing mostly our pranamaya and manomaya koshas, and effects on our annamaya kosha are the result of it.

PADOTTHANASANA AND PADACHAKRASANA







Our awareness should be on the hip joint and the pranic flows of ida and pingala nadis which are passing through. Try to feel the pranic flows, the tattwas which we are working on and the connection between ajna and mooladhara chakra. It means that the practices should be with deep awareness as in meditation.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endometritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

ST.29: It is a lower abdominal and pelvic marma.
Beneficial marma for: all lower abdominal and pelvic disorders, abdominal pains, hernia, amenorrhoea and dysmenorrhoea, uterine prolapse, pain in clitoris.

ST.30: It is a genito-urinary marma.
Beneficial marma for: all functional gynaecological disorders including functional sterility, urinary disorders, lower abdominal pains, hernia, frigidity and impotence, all psychological disorders as a result of genito-urinary disorders.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

BL.27: The back alarm marma for small intestine.
Beneficial marma for: lower back pains, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: Back alarm marma for the urinary bladder.
Beneficial marma for: genito-urinary disorders as: chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.29: Special marma for lower back.
Beneficial marma for: pains and functional disorders of the lower back, sciatica, hernia and enteritis.

BL.30: *Beneficial marma for*: pains in coccygeal and sacral region, functional disorders and pains of the anus region, haemorrhoids, hip joint pain and arthrosis, sciatica, endometritis, irregular menstruation, seminal emission.

BL.31: Special marma for genito-urinary disorders.
Beneficial marma for: genito-urinary disorders, functional disorders during menopause, sciatica, lower back pain and haemorrhoids.

BL.32: *Beneficial marma for*: arthrosis, arthritis and rheumatism of the hip joint, motor disorders of the lower limbs and all as in BL.31.

BL.33: *Beneficial marma for*: all as in BL.31.

BL.34: *Beneficial marma for*: all as in BL.31.

BL.35: *Beneficial marma for*: pain of the external genital organs, impotence, erection disorder, leucorrhoea and diarrhoea.

BL.36: *Beneficial marma for*: lower back pains, sciatica, arthrosis and motor disorders of the lower extremities and haemorrhoids.

BL.54: *Beneficial marma for*: lower back pains, genito-urinary disorders, sciatica, arthrosis and sensory-motor disorders of the lower extremities, haemorrhoids.

LR.11: *Beneficial marma for*: lumbo-sacral pains, arthrosis and motor disorders of the lower limbs, pain in the legs, irregular menstruation, dysmenorrhoea, leucorrhoea, functional sterility.

LR.12: *Beneficial marma for*: pain in the lower abdomen, painful hernia, pain in the penis, haemorrhoids, ophthalmic migraine, inflammation of the ovaries.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, chronic obstipation, endometritis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limbs, pain in kidneys.

GB.30: Special marma for sciatica.
Beneficial marma for: sciatica, lower back pain, all disorders of the hip joint, motor disorders, spasms and numbness of the lower limbs, dermatosis and pruritus difusa.

SH.1: The marma of the mooladhara chakra kshetram, the place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

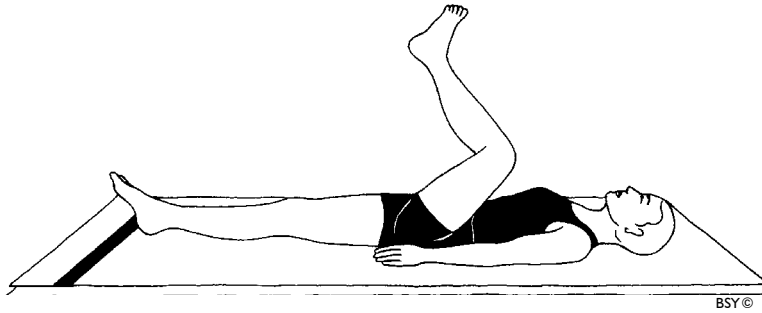
SH.2: The marma of the swadhisthana chakra kshetram, the place of jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

AM.1: The setu marma, the mooladhara chakra, the place of prithvi tattwa.
Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pains during urination and defecation, anal fissure and pruritus of anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

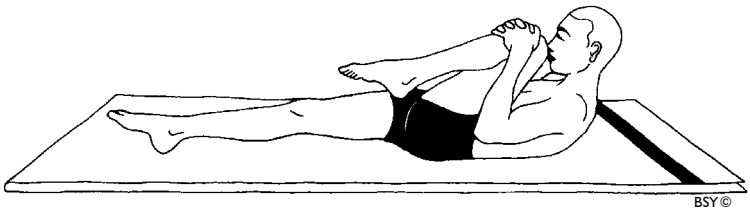
AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for: diarrhoea, obstipation, enteritis, haemorrhoids, lower back pain, irregular menstruation, genito-urinary disorders, erection inability and mental disorders such as excessive fears and phobias about losing objects of excessive passions.

PADA SANCHALANASANA

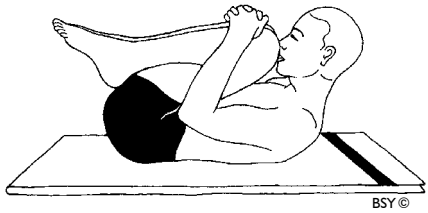


Same as in previous two asanas and as in janufalak akarshan, janu naman, janu chakra, ardha titali asana, shroni chakra and poorna titali asana. In this asana we are not using our hands as in ardha and poorna titali asana, so we do not have any stimulation on the marmas of the upper limbs.

SUPTA PAWANMUKTASANA



Stage 1



Stage 2

Same as in padotthanasana, padachakrasana and pada sanchalanasana. Besides these, we are using our clasped hands just below the knee. With our clasped hands we are additionally inserting pressure and stimulating all marmas of this region. As the knee region is the location for the upachakra, we have here some important marmas. Besides this we are also inserting pressures and stimulating all marmas on the back and front of the neck and shoulder region. In this asana we are lying on our back, inserting pressure and stimulating all nadis and marmas of the back. As we are bending the front side of our trunk, we are inserting pressure and stimulating all marmas and nadis of our front trunk. It means that it is a very important asana as we are working on all nadis, many marmas of all pancha tattwas and on both ida and pingala qualities of prana shakti, on our amatya and sharkaraksha nadis and their important marmas (see the Book 1, Chapter 12 on nadis and marmas). While

practising the asana we need to be aware of the pranic flow in the pranamaya kosha and the state of manomaya kosha. It is necessary to observe and be aware of all changes which are happening during and after the asana. It should be like a dynamic meditation.

ST.36: The prithvi tattwa marma of the prithvi nadi, with the pranic nature of samudra. It is one of the most important marmas of our mind-body-energy system. It is one of the most important distal marmas with very subtle action. It is a homeostatic and general toning marma. It is the mother marma of all energies and all samudra marmas. It is the marma of endless prana shakti. The marma which is most often used in all kinds of marma therapies.
Beneficial marma for: all digestive, intestinal and gastric disorders, diarrhoea, nausea, vomiting, obesity and abdominal pain, mastitis, hyper- and hypotony of the muscles of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint, genito-urinary disorders, dysmenorrhoea, eye disorders, asthenia, hyper- and hypotension and mental disorders such as strong mental irritability, depression, insomnia and vertigo.

GB.34: The prithvi tattwa marma of the akasha nadi, with the pranic nature of samudra, influential marma for muscles and tendons.
Beneficial marma for: all muscles and tendons disorders, nausea, bitter taste in the mouth, vomitus, obstipation, heartburn, lower abdominal pain, lumbar pain and sciatica, atrophy, pain and motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee and elbow joints, swelling of the foot, intercostal and trigeminal neuralgia, vertigo, respiratory diseases and hypertension, mental disorders, epilepsy, gall bladder disorders, hypochondria pain.

SP.9: The jala tattwa marma of the prithvi nadi, with the pranic nature of samudra.
Beneficial marma for: soft tissue disorders, liquid retention of the body, oedema and ascites, digestive disorders, diarrhoea, low appetite, pain and spasms of all internal organs, genito-urinary disorders, dysmenorrhoea and hypermenorrhoea, pain and oedema of the knee joint, circulatory disorders of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee joints and lower limbs.

LR.7: *Beneficial and important marma for*: all knee disorders.

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma of vayu nadi for*: respiratory diseases, asthma, dyspnoea, pains in the shoulder and shoulder blade, chest pain and pain in the dorsal side of the back.

LI.15: Special shoulder marma of the vayu nadi.
Beneficial marma for: frozen shoulder or periarthritis of humero-scapularis. All kinds of disorders of the shoulder joint and surrounding tissues, pains in the shoulder, arm and joints of the upper extremities, paralysis of the arm, atrophy of the muscles, sweating, skin disorders and hypertension.

LI.16: *Beneficial marma for*: toothache, headache, shoulder and shoulder blade pains, motor disorder of the upper extremities and inability to raise the arm to the shoulder level.

LI.17: The marma is near the vishuddhi chakra kshetram region and it has a great effect on this region.

Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region. *Beneficial marma for*: enlargement of the thyroid gland, hypothyroidism, disorders of the function of pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

ST.9: The marma is in the vishuddhi kshetram region. *Beneficial marma for*: respiratory disorders, disorders of voice abilities, disorders of thyroid glands.

ST.10: The marma is in the vishuddhi kshetram region. *Beneficial marma for*: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

HT.1: The vayu tattwa marma of the agni nadi, which is kuupah marma by its pranic nature.
Beneficial marma for: pains in the shoulder blades, shoulder joints and upper arms, motor disorders of the upper extremities, arthrosis, arthritis and rheumatic disorders of the shoulder joint and upper limbs, intercostal neuralgia and mental depression.

SI.10: *Special marma with beneficial effects for*: all disorders, numbness and pains of the shoulder joint and upper extremities.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blades, elbows and upper arms, numbness of upper arm.

SI.12: *Beneficial marma for*: inability to lift the arms, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lungs.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is on the vishuddhi kshetram region and has great effects on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus and deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsillitis, pains of the throat, arthrosis and pain of the neck, tinnitus and deafness and disorders of voice abilities.

BL.10: The marma is on the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of smell sensation.

BL.11: The *asthi dhatu* or influential marma for bones and cartilage.

Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

3D.14: *Beneficial marma for*: pains of the shoulder joints and upper arms, frozen shoulder, motor disorders of the upper extremities, hypertension.

3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjunctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

3D.17: *Beneficial marma for*: tinnitus and deafness, ear and eye disorders, paralysis facialis, neuralgia of the trigeminal nerves, toothache, mumps and all disorders and pains of the lower jaw joint and lockjaw.

GB.12: *Beneficial marma for*: respiratory disorders, toothache, tinnitus and deafness, paralysis of facial muscles.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arms, pain in lumbar region, hyperthyroidism and mastitis.

AM.14: The marma is vishuddhi chakra, the location of the akasha tattwa.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

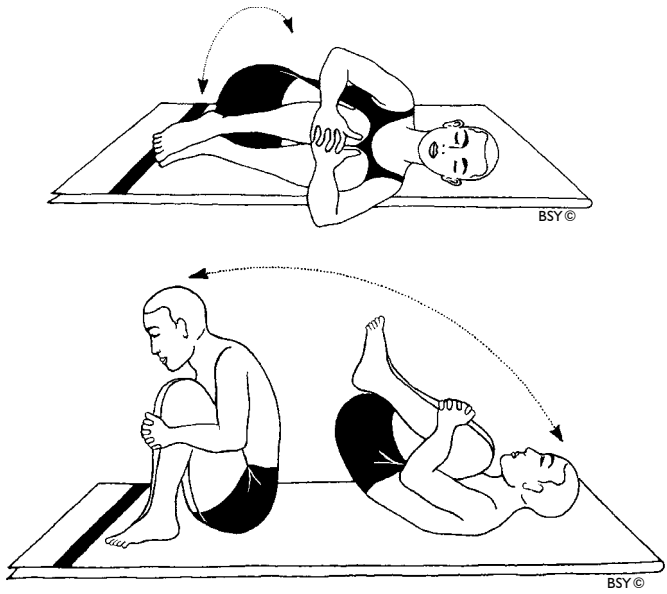
AM.15: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.22: The marma is the vishuddhi chakra kshetram, the location of the akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14.

SH.23: The marma is in the vishuddhi chakra kshetram region.
Beneficial marma for: disorders of voice ability, respiratory disorders, hypersalivation, stomatitis and mutism.

JHULANA LURHAKANASANA



It is a yogic massage of the whole body. It should be done at least once a week, best if we include it in our daily yoga asana sadhana. The asana has all benefits as in janu naman, ardha and poorna titali asana, mustika bandhana, manibandha naman, kehuni naman, skandha chakra, greeva sanchalana, padotthanasana, pada sanchalanasana and supta pawan-muktasana and additionally as it follows below. It is a very dynamic asana, but we have to focus our mind and observe the pranic flows in pranamaya kosha and the condition of manomaya kosha. Indeed, it is a dynamic meditation.

In this asana we are lying on the floor and rolling our body from side to side and rocking the whole body backwards and forwards. Through it we are inserting pressure and stimulating the entire pranic flows through all nadis and marmas (especially the back marmas of the bladder nadi which are through the outflow of the sympathetic ganglia in direct pranic relation with all body

organs) of the back and front of the body (see Book 1, Chapter 12 on nadis and marmas). It is a pranic massage of the whole body with all body organs. Through it firstly we are removing our pranic blockages from the entire nadic system and from all body organs. After removing the blockages through the asana, we are establishing the free pranic flows as the second effect, so the prana flows as a river through the nadis, in place of only some drops of pranic flows. So we could say that it is refreshment, regeneration and revitalization of the entire nadic system. Better pranic flows mean better condition of pranamaya kosha, and better condition of pranamaya kosha means better condition of manomaya and annamaya koshas. As the third effect all body organs are producing and eliminating appropriately. The fourth effect is that the body organs are communicating with each other properly through the nadic network.

As the fifth effect the blood circulation and oxygenation are better, the lymphatic circulation is optimal and we are eliminating waste products properly. It means that great positive changes are happening in our pranamaya, manomaya and annamaya koshas, and that is why we are feeling good after this asana. So this is why we should be aware of these great changes in our entire system.

Additional marmas and their benefits:

GB.11: *Beneficial marma for*: occipital headache, tinnitus and deafness, pain of the eyes, pain and arthritis of the neck.

GB.12: *Beneficial marma for*: respiratory disorders, toothache, tinnitus and deafness, paralysis of the facial muscles.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: arthrosis, rigidity and pain in neck region, fullness of the chest, intercostal neuralgia, pleuritis, inability to lift the arm backwards, axillary swelling and insomnia.

GB.23: *Beneficial marma for*: breathing disorders, vomitus, acidity and asthma.

GB.24: It is a front alarm marma of the gall bladder.
Beneficial marma for: mental agitation and confusion, jaundice, hepatitis, cholecystitis and gastric disorders.

GB.25: It is a front alarm marma of the kidney.
Beneficial marma for: diseases of the kidney, intercostal pain, dorso-lumbar pain, abdominal distention, flatulence, diarrhoea, spasms of the small intestine.

GB.26: *Beneficial marma for*: pain in the lumbar region, pain of the kidney, hernia, intercostal pain, endometritis, dysmenorrhoea, irregular menstruation, leucorrhoea.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back and abdomen pains, hip joint pain and arthrosis, chronic obstipation, endometriosis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limbs, pain in kidneys.

GB.30: *Special marma for*: sciatica.

GB.31: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders, motor disorders and pains of the lower extremities, sciatica, pain of the thigh, arthritis of the knee joint.

GB.32: *Beneficial marma for*: all knee disorders and arthritis of the knee joint, sciatica, pain, numbness, motor disorders, atrophy of the lower limbs and limitation of movement of the hip joint.

GB.33: The important marma of the akasha nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and all knee disorders and pain, numbness and muscular weakness of the lower limbs.

GB.34: The prithvi tattwa marma of the akasha nadi, with the pranic nature of samudra, influential marma for muscles and tendons.
Beneficial marma for: all muscles and tendons disorders, nausea, bitter taste in the mouth, vomitus, obstipation, heartburn, lower abdominal pain, lumbar pain and sciatica, atrophy, pain and motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee and elbow joints, swelling of the foot, intercostal and trigeminal neuralgia, vertigo, respiratory diseases and hypertension, mental disorders, epilepsy, gall bladder disorders, hypochondria pain.

GB.35: *Beneficial marma for*: pain of the lateral side of the shin, lumbar pain and sciatica, functional disorders, arthrosis, pain and weakness of the knee joint, pain and

swelling of the foot, atrophy of the lower limbs, fullness of the chest, asthma.

GB.36: *Beneficial marma for*: pain of the lateral side of the shin, cramp of the calf, arthrosis, pain and swelling of the ankle joint, sciatica, arthrosis, pain and rigidity of the neck region.

GB.37: The setu marma of the akasha tattwa nadi with pingala qualities of the prana shakti.
Beneficial marma for: motor disorders, arthrosis, pain and atrophy of the lower limbs, arthrosis and pain in the knee joint, degenerative process of the lower back, migraine, eye disorders such as night blindness, myopia, eye pain.

GB.38: The agni marma of the akasha tattwa nadi, which is nadi marma by its pranic nature.
Beneficial marma for: migraine, temporal headache, peri-orbital pain, pain in the lower abdomen, lumbar pain, axillary pain, chest pain, all disorders and pain in lateral side of the lower limbs, arthritis of the knee joint, malaria. It is the most important marma for tranquilization of spasms of the gall bladder and liver, sadness, anxiety and melancholy.

GB.39: The influential marma for the bone marrow.
Beneficial marma for: all disorders of the knee and ankle joints, arthrosis, pain and rigidity of the neck, intercostal neuralgia, nasal obstruction, sinusitis, obstipation, haemorrhoids, anorexia, disorders of the marrow and spinal marrow.

GB.40: The adhara marma of the akasha nadi. It means that this is the source marma of prana shakti of akasha tattwa nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, functional disorders of all joints of the lower limbs, motor disorders and muscle atrophy and pain of the lower limbs, pain and swelling of the lateral side

of the ankle, stiffness and pain of the neck region, intercostal neuralgia and fullness of the chest, respiratory disorders, pain of the hypochondria region, depression and sadness.

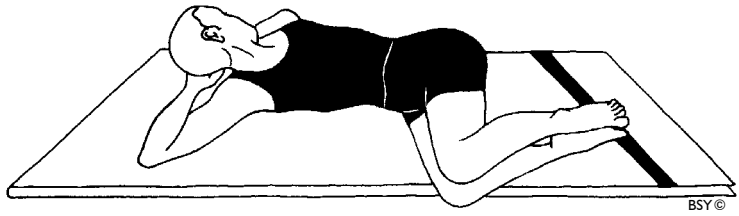
GB.41: The akasha tattwa marma of the akasha nadi, which is dhara marma by its pranic nature.
Beneficial marma for: eyesight disorders and pain of the outer corner of the eye, shoulder pain, pain and swelling of the ankle and foot, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, deafness and tinnitus, mastitis and dysmenorrhoea.

GB.42: *Beneficial marma for*: pain, swelling and arthrosis of the foot dorsum, tinnitus, axillary and inguinal disorders, mastopathia and ophthalmic problem.

GB.43: The jala tattwa marma of the akasha nadi, which is jharna marma by its pranic nature.
Beneficial marma for: vertigo, headache, tinnitus, deafness, pain and disorders of the eyes, intercostal and hypochondria pain, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs.

GB.44: The vayu tattwa marma of the akasha nadi, which is kuupah marma by its pranic nature.
Beneficial marma for: insomnia and nightmares, migraine, eye pain, deafness, mastitis, singultus, asthma and pain of the hypochondria.

SUPTA UDARAKARSHANASANA



It is an excellent twisting stretch of the entire muscle system of the back, especially the muscles along the spine. Along both sides of the spinal muscles both branches of the jala tattwa nadi and the back extra nadis are flowing. Along the median of the spine flows the amatya nadi. Altogether there are seven nadis flowing through the back of our body. We could say that we have a nadic network on our back. On both sides of the spine the special marmas are aligned on the first branch of the jala tattwa nadi, which are in direct link with their respective pertaining body organs, through the outflow of the sympathetic ganglia. While we are working on our back through the asanas, we are automatically influencing and stimulating our specific body organs, and our body organs are producing and eliminating appropriately. That is why it is very important in yoga to have the spine erect. Otherwise we would create blockages of the pranic flows through the nadis.

The twisting stretch of the back muscles provides us with purification of the back nadic flows. It protects us from blockages of pranic flows in our back. As a result, there will be no accumulation of waste products, which would later on create knots and back pains.

The twisting stretch of the abdominal region affects our pranic flows through the front central nadi or sharkaraksha nadi and all ida and pingala nadis of the lower extremities. The ida nadis of the lower limb terminate their flow in their

respective pertaining organs in the abdominal or chest region. The pingala nadis of the lower limb pass through the front of the body trunk, communicate with their paired ida nadis, and continue their flow downwards along the legs. The ida and pingala nadis of the upper extremities are also partly flowing through the upper chest region or are commencing from the upper chest region.

The twisting stretch of the abdominal and chest regions provides us with appropriate production and elimination of the body organs, systems and processes.

Important marmas of the asana

Upper extremities

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma supports and strengthens the effects of the previous marma.

LU.5: The jala tattwa marma of the vayu nadi, which is samudra marma by its pranic nature. It lowers the level of the prana shakti while it is flooded in the vayu nadi, and is a good sedative marma.

LI.10: Special marma of the vayu tattwa nadi, for relieving pain.
Beneficial marma for: motor disorders and neuralgia of head and the upper extremities, pain in the shoulder joint and shoulder blade, weakness of the forearm, facial paralysis, mumps and functional disorders of the large intestine.

LI.11: The prithvi tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. The best marma for

homeostasis, supporting marma for immune system. It tones the entire system.
Beneficial marma for: all disorders and pains of the elbow, shoulder and arm, motor disorders of the arm, back pains, lumbar pain, respiratory and skin disorders, hypertension, menstrual pains and amenorrhoea.

LI.12: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains of the elbows and upper limbs.

LI.15: Popularly known as a shoulder marma as it is a very effective marma for pre-arthritis of the shoulder joints, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motor disorders of the head and arm, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motor disorders and pain of head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is near to the vishuddhi chakra kshetram region and it has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motor disorders of the upper limbs.

HT.3: The jala marma of the agni nadi, which is a samudra marma by its pranic nature. Special marma for raising the prana shakti and for happiness of life.
Beneficial marma for: all disorders and pains of the elbow joint, motor disorders of the lower arm and palm, tremors and numbness of the upper limbs, cardiac pain and palpitation, intercostal neuralgia, dry cough and chest pain, hypochondriac pain, enuresis, mental disorders such as depression, fears, anxiety, hyper-emotiveness.

SI.8: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: all disorders and pains of the dorsal back, shoulder blade, elbow and fifth finger of the hand, oedema of the neck, poor hearing.

SI.9: *Beneficial marma for*: all disorders and pains of shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulders and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and

pains of the shoulder joint, pain and numbness of the head, congestion of the lungs.

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.2: *Beneficial marma for*: all disorders and pains of the inner side of the upper arm, chest and cardiac pains and cough.

PC.3: The jala marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: cardio-pulmonary disorders, palpitation, gastric disorders, all disorders and pains of the elbow, palm and arm, tremor, female sterility, anxiety.

3D.10: The prithvi marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the elbow joint and upper arm, pain and stiffness of the neck, migraine, intercostal neuralgia, hypertension, irritability, insomnia, mental agitation, emotional shock.

3D.11: *Beneficial marma for*: pains of the shoulder, upper arm and elbow joint.

3D.14: *Beneficial marma for*: frozen shoulder, pain and motor disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

3D.15: *Beneficial for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in upper arm and neck, asthma and cough.

Lower extremities

SP.9: The jala tattwa marma of the prithvi nadi, with the pranic nature of samudra.
Beneficial marma for: soft tissue disorders, liquid retention of the body, oedema and ascites, digestive disorders, diarrhoea, low appetite, pain and spasms of all internal organs, genito-urinary disorders, dysmenorrhoea and hypermenorrhoea, pain and oedema of the knee joint, circulatory disorders of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs.

SP.10: Special marma for blood.
Beneficial marma for: menstrual disorders and endometritis, skin disorders, allergies, urticarial, arthrosis, arthritis and rheumatic disorders and pain of the lower limbs and knee joint.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endo-metritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

SP.14: *Beneficial marma for*: arthrosis, arthritis and rheumatic and motor disorders of the lower limbs, hyperhidrosis, diarrhoea, abdominal pains and pain in the navel.

SP.15: The marma is in close relation with manipura chakra and one of the most important marmas for obesity.
Beneficial marma for: abdominal pains, constipation, dysentery, digestive disorders, obesity, asthenia and hyperhidrosis.

SP.16: *Beneficial marma for*: digestive disorders, obstipation, dysentery and all similar as SP.15.

SP.17: *Beneficial marma for*: fullness of the chest, intercostal pain, pain in the lateral part of the thorax, pain of the hypochondria region and singultus.

SP.18: *Beneficial marma for*: mastitis, hypogalactation, fullness and pain of the thorax with feeling of tension, cough and dyspnoea.

SP.19: *Beneficial marma for*: thoracic and intercostal pain, hypochondric and back pain.

SP.20: *Beneficial marma for*: anorexia, feeling of extreme thirstiness, singultus, fullness of the chest with tension.

SP.21: The maha setu marma of the entire nadic system (through it we are connected with the entire nadic flow) and second setu marma of the prithvi tattwa nadi of the spleen. It is a very active marma for general regulation of prana shakti. *Beneficial marma for*: all chronic diseases, digestive disorders, chest and hypochondriac pain, asthma and dyspnoea.

ST.9: *Beneficial marma for*: fullness of the chest, asthma, dyspnoea, laryngitis, neck pain and disorders of thyroid glands.

ST.10: *Beneficial marma for*: respiratory disorders, asthma and hypertension.

ST.11: *Beneficial marma for*: sore throat, dyspnoea, asthma, pain and stiffness of the neck.

ST.12: The marma is the crossing marma of four nadis: the vayu tattwa nadi of the large intestine, the prithvi tattwa nadi of the stomach, the agni tattwa nadi of the small intestine and the secondary jala tattwa nadi of the tridosha. All four nadis have pingala qualities of prana shakti. This marma is used for balancing the pranic flows of all four nadis.

Beneficial marma for: insomnia, irritability, hyper-emotiveness, respiratory disorders, functional disorders of stomach, arthrosis, stiffness and pain in neck region, intercostal pain and chest pain and dyspnoea.

ST.13: *Beneficial marma for*: disorders of smell, anorexia, respiratory disorders, asthma, dyspnoea, hoarseness, urticarial and eczema.

ST.14: Special marma for hyper-emotiveness and used in all cases of emotional shock.
Beneficial marma for: respiratory disorders, fullness and pain of the chest and hypochondria, pain in the lateral side of the chest.

ST.15: *Beneficial marma for*: respiratory disorders, asthma, pain and fullness of the lateral and lower part of the chest, intercostal pain and palpitation.

ST.16: *Beneficial marma for*: respiratory disorders, asthma, pain in the hypochondria region, diarrhoea, flatulence, noises, disorders of stool excretion, feeling of bitterness in mouth and mastitis.

ST.17: The marma is known as a nipple marma. It is the forbidden marma for acupuncture and moxibustion. We can use it only through yogic asanas. This is the advantage of yogic marma therapy.
Beneficial marma for: mastitis and hypogalactica, intercostal pain.

ST.18: *Beneficial marma for*: respiratory disorders, intercostal pain, hoarseness, mastitis and hypogalactica.

ST.19: *Beneficial marma for*: dilatation of the stomach and abdominal flatulence, vomitus, anorexia, diarrhoea, dryness in mouth and intercostal pain.

ST.20: *Beneficial marma for*: dyspnoea and difficulty of deep inhalation, anorexia, disorders of the intestines, spasms of the abdominal muscles, chronic and acute gastritis.

ST.21: The marma is on the right side of the abdomen. It is a dangerous marma as it lies directly over the gall bladder. We can use it easily through yogic asanas which is an advantage of yogic marma therapy.
Beneficial marma for: gastric nervousness, vomitus, nausea, acute and chronic gastritis, gastro-duodenal ulcer, anorexia, diarrhoea, pain in stomach region.

ST.22: *Beneficial marma for*: abdominal pain and flatulence, noises, diarrhoea and anorexia.

ST.23: *Beneficial marma for*: mental disorders such as agitation, delusion, melancholy, palpitation, gastric pain, indigestion.

ST.24: as in ST.23.

ST.25: The front alarm marma of the large intestine and very important and commonly used marma for losing weight.
Beneficial marma for: genito-urinary disorders, endometritis, difficulties while standing, abdominal pain and distention, all abdominal disorders, acute and chronic gastroenteritis, noises, dysentery, diarrhoea, obstipation, nausea, vomitus and motor disorders of the abdominal muscles.

ST.26: *Beneficial marma for*: abdominal pain and pain in the lower part of the abdomen, dysmenorrhoea.

ST.27: *Beneficial marma for*: insomnia and anxiety, pain in the lower part of the abdomen, flatulence, obstipation, spasms of the abdominal muscles, hernia, cystitis, dysuria, seminal emission.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.

ST.30: It is a genito-urinary marma.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

ST.34: The important marma of the prithvi nadi, known as a homeostatic and alarm marma.
Beneficial marma for: gastric pain and painful tension of the stomach, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint.

ST.35: The important marma of the prithvi nadi, useful for motor disorders of lower extremities and especially for knee joint, an analgesic marma for the knee joint.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint, motor disorders, pain and numbness of the knee joint.

ST.36: The prithvi tattwa marma of the prithvi nadi, with the pranic nature of samudra. It is one of the most important marmas of our mind-body-energy system. It is one of the most important distal marmas with a very subtle action. It is a homeostatic and general toning marma. It is the mother marma of all energies and all samudra marmas. It is the marma of the endless prana shakti. The marma which is most often used in all kinds of marma therapies.
Beneficial marma for: all digestive, intestinal and gastric disorders, diarrhoea, nausea, vomiting, obesity, abdominal pain, mastitis, hyper- and hypotony of the muscles of the

lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders and pains and swelling of the knee joint, genito-urinary disorders, dysmenorrhoea, eye disorders, asthenia, hyper and hypotension and mental disorders as strong mental irritability, depression, insomnia and vertigo.

BL.10: The marma is on the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of aroma sensation.

BL.11: The *asthi dhatu* or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind as insomnia, respiratory disorders, allergy, headache, neuralgia of neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, short breath, skin disorders (skin is the third lung), night sweating, sensory-motor disorders of the dorso-lumbar area and back pains.

BL.15: The back alarm marma of the heart. The marma is aligned on the jala tattwa nadi of the urinary bladder.

Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart', vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.
Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a dhatu marma (influential) for blood tissues or rakta dhatu. It is the marma for reunion of blood.
Beneficial marma for: motor disorders of the diaphragm, hiccough, asthma, singultus, vomitus, urticarial, leukaemia, anaemia, anorexia and neurosis.

BL.18: The back alarm marma of the liver. The marma is aligned on the jala nadi of the urinary bladder nadi.
Beneficial marma for: pain of the back and hypochondria region, intercostal and thoracic region, disorders of eyesight, accommodation disorders, congestion of the liver, eye disorders, muscle and tendon disorders, local disorder of the spine, disorders of the digestive and genito-urinary system, mental confusion.

BL.19: The back alarm marma of the gall bladder. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gall bladder disorders, nausea, vomitus, migraine caused by gall bladder, back pain.

BL.20: The back alarm marma of the spleen and pancreas. The marma is aligned on the jala tattwa nadi of the urinary bladder.

Beneficial marma for: spleen and pancreas disorders and gastrointestinal disorders, motor disorders of the abdominal muscles, diarrhoea and dyspepsia, urticarial, allergy, soft tissue disorders, oedema and back pain.

BL.21: The back alarm marma of the stomach. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastric and liver disorders, nausea and vomitus.

BL.22: The back alarm marma of the tridosha. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the lower back, respiratory, digestive and genito-urinary disorders.

BL.23: The back alarm marma of the kidney. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, diarrhoea, poor hearing and ringing of the ear, knee weakness, lower back pain and arthrosis, lumbago and sciatica.

BL.24: The back alarm marma of the SH.6 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. This marma is called 'the sea of the prana'. It has effect on the pranic condition of all ida nadis and ida organs.
Beneficial marma for: toning of the pranic system.

BL.25: The back alarm marma of the large intestine. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastrointestinal disorders, diarrhoea and obstipation, disorders of assimilation, obesity, genito-urinary disorders, migraine caused by digestive disorders, haemorrhoids, lower back pain, lumbago and sciatica, arthrosis, arthritis and rheumatic and motor disorders of the lower limb.

BL.26: The back alarm marma of the SH.4 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional digestive disorders of intestines, diarrhoea, pain of the abdomen and lower back, genito-urinary disorders.

BL.27: The back alarm marma of the small intestine.
Beneficial marma for: lower back pain, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: Back alarm marma for the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.29: Special marma for lower back.
Beneficial marma for: pains and functional disorders of the lower back, sciatica, hernia and enteritis.

BL.30: *Beneficial marma for*: pains in coccygeal and sacral region, functional disorders and pains of the anus region, haemorrhoids, hip joint pain and arthrosis, sciatica, endometritis, irregular menstruation, seminal emission.

BL.31: Special marma for genito-urinary disorders.
Beneficial marma for: genito-urinary disorders, functional disorders during menopause, sciatica, lower back pain and haemorrhoids.

BL.32: *Beneficial marma for*: arthrosis, arthritis and rheumatism of the hip joint, motor disorders of the lower limbs and all as in BL.31.

BL.33: *Beneficial marma for*: all as in BL.31.

BL.34: *Beneficial marma for*: all as in BL.31.

BL.35: *Beneficial marma for*: pain of the external genital organs, impotence, erection disorder, leucorrhoea and diarrhoea.

BL.36: *Beneficial marma for*: lower back pains, sciatica, arthrosis and motor disorders of the lower extremities and haemorrhoids.

BL.38: Important marma of the jala nadi.
Beneficial marma for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limb, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.39: Important marma of the jala nadi.
Beneficial marma for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.40: The prithvi tattwa marma of the jala nadi, with the pranic nature of samudra. It is one of the most important distal marmas with very subtle effects on the mind-body-energy system. It is the marma with endless prana shakti of the jala tattwa nadi.
Beneficial marma for: urinary disorders, abdominal pain, vomiting, obstipation, diarrhoea, haemorrhoids, dorso-lumbar pain, pain of the lower limbs, motor disorders of the hip joint, atrophy of the muscles, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limb, hypertension.

BL.41: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: intercostal neuralgia, spasms of the occipital muscle, arthrosis and numbness of the upper arm and elbow joint, stiffness and pain of the neck, shoulder and back.

BL.42: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: asthma, bronchitis, cough and dyspnoea, arthrosis and stiffness of the neck muscle, arthrosis and pain in shoulder joint, vomitus.

BL.43: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: congestion of the lung, asthma, bronchitis and cough, digestive disorders, singultus, back pain and memory weakness.

BL.44: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: respiratory disorders, arthrosis, pain and stiffness of the shoulder muscles and back.

BL.45: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: as for BL.44.

BL.46: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the back, singultus and vomitus, intercostal neuralgia.

BL.47: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: disorders of the liver and stomach, diarrhoea and vomiting, chest pain, pain of the back and hypochondria region.

BL.48: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: abdominal disorders.

BL.49: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gastric disorders, nausea, dyspepsia, haemorrhoids, lower back pain, arthrosis and sciatica.

BL.50: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain and arthrosis, gastric and abdominal disorders, vomitus and obstipation.

BL.51: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and spleen disorders, obstipation and mastitis, arthrosis and pain in neck region and lower limb.

BL.52: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain, arthrosis and stiffness, night sweating, urine retention, oedema, impotence and weak erection.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, enteritis, meteorism, haemorrhoids, arthrosis, stiffness and pain of the lower back region, sciatica, arthrosis and motor disorders of the lower limb.

BL.55: *Beneficial marma for*: lower back pain and arthrosis, sciatica, motor disorders and pain of the lower limb, lower abdominal pain, endometritis.

KI.10: The jala tattwa marma of the jala nadi of kidney, with the pranic nature of samudra. It is a very important marma known as an anti-allergic and anti-pruritic marma.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs and all disorders of the knee joint and medial side of the leg, genito-urinary disorders, baldness, spasms of the urinary bladder and incontinence, dysmenorrhoea and frigidity.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

KI.14: *Beneficial marma for*: enterocolitis and chronic diarrhoea, menstrual disorders and after delivery (labour) spasms.

KI.15: *Beneficial marma for*: inflammations of the lower abdomen, intestinal disorders, obstipation and gynaecological disorders.

KI.16: *Beneficial marma for*: migraine, dysmenorrhoea, gastric disorders, jaundice, intestinal disorders, obstipation and abdominal spasms.

KI.17: *Beneficial marma for*: gastric disorders, anorexia, diarrhoea and constipation.

KI.18: *Beneficial marma for*: gastric pain, singultus, vomitus, obstipation, hypersalivation and after delivery (labour) spasms.

KI.19: *Beneficial marma for*: abdominal spasms and nausea.

KI.20: *Beneficial marma for*: respiratory disorders and cough, chronic gastritis, gastric distention, vomitus, dyspepsia and diarrhoea.

KI.21: *Beneficial marma for*: all kinds of vomitus, liver and gastric disorders, peptic and duodenal ulcers.

KI.22: *Beneficial marma for*: congestion and disorders of the respiratory system, intercostal neuralgia and nausea.

KI.23: *Beneficial marma for*: intercostal neuralgia, respiratory disorders, fullness of the chest and palpitation and mastitis.

KI.24: *Beneficial marma for*: respiratory congestion and disorders, chest pain, intercostal neuralgia, nausea and mastitis.

KI.25: *Beneficial marma for*: respiratory disorders, fullness of the chest, intercostal neuralgia and vomitus.

KI.26: *Beneficial marma for*: vomitus, respiratory disorders, chest pain and fullness.

KI.27: *Beneficial marma for*: respiratory disorders, intercostal neuralgia, chest pain, vomitus and anorexia.

GB.20: The marma is in the region between vishuddhi and ajna chakras.

Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in the lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: fullness of the chest, intercostal neuralgia, axillary swelling, inability to lift the arm backwards, hypochondria pain and insomnia.

GB.23: *Beneficial marma for*: respiratory disorders, vomitus and hyperacidity.

GB.24: Special front alarm marma for the gall bladder.
Beneficial marma for: gastric and liver/gall bladder disorders, vomitus, renal pain, mental agitation and confusion.

GB.25: Special front alarm marma for the kidneys. Pain or sensation in this area will always signal any imbalances.
Beneficial marma for: diarrhoea and spasms of the small intestine, meteorism, abdominal distention, pain of hypochondria and pain of the thoracic and lumbar region.

GB.26: *Beneficial marma for*: urine retention, pain in the kidneys, intestinal pain, lumbar pain, endometritis and dysmenorrhoea.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back and abdomen pains, hip joint pain and arthrosis, chronic obstipation, endometritis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limb, pain in kidney.

GB.30: Special marma for sciatica.
Beneficial marma for: sciatica, lower back pain, all disorders of the hip joint, motor disorders, spasms and numbness of the lower limb, dermatosis and pruritus difusa.

GB.33: The important marma of the akasha nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and all knee disorders and pain, numbness and muscle weakness of the lower limb.

GB.34: The prithvi tattwa marma of the akasha nadi, with the pranic nature of samudra, influential marma for muscles and tendons.
Beneficial marma for: all muscles and tendons disorders, nausea, bitter taste in the mouth, vomitus, obstipation, heartburn, lower abdominal pain, lumbar pain and sciatica, atrophy, pain and motor disorders of the lower limb, arthrosis, arthritis and rheumatic disorders of the knee and elbow joints, swelling of the foot, intercostal and trigeminal neuralgia, vertigo, respiratory diseases and hypertension, mental disorders, epilepsy, gall bladder disorders, hypochondria pain.

LR.7: *Beneficial and important marma for*: all knee disorders.

LR.8: The jala tattwa marma of the akasha nadi of the liver, with the pranic nature of samudra. It means that the endless prana shakti is in the marma.
Beneficial marma for: liver disorders, disorders of blood coagulation, diarrhoea and obstipation, pain in the lower

part of the abdomen, respiratory disorders, asthma, skin disorders, genito-urinary disorders, very specific marma for impotence, dysmenorrhoea, headaches and migraine, mental irritability, mania, arthrosis, arthritis and rheumatic disorders of the knee joint, circulatory disorders of the knee joint, pain and spasms of all muscles.

LR.9: *Beneficial marma for*: menstrual disorders, lower abdominal pain, urine retention and lumbar pain.

LR.10: *Beneficial marma for*: post-influenza weakness, weakness of the lower limb, flatulence, abdominal muscle spasms, urine retention.

LR.11: *Beneficial marma for*: lumbo-sacral pains, arthrosis and motor disorders of the lower limb, pain in the leg, irregular menstruation, dysmenorrhoea, leucorrhoea, functional sterility.

LR.12: *Beneficial marma for*: pain in lower abdomen, painful hernia, pain in the penis, haemorrhoids, ophthalmic migraine, inflammation of the ovaries.

LR.13: Special front alarm marma for spleen and pancreas. *Beneficial marma for*: liver and gall bladder disorders and pains, bitterness in the mouth, vomitus, dyspepsia, diarrhoea, meteorism, spleen disorders, muscle spasms, intercostal neuralgia, lumbar pain and pain all along the spine.

LR.14: The special front alarm marma for the liver.
Beneficial marma for: fullness of chest, intercostal neuralgia, chest and hypochondria pain, respiratory disorders and asthma, vomitus, diarrhoea, meteorism, lumbar pain, eyesight disorders, vegetative disorders in menopause and disorders after delivery.

AM.1: The setu marma, the mooladhara chakra, the place of prithvi tattwa.
Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pains during urination and defecation, anal fissure and pruritus of anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for: genito-urinary disorders.

AM.3: The marma is analogue to manipura chakra.
Beneficial marma for: all kinds of agni tattwa disorders in the mental and physical dimensions. In the mental dimension it is beneficial for anger and problems of self-consciousness, self-esteem and self-confidence.

AM.4: The marma is the manipura chakra, the location of the vital agni tattwa, the ocean of prana.
Beneficial marma for: energizing the assimilation process, all genito-urinary disorders, dorsal and lumbar pain and mental disorders involving 'I'-ness.

AM.5: *Beneficial marma for*: digestive disorders and dorso-lumbar pain.

AM.6: *Beneficial marma for*: muscle relaxation, digestive disorders and epilepsy.

AM.9: *Beneficial marma for*: respiratory disorders, digestive and intestinal disorders, anorexia and asthenic condition and back pain.

AM.10: *Beneficial marma for*: respiratory and gastric disorders, arthrosis and pain in the dorso-lumbar region.

AM.11: The marma is the anahata chakra, the seat of our mental and emotional condition and our soul; the location of the vayu tattwa.
Beneficial marma for: loss of memory, fears and obsessiveness, suicidal ideas and other mental and emotional problems, respiratory disorders and dorso-lumbar pain.

AM.12: *Beneficial marma for*: respiratory disorders, dorso-lumbar pain and arthrosis and epilepsy.

AM.13: *Beneficial marma for*: malaria, headache, epilepsy, arthrosis and pain of the neck and dorsal region.

AM.14: The marma is vishuddhi chakra, the location of the akasha tattwa.

AM.15: The marma is in the region between vishuddhi and ajna chakra.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.1: It is the marma of the mooladhara chakra kshetram, the place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: It is the marma of the swadhisthana chakra kshetram, the place of jala tattwa.

Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

SH.5: The front alarm marma of tridosha nadi, the locations of the secondary jala tattwa.
Beneficial marma for: abdominal and genito-urinary disorders.

SH.6: The special marma for toning of prana.
Beneficial marma for: general physical and psychological asthenic condition with chronic fatigue, all chronic diseases condition, intestinal disorder and meteorism, lower abdominal pain and lower back pain and arthrosis and hypotension.

SH.7: *Beneficial marma for*: genito-urinary disorders, pain around the navel and flatulence.

SH.8: The marma is the manipura kshetram, the area of tattwa agni. Very important marma for reanimation. It is a forbidden marma for acupuncture, but with yogic asanas, pranayamas, mudras and bandhas we can easily use it.
Beneficial marma for: chronic diarrhoea, abdominal disorders and pains and for all disorders of ida organs.

SH.12: The front alarm marma of stomach and influential marma for all pingala organs.
Beneficial marma for: all digestive and gastric disorders, abdominal pain, palpitation, hypertension, neuro-vegetative syndromes, insomnia and headache.

SH.14: The front alarm marma of the heart.
Beneficial marma for: anxiety, functional disorders of heart and palpitation and gastric disorders.

SH.15: The setu marma of the sharkaraksha nadi. Through it sharkaraksha nadi is communicating with the amatya nadi.
Beneficial marma for: mental agitation or depression, disorders of general tonus and impotency, respiratory disorders, fullness of the chest, gastric disorders and palpitation.

SH.16: The marma is in the anahata kshetram region.
Beneficial marma for: respiratory and gastric disorders.

SH.17: The front alarm marma of pericardium and in the location of the anahata kshetram.
Beneficial marma for: respiratory disorders and fullness of the chest, palpitation and gastric disorders.

SH.18: *Beneficial marma for*: respiratory disorders and chest pain.

SH.19: *Beneficial marma for*: respiratory disorders and chest pain.

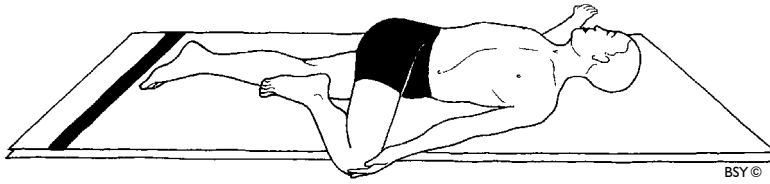
SH.20: *Beneficial marma for*: respiratory disorders.

SH.21: *Beneficial marma for*: respiratory disorders, gastric pain and burning sensation.

SH.22: The marma is the vishuddhi chakra kshetram, the location of akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14 (see greeva sanchalasana).

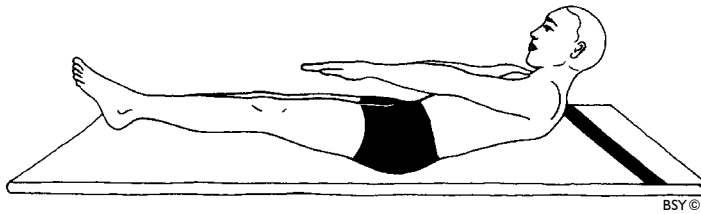
SH.23: The marma is the vishuddhi chakra kshetram, the location of akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14 (see greeva sanchalasana).

SHAVA UDARAKARSHANASANA



Effects of this asana on marmas and on the function of our pranic-mind-body system are very similar to the previous asana (See supta udarakarshanasana.), except the effects on the marmas of the elbow, as here we have straight arms and there are no pressures on the elbow marmas. The asana has great physical, pranic and mental roles of purification. The effects of this marma are on the entire mind-body-pranic system. The asana has in-depth effects on marmas.

NAUKASANA



This is an excellent asana for stretching the frontal and back muscles of the entire body. It has great stimulation effects on the digestive, circulatory, nervous and hormonal systems. It tones all body organs. Through the system of nadis and marmas it has a great stimulation effect on all body organs, systems and processes. Through the asana we are applying a gentle marma massage and affecting marmas of all body organs, and so this is why the body organs are producing and eliminating waste product appropriately. This elimination of waste products is not only happening in the physical body; it is happening in the mental body too. Through this asana we are eliminating emotional waste products of the mental system, and stimulating the nadic flows of the entire nadi system and the condition of all pancha tattwas. It is indeed an asana for body, mind and pranic refreshment, as it revitalizes and regenerates our entire system.

Important ida-pingala pranic qualities of marmas of the asana

Ida pranic qualities of marmas of the lower limb

SP.9–SP.21: (See supta udarakarshanasana)
LR.8–LR.14: (See supta udarakarshanasana)
KI.10–KI.27: (See supta udarakarshanasana)

Pingala pranic qualities of marmas of the lower limb

BL.10–BL.37: (See supta udarakarshanasana)
BL.40: (See supta udarakarshanasana)

BL.43: (See supta udarakarshanasana)
BL.52: (See supta udarakarshanasana)
BL.54: (See supta udarakarshanasana)
GB.20–GB.34: (See supta udarakarshanasana)
ST.10–ST.36: (See supta udarakarshanasana)

Ida pranic qualities of marmas of the upper limb
LU.1–LU.10: (See supta udarakarshanasana)
HT.1–HT.8: (See supta udarakarshanasana)
PC.1–PC.8: (See supta udarakarshanasana)

Pingala pranic qualities of marmas of the upper limb
LI.4–LI.18: (See supta udarakarshanasana)
SI.3–SI.17: (See supta udarakarshanasana)
3D.3–3D.17: (See supta udarakarshanasana)

Ida pranic quality of marmas of the frontal side of trunk
SH.1–SH.23: (See supta udarakarshanasana)

Pingala pranic quality of marmas of the back side of trunk
AM.1–AM.16: (See supta udarakarshanasana)

4

Pawanmuktasana Part 3

From the viewpoint of marma yoga, the shakti bandha group of asanas is perfect for revitalization and regeneration of the entire pranic system. According to marma yoga and the law of energy system, energy is circulating through a closed circle, and if there is any energy blockage in any part of that circle then we will have energy deficiency in one part of the cycle and there will be energy sufficiency or excess energy in another part of the circle. In the same manner, if there is any energy blockage in any part of the body, then that part of the body will suffer from deficiency of energy and at the same time there will be energy sufficiency in another part of the body. With the shakti bandha series we unblock the entire energy system and infuse the entire system with energy. We could say that the shakti bandha group of asanas revitalizes and regenerates the entire pranic system.

The effects of asanas on pranamaya kosha

Through these asanas we can affect the pancha tattwa system and cleanse all stagnations of the tattwic energy. The series starts with the vayu and agni tattwas and then continues with the akasha, jala and prithvi tattwas.

The flow of prana shakti through the nadis becomes a flow of rivers, without any blockages. All chakra functions are stimulated and functioning optimally. The entire nadi

system is cleansed of all stagnations. The nadis of the upper and lower extremities, central front and central back nadis of the trunk and the nadis of the head are appropriately stimulated and cleansed of all blockages. Especially the seven nadis of the back, which make a nadic network of the pranic flow through the back, are stimulated, cleansed and squeezed out of all stagnancy of the pranic flow through the nadis.

The marmas are stimulated and functioning through both manomaya and annamaya koshas, which results in a better quality of body and mind.

The effects of asanas on annamaya kosha

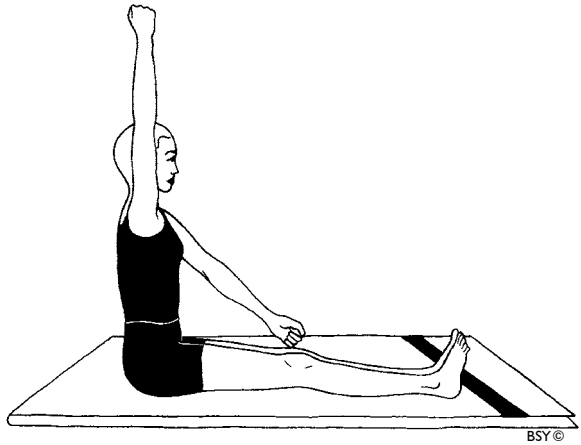
The effects of asanas are very profound. All body organs, systems and processes are functioning optimally, and producing and eliminating optimally. Asanas are systematically working through the respiratory, cardiovascular, gastro-intestinal, genito-urinary, nervous and endocrine systems.

Through these asanas a deep cleansing process of the entire body occurs. The entire muscle system is stretched and becomes free of any knots. The spinal muscles especially are stretched, cleansed and squeezed out of all blockages.

The effects of asanas on manomaya kosha

All effects on the mental and emotional body occur as the results of effects on the pancha tattwa system. The shakti bandha series improves the emotional condition according to the pancha tattwa emotional chakra. As a result, various mental and emotional conditions are transformed to a better quality.

RAJJU KARSHANASANA



The series starts with rajju karshanasana, which stimulates the nadis of the upper extremities. Through the upper extremities flow the vayu tattwa nadis of the lung (LU.) and large intestine (LI.), the agni tattwa nadis of the heart (HT.) and small intestine (SI.) and secondary agni tattwa nadis of the pericardium (PC.) and tridosha (3D.). It means that at the very beginning of the shakti bandha series, we activate our most important tattwas for a better quality of prana shakti. Through the stimulations of marmas of these nadis of vayu and agni tattwas we make our pranic flow better and remove any obstruction.

As the pranic and blood circulation starts from the lungs, it is normal that the series begins with rajju karshanasana. Through the asana the body organs, such as lungs, large intestine, heart, small intestine, pericardium and tridosha or our hormonal body are stimulated. As we are working through the marmas of the nadis, we are affecting not only the local area and body organs or body parts, we are also affecting the remote areas and remote organs. The muscles of the upper limbs, shoulder joint, shoulder blade and chest are stimulated.

According to marma yoga and the pancha tattwa emotional chakra, imbalance of the vayu tattwa is responsible for the feeling of sadness, and we express this as with all other emotions through the chest or the anahata region. After practising rajju karshanasana, the practitioner will feel that the chest or the anahata region is more open, more free, easy and in a better emotional condition.

The important marmas

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma supports and strengthens the effects of the previous marma.

LU.9: The prithvi tattwa marma, adhara marma and influential marma for the entire vascular system of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: respiratory and vascular disorders such as arteriosclerosis and others, hypotension, specific dhatu (tissue) disorders, throat and chest pains, all disorders and pains along the inner aspect of the lower arm and palm, carpal tunnel syndrome, mental disorders such as insomnia with mental agitation and depression.

LU.10: The agni tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature. It is the specific motor marma of the vayu nadi.
Beneficial marma for: respiratory disorders, chest and throat pains, headache, all disorders and pains of the elbow, palm and thumb, mastitis and mental disorders such as insomnia and anxiety.

LU.11: The akasha tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: respiratory diseases, influenza, finger disorders and pains, arthrosis, arthritis and rheumatic disorders of the palm joints, skin disorders, mental disorders.

LI.1: The vayu tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: stomatitis, gingivitis and tooth pains, tinnitus and vertigo, asthma, all disorders of the palm joints, rheumatoid arthritis and pains of the palm joints.

LI.2: The jala tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: as in the previous asana for dental and mouth affection, back, shoulder and arm pains and disorders, effects on palm joints are as in the previous asanas, facial paralysis and abdominal flatulence.

LI.3: The akasha tattwa marma of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: tooth pains, eye pains, neuralgia trigeminus, arthrosis, arthritis and rheumatic disorders and swelling of the palm and finger joints, abdominal flatulence and diarrhoea.

LI.4: The adhara marma of the vayu nadi, the best analgesic marma for the entire body, one of the six distal marmas. Used as a sedative marma too. Very popular marma for elimination and detoxification and used for all treatments. It is a great regulatory marma of prana shakti. It is the source of prana shakti of the vayu nadi.
Beneficial marma for: all diseases, disorders and pains, all disorders of the thumb, index finger, palm and wrist joints. Special marma for head, face, special sense organs and front of the neck. For all disorders of the lungs and large intestine, amenorrhoea, etc.

LI.5: The agni tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: deafness, tinnitus, eye disorders, headaches, toothache, all disorders and pains of the palm, wrist joints and writer spasms (graphospasm).

LI.15: Popularly known as a shoulder marma as it is a very effective marma for pre-arthritis of the shoulder joint, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders, pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motor disorders of the head and arm, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motor disorders and pains of the head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is near to the vishuddhi chakra kshetram region and it has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motor disorders of the upper limbs.

HT.2: *Beneficial marma for*: liver disorders, gastrointestinal disorders, ophthalmic disorders, genito-urinary disorders, high blood pressure, headaches, insomnia, irritability, anger, epilepsy and asthenic condition, pain in the shoulder and arm region, hypochondriac pain.

HT.7: The prithvi tattwa and adhara marma of the agni nadi, which is a dhara marma by its pranic nature, the most important tranquilizer and sedative marma.
Beneficial marma for: mental disorders such as insomnia, anxiety, hysteria, fear, strong emotions, poor memory, nightmares, restlessness, anorexia, palpitation and cardiac disorders, hypertension, for basal metabolism and hyperthyreosis, regulation of prana not only in the heart but also in all internal organs, regulation of sexual energy, sensation of heat in the palm.

HT.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders of the palm joints, rheumatoid arthritis of the palms and carpal joints, spasm of fingers, motor disorders of the palm joints, numbness of the palms, feeling of extreme heat in palms, genito-urinary disorders, hypermenorrhoea, chest pains and palpitation.

HT.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: general toning and nourishment, chest pains, palpitation, pain and disorders of the elbow joint, contraction of the hand muscles, all disorders of the palm joints, headache, mental disorders such as fear, depression, melancholy, mania, asthenia.

SI.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: senso-motor disorders and neuralgia of the inner aspect of the upper arms, arthrosis, arthritis and

rheumatic disorders of the palm and finger joints, headache, ophthalmic disorders, mastitis and hypolactation, rigidity of the tongue and disorders of the kidneys.

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders and pains of the lower arms and numbness of the fingers, respiratory disorders, ophthalmic disorders and tinnitus.

SI.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. The confluent marma of the amatya nadi.
Beneficial marma for: acute stiffness of the neck, acute lower back pains, all kinds of headaches, tremors and numbness of the fingers, all disorders and pains of the lower arm, feeling of fullness of the chest, dyspnoea, disorders of hearing and ophthalmic disorders.

SI.4: The adhara marma of the agni tattwa nadi of the small intestine.
Beneficial marma for: rigidity and pain in the fingers of the palm, arthritis and arthrosis of the palm and elbow, headaches, pain in the occipital region, rigidity and pain of the neck region, tinnitus, hemiplegia, ORL disorders, general disorders of physical and psychological tonus.

SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints and upper arms, deafness, tinnitus, vertigo, pains and swelling of the neck and lower jaw.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: arthritis, arthrosis and rheumatic disorders and pains of the palm, wrist, elbow and shoulder

joints, motor disorders of the arm, stiff neck, cervical spondylosis, back pains, lumbago, eye disorders.

SI.9: *Beneficial marma for*: all disorders and pains of the shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulder and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in the muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in the shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is in the vishuddhi kshetram region and has a great effect on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus and deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsillitis, pains of the throat, arthrosis and pain of the neck, tinnitus and deafness and disorders of voice abilities.

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.2: *Beneficial marma for*: all disorders and pains of the inner side of the upper arm, chest and cardiac pains and cough.

PC.7: The prithvi tattwa and adhara marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints, muscle contraction of the inner side of the lower arm, writer's spasm, carpal tunnel syndrome, sensory-motor disorders of the arm, digestive disorders, cardiac and chest pains and palpitation, pain in the hypochondriac area, hypertension, mental disorders such as fear, anxiety, hyper-emotiveness, general disorders of sexual tonus, sexo-psychosomatic disorders.

PC.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: chest pain, palpitation, all disorders of the palm joints, rheumatoid arthritis of the carpal and the palm joints, excessive sweating of the palms, thermal shock, gastric disorders, stomatitis and mental disorders.

PC.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insolation, chest pain, arrhythmia, palpitation, hypertension, feeling of extreme heat in the

palms, mental disorders, insomnia, depression, nightmare of children, impotence, frigidity, sexo-psychosomatic disorders.

3D.1: Vayu tattwa marma of the agni (secondary) nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: toning effects on the body, sadness, worry, ophthalmic disorders, respiratory disorders, headache and tinnitus.

3D.2: Jala tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: respiratory disorders, deafness, tinnitus, headache, inflammation of teeth and gingiva, all disorders and pains of the upper limbs and palm joints.

3D.3: Akasha tattwa marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature. The marma has toning effects on all pingala nadis.
Beneficial marma for: ear and eye disorders, vertigo and tinnitus, all disorders of the upper extremities, hypertension, head, shoulder and back pains, motor disorders of wrist and fingers, general lethargy, slowness and sadness.

3D.4: The adhara marma of the agni (secondary) nadi.
Beneficial marma for: disorders of the urinary system, prostatitis, tinnitus and deafness, all disorders and pains of the upper limbs, arthrosis, arthritis and rheumatic disorders of the shoulder, wrist and palm joints, malaria.

3D.14: *Beneficial marma for*: frozen shoulder, pain and motor disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in the upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjunctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

BL.10: The marma is on the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of smell sensation.

BL.11: The *asthi dhatu* or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind such as insomnia, respiratory disorders, allergy, headache, neuralgia of the neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, short breath, skin disorders (skin is the third lung), night sweating, sensory-motor disorders of the dorso-lumbar area and back pains.

BL.14: The back alarm marma of the pericardium. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi.
Beneficial marma for: mental and brain disorders, neurasthenia, mental agitation, palpitations, functional vasomotor

disorders, vertigo, nausea, pain in shoulder blade region, stenocardia and gastric disorders.

BL.15: The back alarm marma of the heart. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart', vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.
Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a dhatu marma (influential) for blood tissues or rakta dhatu. It is the marma for the reunion of blood.
Beneficial marma for: motor disorders of the diaphragm, hiccough, asthma, singultus, vomitus, urticarial, leukaemia, anaemia, anorexia and neurosis.

BL.41: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: intercostal neuralgia, spasms of the occipital muscle, arthrosis and numbness of the upper arm and elbow joint, arthrosis, stiffness and pain of the neck, shoulder and back.

BL.42: The marma is aligned on the second branch of the jala tattwa nadi.

Beneficial marma for: asthma, bronchitis, cough and dyspnoea, arthrosis and stiffness of the neck muscle, arthrosis and pain in shoulder joint, vomitus.

BL.43: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: congestion of the lung, asthma, bronchitis and cough, digestive disorders, singultus, back pain and memory weakness.

BL.44: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: respiratory disorders, arthrosis, pain and stiffness of the shoulder muscle and back.

BL.45: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: as for BL.44.

BL.46: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the back, singultus and vomitus, intercostal neuralgia.

BL.47: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: disorders of the liver and stomach, diarrhoea and vomiting, chest pain, pain of the back and hypochondria region.

BL.48: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: abdominal disorders.

BL.49: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.

Beneficial marma for: liver and gastric disorders, nausea, dyspepsia, haemorrhoids, lower back pain, arthrosis and sciatica.

BL.50: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain and arthrosis, gastric and abdominal disorders, vomitus and obstipation.

ST.9: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory disorders, disorders of voice abilities, disorders of thyroid glands.

ST.10: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

ST.12: The marma is the crossing marma of four nadis: the vayu tattwa nadi of the large intestine, the prithvi tattwa nadi of the stomach, the agni tattwa nadi of the small intestine and the secondary jala tattwa nadi of the tridosha. All four nadis have pingala qualities of prana shakti. This marma is used for balancing the pranic flows of all four nadis.
Beneficial marma for: insomnia, irritability, hyper emotiveness, respiratory disorders, functional disorders of stomach, arthrosis, stiffness and pain in neck region, intercostal pain and chest pain and dyspnoea.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: arthrosis, rigidity and pain in the neck region, fullness of the chest, intercostal neuralgia, pleuritis, inability to lift the arm backwards, axillary swelling and insomnia.

GB.23: *Beneficial marma for*: breathing disorders, vomitus, acidity and asthma.

AM.9: *Beneficial marma for*: respiratory disorders, digestive and intestinal disorders, anorexia and asthenic condition and back pain.

AM.10: *Beneficial marma for*: respiratory and gastric disorders, arthrosis and pain in the dorso-lumbar region.

AM.11: The marma is the anahata chakra, the seat of our mental and emotional condition and our soul; the location of vayu tattwa.
Beneficial marma for: loss of memory, fears and obsessiveness, suicidal ideas and other mental and emotional problems, respiratory disorders and dorso-lumbar pain.

AM.12: *Beneficial marma for*: respiratory disorders, dorso-lumbar pain, arthrosis and epilepsy.

AM.13: *Beneficial marma for*: malaria, headache, epilepsy, arthrosis and pain of the neck and dorsal region.

AM.14: The marma is vishuddhi chakra, the location of the akasha tattwa.

Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.15: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

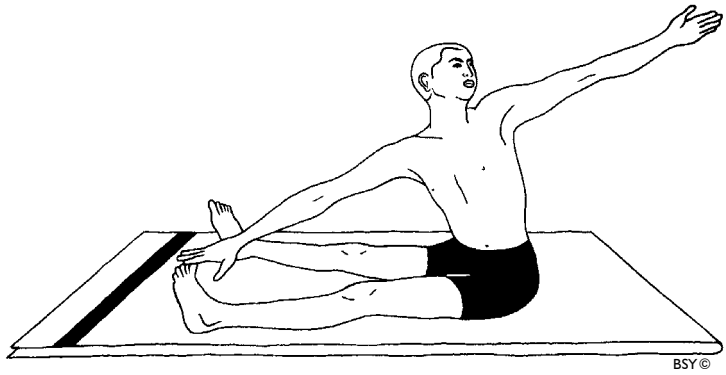
AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.21: *Beneficial marma for*: respiratory disorders and gastric pain and burning sensation.

SH.22: The marma is the vishuddhi chakra kshetram, the location of the akasha tattwa.

SH.23: The marma is the vishuddhi chakra kshetram, the location of the akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14 (see greeva sanchalasana).

GATYATMAK MERU VAKRASANA



After stimulation of akasha, vayu, agni, jala tattwas and the central front and central back nadis, gatyatmak meru vakrasana is a continuation of stimulation of akasha, vayu, agni, jala tattwas and central front and central back nadis. This asana causes a deep cleansing process in the entire mind-body system. It is squeezing all body organs and nadis which are flowing through the back side of our body. This squeezing effect cleanses all stagnation from the jala nadi of the bladder organ (BL.), which is flowing through the back of our body. These stagnations cause a lot of pain, stiffness and rigidity of our back and form knots, crystals, noodles, etc. Marmas are aligned on the jala tattwa nadi of the bladder organ (BL), and are in very close connection with our body organs through the sympathetic outflow. When we are stimulating the marmas of the bladder nadi of the back, we are stimulating all our body organs, and these organs are producing and eliminating appropriately, which is of vital interest.

Through the marmas of the arohan nadi, which is flowing upward from the prithvi tattwa region to the akasha tattwa region, from mooladhara chakra through all chakra kshetrams and nadis of the prithvi, jala and akasha tattwas, which are flowing through the leg, the prana shakti of ida

quality of nadis is flowing upward, and the prana shakti of pingala quality of nadis is flowing downward Thereby we are stimulating the pelvic region and genito-urinary system, the abdominal region and gastrointestinal system, the chest region, the respiratory and cardiovascular systems, the neck region and endocrine system. At the same time, we are also stimulating the marmas of the vayu and agni tattwa nadis of the arm. The ida qualities of prana shakti are flowing through the nadis through the arm from the trunk of the body, and pingala qualities of prana shakti are flowing through the nadis, which are flowing towards the trunk of the body.

The awarohan nadi of the back is flowing from the prithvi tattwa and mooladhara chakra region upward, passing through the chakras and affecting our brain functions and the functions of our mind with the emotions.

Gatyatmak meru vakrasana is an asana with strong and deep effects on our entire mind, body and pranic systems.

Important marmas

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma supports and strengthens the effects of the previous marma.

LI.15: Popularly known as a shoulder marma as it is a very effective marma for pre-arthritis of the shoulder joint, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motor disorders of the head and

arm, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motor disorders and pains of the head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is near to the vishuddhi chakra kshetram region and has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region. *Beneficial marma for*: enlargement of the thyroid gland, hypothyroidism, disorders of the function of pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motor disorders of the upper limbs.

HT.2: *Beneficial marma for*: liver disorders, gastrointestinal disorders, ophthalmic disorders, genito-urinary disorders, high blood pressure, headaches, insomnia, irritability, anger, epilepsy and asthenic condition, pain in the shoulder and arm region, hypochondriac pain.

SI.9: *Beneficial marma for*: all disorders and pains of the shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulder and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in the muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is in the vishuddhi kshetram region and has great effects on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus and deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsillitis, pains of the throat, arthrosis and pain of the neck, tinnitus and deafness and disorders of voice abilities.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endometritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

SP.14: *Beneficial marma for*: arthrosis, arthritis and rheumatic and motor disorders of the lower limbs, hyperhidrosis, diarrhoea, abdominal pains and pain in the navel.

SP.15: The marma is in close relation with the manipura chakra and one of the most important marmas against obesity.
Beneficial marma for: abdominal pains, constipation, dysentery, digestive disorders, obesity, asthenia and hyperhidrosis.

SP.16: *Beneficial marma for*: obstipation and all similar to SP.15.

SP.17: *Beneficial marma for*: fullness of the chest, intercostal pain, pain in the lateral part of the thorax, pain of the hypochondria region and singultus.

SP.18: *Beneficial marma for*: mastitis, hypogalactation, fullness and pain of the thorax with feeling of tension, cough and dyspnoea.

SP.19: *Beneficial marma for*: thoracic and intercostal pain, hypochondric and back pain.

SP.20: *Beneficial marma for*: anorexia, feeling of extreme thirstiness, singultus, fullness of the chest with tension.

SP.21: The maha setu marma of the entire nadic system (through it we are connected with the entire nadic flow) and

second setu marma of the prithvi tattwa nadi of the spleen. It is a very active marma for general regulation of prana shakti. *Beneficial marma for*: all chronic diseases, digestive disorders, chest and hypochondriac pain, asthma and dyspnoea.

ST.9: The marma is in the vishuddhi kshetram region. *Beneficial marma for*: respiratory disorders, disorders of voice abilities, disorders of thyroid glands.

ST.10: The marma is in the vishuddhi kshetram region. *Beneficial marma for*: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: Arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

ST.12: The marma is the crossing marma of four nadis: the vayu tattwa nadi of the large intestine, the prithvi tattwa nadi of the stomach, the agni tattwa nadi of the small intestine and the secondary jala tattwa nadi of the tridosha. All four nadis have pingala qualities of prana shakti. This marma is used for balancing the pranic flows of all four nadis. *Beneficial marma for*: insomnia, irritability, hyper emotiveness, respiratory disorders, functional disorders of stomach, arthrosis, stiffness and pain in neck region, intercostal pain and chest pain and dyspnoea.

ST.13: *Beneficial marma for*: disorders of smell, anorexia, respiratory disorders, asthma, dyspnoea, hoarseness, urticarial and eczema.

ST.14: Special marma for hyper-emotiveness and used in all cases of emotional shock. *Beneficial marma for*: respiratory disorders, fullness and pain of the chest and hypochondria, pain in the lateral side of the chest.

ST.15: *Beneficial marma for*: respiratory disorders, asthma, pain and fullness of the lateral and lower part of the chest, intercostal pain and palpitation.

ST.16: *Beneficial marma for*: respiratory disorders, asthma, pain in the hypochondria region, diarrhoea, flatulence, noises, disorders of stool excretion, feeling of bitterness in mouth and mastitis.

ST.17: The marma is known as a nipple marma. It is the forbidden marma for acupuncture and moxibustion. We can use it only through yogic asanas. This is the advantage of yogic marma therapy.
Beneficial marma for: mastitis and hypogalactica, intercostal pain.

ST.18: *Beneficial marma for*: respiratory disorders, intercostal pain, hoarseness, mastitis and hypogalactica.

ST.19: *Beneficial marma for*: dilatation of the stomach and abdominal flatulence, vomitus, anorexia, diarrhoea, dryness in the mouth and intercostal pain.

ST.20: *Beneficial marma for*: dyspnoea and difficulty of deep inhalation, anorexia, disorders of the intestines, spasms of the abdominal muscles, chronic and acute gastritis.

ST.21: The marma is on the right side of the abdomen. It is a dangerous marma as it lies directly over the gall bladder. We can use it easily through yogic asanas and this is an advantage of yogic marma therapy.
Beneficial marma for: gastric nervousness, vomitus, nausea, acute and chronic gastritis, gastro-duodenal ulcer, anorexia, diarrhoea, pain in stomach region.

ST.22: *Beneficial marma for*: abdominal pain and flatulence, noises, diarrhoea and anorexia.

ST.23: *Beneficial marma for*: mental disorders such as agitation, delusion, melancholy, palpitation, gastric pain, indigestion.

ST.24: *Beneficial marma for*: as in ST.23.

ST.25: The front alarm marma of the large intestine; it is a very important and commonly used marma for losing weight.
Beneficial marma for: genito-urinary disorders, endometritis, difficulties while standing, abdominal pain and distention, all abdominal disorders, acute and chronic gastroenteritis, noises, dysentery, diarrhoea, obstipation, nausea, vomitus and motor disorders of the abdominal muscles.

ST.26: *Beneficial marma for*: abdominal pain and pain in the lower part of the abdomen, dysmenorrhoea.

ST.27: *Beneficial marma for*: insomnia and anxiety, pain in the lower part of the abdomen, flatulence, obstipation, spasms of the abdominal muscles, hernia, cystitis, dysuria, seminal emission.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.

ST.30: It is a genito-urinary marma.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

KI.14: *Beneficial marma for*: enterocolitis and chronic diarrhoea, menstrual disorders and after delivery (labour) spasms.

KI.15: *Beneficial marma for*: inflammation of the lower abdomen, intestinal disorders, obstipation and gynaecological disorders.

KI.16: *Beneficial marma for*: migraine, dysmenorrhoea, gastric disorders, jaundice, intestinal disorders, obstipation and abdominal spasms.

KI.17: *Beneficial marma for*: gastric disorders, anorexia, diarrhoea and constipation.

KI.18: *Beneficial marma for*: gastric pain, singultus, vomitus, obstipation, hypersalivation and after delivery (labour) spasms.

KI.19: *Beneficial marma for*: abdominal spasms and nausea.

KI.20: *Beneficial marma for*: respiratory disorders and cough, chronic gastritis, gastric distention, vomitus, dyspepsia and diarrhoea.

KI.21: *Beneficial marma for*: all kinds of vomitus, liver and gastric disorders, peptic and duodenal ulcers.

KI.22: *Beneficial marma for*: congestion and disorders of the respiratory system, intercostal neuralgia and nausea.

KI.23: *Beneficial marma for*: intercostal neuralgia, respiratory disorders, fullness of the chest and palpitation and mastitis.

KI.24: *Beneficial marma for*: respiratory congestion and disorders, chest pain, intercostal neuralgia, nausea and mastitis.

KI.25: *Beneficial marma for*: respiratory disorders, fullness of the chest, intercostal neuralgia and vomitus.

KI.26: *Beneficial marma for*: vomitus, respiratory disorders, chest pain and fullness.

KI.27: *Beneficial marma for*: respiratory disorders, intercostal neuralgia, chest pain, vomitus and anorexia.

BL.10: The marma is in the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of smell sensation.

BL.11: The *asthi dhatu* or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma is called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind as insomnia, respiratory disorders, allergy, headache, neuralgia of the neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung. The marma is aligned on the jala tattwa nadi of the urinary bladder.

Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, shortness of breath, skin disorders (skin is the third lung), night sweating, senso-motor disorders of the dorso-lumbar area and back pains.

BL.14: The back alarm marma of the pericardium. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi.
Beneficial marma for: mental and brain disorders, neurasthenia, mental agitation, palpitations, functional vasomotor disorders, vertigo, nausea, pain in the shoulder blade region, stenocardia and gastric disorders.

BL.15: The back alarm marma of the heart. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart', vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.
Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a *dhatu marma* (influential) for blood tissues or rakta dhatu. It is the marma for the reunion of blood.
Beneficial marma for: motor disorders of the diaphragm, hiccough, asthma, singultus, vomitus, urticarial, leukaemia, anaemia, anorexia and neurosis.

BL.18: The back alarm marma of the liver. The marma is aligned on the jala nadi of the urinary bladder nadi.
Beneficial marma for: pain of the back and hypochondria region, intercostal and thoracic region, disorders of eyesight, accommodation disorders, congestion of the liver, eye disorders, muscle and tendon disorders, local disorders of the spine, disorders of the digestive and genito-urinary system, mental confusion.

BL.19: The back alarm marma of the gall bladder. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gall bladder disorders, nausea, vomitus, migraine caused by gall bladder, and back pain.

BL.20: The back alarm marma of the spleen and pancreas. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: spleen and pancreas disorders and gastrointestinal disorders, motor disorders of the abdominal muscles, diarrhoea and dyspepsia, urticarial, allergy, soft tissue disorders, oedema and back pain.

BL.21: The back alarm marma of the stomach. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastric and liver disorders, nausea and vomitus.

BL.22: The back alarm marma of the tridosha. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the lower back, respiratory, digestive and genito-urinary disorders.

BL.23: The back alarm marma of the kidney. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, diarrhoea, inability of hearing and ringing of the ear, knee weakness, lower back pain and arthrosis, lumbago and sciatica.

BL.24: The back alarm marma of the SH.6 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. This marma is called 'the sea of the prana'. It has effect on the pranic condition of all ida nadis and ida organs.
Beneficial marma for: toning of the pranic system.

BL.25: The back alarm marma of the large intestine. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastrointestinal disorders, diarrhoea and obstipation, disorders of assimilation, obesity, genito-urinary disorders, migraine caused by digestive disorders, haemorrhoids, low back pain, lumbago and sciatica, arthrosis, arthritis and rheumatic and motor disorders of the lower limbs.

BL.26: The back alarm marma of the SH.4, marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional digestive disorders of intestines, diarrhoea, pain of the abdomen and lower back, genito-urinary disorders.

BL.27: The back alarm marma of the small intestine.
Beneficial marma for: lower back pains, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: The back alarm marma of the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.41: The marma is aligned on the second branch of the jala tattwa nadi.

Beneficial marma for: intercostal neuralgia, spasms of the occipital muscle, arthrosis and numbness of the upper arm and elbow joint, arthrosis, stiffness and pain of the neck, shoulder and back.

BL.42: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: asthma, bronchitis, cough and dyspnoea, arthrosis and stiffness of the neck muscle, arthrosis and pain in the shoulder joint and vomitus.

BL.43: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: congestion of the lung, asthma, bronchitis and cough, digestive disorders, singultus, back pain and memory weakness.

BL.44: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: respiratory disorders, arthrosis, pain and stiffness of the shoulder muscle and back.

BL.45: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: as for BL.44.

BL.46: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the back, singultus and vomitus, intercostal neuralgia.

BL.47: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: disorders of the liver and stomach, diarrhoea and vomiting, chest pain, pain of the back and hypochondria region.

BL.48: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: abdominal disorders.

BL.49: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gastric disorders, nausea, dyspepsia, haemorrhoids, lower back pain, arthrosis and sciatica.

BL.50: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain and arthrosis, gastric and abdominal disorders, vomitus and obstipation.

BL.51: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and spleen disorders, obstipation and mastitis, arthrosis and pain in the neck region and lower limbs.

BL.52: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain, arthrosis and stiffness, night sweating, urine retention, oedema, impotence and weak erection.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, enteritis, meteorism, haemorrhoids, arthrosis, stiffness and pain of the lower back region, sciatica, arthrosis and motor disorders of the lower limbs.

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.2: *Beneficial marma for*: all disorders and pains of the inner side of the upper arm, chest and cardiac pains and cough.

3D.14: *Beneficial marma for*: frozen shoulder, pain and motor disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in the upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjunctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

LR.11: *Beneficial marma for*: lumbo-sacral pains, arthrosis and motor disorders of the lower limbs, pain in the leg, irregular menstruation, dysmenorrhoea, leucorrhoea, functional sterility.

LR.12: *Beneficial marma for*: pain in the lower abdomen, painful hernia, pain in the penis, haemorrhoids, ophthalmic migraine, inflammation of the ovaries.

LR.13: Special front alarm marma for spleen and pancreas. *Beneficial marma for*: liver and gall bladder disorders and pains, bitterness in the mouth, vomitus, dyspepsia, diarrhoea, meteorism, spleen disorders, muscle spasms, intercostal neuralgia, lumbar pain and pain all along the spine.

LR.14: The special front alarm marma for the liver.

Beneficial marma for: fullness of chest, intercostal neuralgia, chest and hypochondria pain, respiratory disorders and asthma, vomitus, diarrhoea, meteorism, lumbar pain, eyesight disorders, vegetative disorders in menopause and disorders after delivery.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in the lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: fullness of the chest, intercostal neuralgia, axillary swelling, inability to lift the arm backwards, hypochondria pain and insomnia.

GB.23: *Beneficial marma for*: respiratory disorders, vomitus and hyperacidity.

GB.24: Special front alarm marma for the gall bladder.
Beneficial marma for: gastric and liver/gall bladder disorders, vomitus, renal pain, mental agitation and confusion.

AM.1: The setu marma, mooladhara chakra, the place of prithvi tattwa.
Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pain during urination and defecation, anal fissure and pruritus of anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for: genito-urinary disorders.

AM.3: The marma is analogue to manipura chakra.
Beneficial marma for: all kinds of agni tattwa disorders in the mental and physical dimensions. In the mental dimension it is beneficial for anger and problems of self-consciousness, self-esteem and self-confidence.

AM.4: The marma is manipura chakra, the location of the vital agni tattwa, the ocean of prana.
Beneficial marma for: energizing of the assimilation process, all genito-urinary disorders, dorsal and lumbar pain and mental disorders involving 'I'-ness.

AM.5: *Beneficial marma for*: digestive disorders and dorso-lumbar pain.

AM.6: *Beneficial marma for*: muscle relaxation, digestive disorders and epilepsy.

AM.9: *Beneficial marma for*: respiratory disorders, digestive and intestinal disorders, anorexia and asthenic condition and back pain.

AM.10: *Beneficial marma for*: respiratory and gastric disorders, arthrosis and pain on the dorso-lumbar region.

AM.11: The marma is anahata chakra, the seat of our mental and emotional condition and our soul; the location of the vayu tattwa.
Beneficial marma for: loss of memory, fears and obsessiveness, suicidal ideas and other mental and emotional problems, respiratory disorders and dorso-lumbar pain.

AM.12: *Beneficial marma for*: respiratory disorders, dorso-lumbar pain and arthrosis and epilepsy.

AM.13: *Beneficial marma for*: malaria, headache, epilepsy, arthrosis and pain of neck and dorsal region.

AM.14: The marma is vishuddhi chakra, the location of akasha tattwa.

AM.15: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.1: The marma of the mooladhara chakra kshetram, the place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: The marma of the swadhisthana chakra kshetram, the place of the jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

SH.5: The front alarm marma of the tridosha nadi, the location of the secondary jala tattwa.
Beneficial marma for: abdominal and genito-urinary disorders.

SH.6: The special marma for toning of prana.
Beneficial marma for: general physical and psychological asthenic condition with chronic fatigue, all chronic diseases condition, intestinal disorder and meteorism, lower abdominal pain and lower back pain and arthrosis and hypotension.

SH.7: *Beneficial marma for*: genito-urinary disorders, pain around the navel and flatulence.

SH.8: The marma is in the manipura kshetram, the area of agni tattwa. Very important marma for reanimation. It is a forbidden marma for acupuncture, but with yogic asanas, pranayamas, mudras and bandhas we can easily use it.
Beneficial marma for: chronic diarrhoea, abdominal disorders and pains and for all disorders of ida organs.

SH.12: The front alarm marma of the stomach and influential marma for all pingala organs.
Beneficial marma for: all digestive and gastric disorders, abdominal pain, palpitation, hypertension, neuro-vegetative syndromes, insomnia and headache.

SH.14: The front alarm marma of the heart.
Beneficial marma for: anxiety, functional disorders of the heart and palpitation, gastric disorders.

SH.15: The setu marma of the sharkaraksha nadi. Through it the sharkaraksha nadi is communicating with the amatya nadi.
Beneficial marma for: mental agitation or depression, disorders of general tonus and impotency, respiratory disorders, fullness of the chest, gastric disorders and palpitation.

SH.16: The marma is in the anahata kshetram region.
Beneficial marma for: respiratory and gastric disorders.

SH.17: The front alarm marma of the pericardium. It is the location of the anahata kshetram.
Beneficial marma for: respiratory disorders and fullness of the chest, palpitation and gastric disorders.

SH.18: *Beneficial marma for*: respiratory disorders and chest pain.

SH.19: *Beneficial marma for*: respiratory disorders and chest pain.

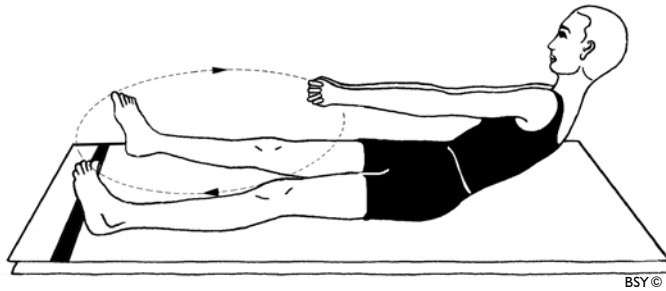
SH.20: *Beneficial marma for*: respiratory disorders.

SH.21: *Beneficial marma for*: respiratory disorders, gastric pain and burning sensation.

SH.22: The marma is in the vishuddhi chakra kshetram, the location of akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14 (see greeva sanchalasana).

SH.23: The marma is in the vishuddhi chakra kshetram. The location of the akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14 (see greeva sanchalasana).

CHAKKI CHALANASANA



As we can see from the marmas, the effects of chakki chalanasana and nauka sanchalanasana on our mind, body and pranic system are very similar to the effects of gatyamak meru vakrasana. In both of them we are stimulating the ida and pingala qualities of prana shakti of the nadis of the legs and arms, the awarohan and arohan nadis of the trunk. Through the marmas of these nadis we are stimulating the pancha tattwas and chakras in relation with the appropriate tattwas. As a result, with these two asanas we have similar effects on our mind, body and pranic system. However, in these two asanas we do not have any squeezing effects as in gatyamak meru vakrasana. Both of them are dynamic and energizing asanas.

Important marmas

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma supports and strengthens the effects of the previous marma.

LU.9: The prithvi marma, adhara marma and influential marma for the entire vascular system of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: respiratory and vascular disorders such as arteriosclerosis and others, hypotension, specific *dhatu* (tissue) disorders, throat and chest pains, all disorders and pains along the inner aspect of the lower arm and palm, 'carpal tunnel' syndrome, mental disorders such as insomnia with mental agitation and depression.

LU.10: The agni tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature. It is the specific motor marma of the vayu nadi.
Beneficial marma for: respiratory disorders, chest and throat pains, headache, all disorders and pains of the elbow, palm and thumb, mastitis and mental disorders such as insomnia and anxiety.

LU.11: The akasha tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.

LI.1: The vayu marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: stomatitis, gingivitis and tooth pains, tinnitus and vertigo, asthma, all disorders of the palm joints, rheumatoid arthritis and pains of palm joints.

LI.2: The jala tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: as in the previous asana for dental and mouth affection, back, shoulder and arm pains and disorders; the effects on palm joints are as in the previous asana, facial paralysis and abdominal flatulence.

LI.3: The akasha tattwa marma of the vayu nadi, which is a dhara marma by its pranic nature.

Beneficial marma for: tooth pains, eye pains, neuralgia trigeminus, arthrosis, arthritis and rheumatic disorders and swelling of the palm and finger joints, abdominal flatulence and diarrhoea.

LI.4: The adhara marma of the vayu nadi, the best analgesic marma for the entire body, one of the six distal marmas. Used as a sedative marma too. Very popular marma for eliminations and detoxification and used for all treatments. It is a great regulatory marma of prana shakti. It is the source of prana shakti of the vayu nadi.
Beneficial marma for: all diseases, disorders and pains, all disorders of the thumb, index finger, palm and wrist joints. Special marma for head, face, special sense organs and front of the neck, all disorders of the lungs and large intestine, amenorrhoea.

LI.5: This is the agni tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: deafness, tinnitus, eye disorders, headaches, toothache, all disorders and pains of the palm, wrist joints and writer's spasms (graphospasm).

LI.14: *Beneficial marma for*: pain and weakness of the upper limbs, shoulder pain, difficulties to lift the arm up to the shoulder, motor disorders of the head and arm, upper backache, torticollis and inflammation of the lymphatic glands of the axil.

LI.15: Popularly known as a shoulder marma as it is a very effective marma for pre-arthritis of the shoulder joint, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motor disorders of the head and

arm, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and shoulder blade, motor disorders and pains of head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is near to the vishuddhi chakra kshetram region and it has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of the pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motor disorders of the upper limbs.

HT.2: *Beneficial marma for*: liver disorders, gastrointestinal disorders, ophthalmic disorders, genito-urinary disorders, high blood pressure, headaches, insomnia, irritability, anger, epilepsy and asthenic condition, pain in the shoulder and arm region, hypochondriac pain.

HT.7: The prithvi tattwa and adhara marma of the agni nadi, which is a dhara marma by its pranic nature, the most important tranquilizer and sedative marma.
Beneficial marma for: mental disorders such as insomnia, anxiety, hysteria, fear, strong emotions, poor memory

and nightmares, restlessness, anorexia, palpitation and cardiac disorders, hypertension, for basal metabolism and hyperthyreosis, regulation of prana not only in the heart but also in all internal organs, regulation of sexual energy, sensation of heat in the palm.

HT.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders of the palm joints, rheumatoid arthritis of the palms and carpal joints, spasm of fingers, motor disorders of the palm joints, numbness of the palms, feeling of extreme heat in the palms, genito-urinary disorders, hypermenorrhoea, chest pains and palpitation.

HT.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: general toning and nourishment, chest pains, palpitation, pain and disorders of the elbow joint, contraction of the hand muscles, all disorders of palm joints, headache, mental disorders such as fear, depression, melancholy, mania, asthenia.

SI.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: sensory-motor disorders and neuralgia of the inner aspect of the upper arms, arthrosis, arthritis and rheumatic disorders of the palm and finger joints, headache, ophthalmic disorders, mastitis and hypolactation, rigidity of the tongue and kidney disorders .

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders and pains of the lower arms and numbness of the fingers, respiratory disorders, ophthalmic disorders and tinnitus.

SI.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. The confluent marma of amatya nadi.
Beneficial marma for: acute stiffness of the neck, acute lower back pains, all kinds of headaches, tremors and numbness of the fingers, all disorders and pains of the lower arm, feeling of fullness of the chest, dyspnoea, disorders of hearing and ophthalmic disorders.

SI.4: The adhara marma of the agni tattwa nadi of the small intestine.
Beneficial marma for: rigidity and pain in the fingers of the palm, arthritis and arthrosis of the palm and elbow, headaches, pain in the occipital region, rigidity and pain of the neck region, tinnitus, hemiplegia, ORL disorders, general disorders of physical and psychological tonus.

SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm, wrist joints and upper arms, deafness, tinnitus, vertigo, pains and swelling of the neck and lower jaw.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: arthritis, arthrosis and rheumatic disorders and pains of the palm, wrist, elbow and shoulder joints, motor disorders of the arm, stiff neck, cervical spondylosis, back pains, lumbago, eye disorders.

SI.9: *Beneficial marma for*: all disorders and pains of the shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulder and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of the upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in the muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is in the vishuddhi kshetram region and has great effects on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus, deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsillitis, pains of the throat, arthrosis and pain of the neck, tinnitus and deafness and disorders of voice abilities.

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.2: *Beneficial marma for*: all disorders and pains of the inner side of the upper arm, chest and cardiac pains and cough.

PC.7: The prithvi tattwa and adhara marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints, muscle contraction of the inner side of the lower arm, spasm of the writer, carpal tunnel syndrome, sensory-motor disorders of the arm, digestive disorders, cardiac and chest pains and palpitation, pain in the hypochondriac area, hypertension, mental disorders such as fear, anxiety, hyper-emotiveness, general disorders of sexual tonus, sexo-psychosomatic disorders.

PC.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: chest pain, palpitation, all disorders of the palm joints, rheumatoid arthritis of the carpal and palm joints, excessive sweating of the palms, thermal shock, gastric disorders, stomatitis and mental disorders.

PC.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insolation, chest pain, arrhythmia, palpitation, hypertension, feeling of extreme heat in palms, mental disorders, insomnia, depression, nightmares of children, impotence, frigidity, sexo-psychosomatic disorders.

3D.1: Vayu tattwa marma of the agni (secondary) nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: toning effects on the body, sadness, worry, ophthalmic disorders, respiratory disorders, headache and tinnitus.

3D.2: Jala tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: respiratory disorders, deafness, tinnitus, headache, inflammation of teeth and gingiva, all disorders and pains of the upper limbs and palm joints.

3D.3: Akasha tattwa marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature. The marma has toning effects on all pingala nadis.
Beneficial marma for: ear and eye disorders, vertigo and tinnitus, all disorders of the upper extremities, hypertension, head, shoulder and back pains, motor disorders of wrist and fingers, general lethargy, slowness and sadness.

3D.4: The adhara marma of the agni (secondary) nadi.
Beneficial marma for: disorders of the urinary system, prostatitis, tinnitus and deafness, all disorders and pains of the upper limbs, arthrosis, arthritis and rheumatic disorders of the shoulder, wrist and palm joints, malaria.

3D.14: *Beneficial marma for*: frozen shoulder, pain and motor disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in the upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjunctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urinary retention and endometritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

SP.14: *Beneficial marma for*: arthrosis, arthritis and rheumatic and motor disorders of the lower limbs, hyperhidrosis, diarrhoea, abdominal pains and pain in the navel.

SP.15: The marma is in close relation with manipura chakra and one of the most important marmas against obesity.
Beneficial marma for: abdominal pains, constipation, dysentery, digestive disorders, obesity, asthenia and hyperhidrosis.

SP.16: *Beneficial marma for*: digestive disorders, obstipation, dysentery and all similar as SP.15.

SP.17: *Beneficial marma for*: fullness of the chest, intercostal pain, pain in lateral part of the thorax, pain of the hypochondria region and singultus.

SP.18: *Beneficial marma for*: mastitis, hypogalactation, fullness and pain of the thorax with feeling of tension, cough and dyspnoea.

SP.19: *Beneficial marma for*: thoracic and intercostal pain, hypochondric and back pain.

SP.20: *Beneficial marma for*: anorexia, feeling of excessive thirstiness, singultus, fullness of the chest with tension.

SP.21: The maha setu marma of the entire nadic system (through it we are connected with the entire system of nadic flows) and second setu marma of the prithvi tattwa nadi of the spleen. It is a very active marma for general regulation of prana shakti.
Beneficial marma for: all chronic diseases, digestive disorders, chest and hypochondric pain, asthma and dyspnoea.

ST.9: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory disorders, disorders of voice abilities, disorders of thyroid glands.

ST.10: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: Arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

ST.12: The marma is the crossing marma of four nadis: the vayu tattwa nadi of the large intestine, the prithvi tattwa nadi of the stomach, the agni tattwa nadi of the small intestine and the secondary jala tattwa nadi of the tridosha. All four nadis have pingala qualities of prana shakti. This marma is used to balance the pranic flows of all four nadis.
Beneficial marma for: insomnia, irritability, hyper-emotiveness, respiratory disorders, functional disorders of stomach, arthrosis, stiffness and pain in the neck region, intercostal pain and chest pain and dyspnoea.

ST.13: *Beneficial marma for*: disorders of smell, anorexia, respiratory disorders, asthma, dyspnoea, hoarseness, urticarial and eczema.

ST.14: Special marma for hyper-emotiveness and used in all cases of emotional shock.
Beneficial marma for: respiratory disorders, fullness and pain of the chest and hypochondria, pain in the lateral side of the chest.

ST.15: *Beneficial marma for*: respiratory disorders, asthma, pain and fullness of the lateral and lower part of the chest, intercostal pain and palpitation.

ST.16: *Beneficial marma for*: respiratory disorders, asthma, pain in the hypochondria region, diarrhoea, flatulence, noises, disorders of stool excretion, feeling of bitterness in the mouth and mastitis.

ST.17: The marma is known as a nipple marma. It is a forbidden marma for acupuncture and moxibustion. We can use it only through yogic asanas. This is the advantage of yogic marma therapy.

Beneficial marma for: mastitis and hypogalactica, intercostal pain.

ST.18: *Beneficial marma for*: respiratory disorders, intercostal pain, hoarseness, mastitis and hypogalactica.

ST.19: *Beneficial marma for*: dilatation of the stomach and abdominal flatulence, vomitus, anorexia, diarrhoea, dryness in the mouth and intercostal pain.

ST.20: *Beneficial marma for*: dyspnoea and difficulty of deep inhalation, anorexia, disorders of the intestines, spasms of the abdominal muscles, chronic and acute gastritis.

ST.21: The marma is on the right side of the abdomen. It is a dangerous marma as it lies directly over the gall bladder. We can use it easily through yogic asanas and that is an advantage of yogic marma therapy.
Beneficial marma for: gastric nervousness, vomitus, nausea, acute and chronic gastritis, gastro duodenal ulcer, anorexia, diarrhoea, pain in stomach region.

ST.22: *Beneficial marma for*: abdominal pain and flatulence, noises, diarrhoea and anorexia.

ST.23: *Beneficial marma for*: mental disorders such as agitation, delusion, melancholy, palpitation, gastric pain, indigestion.

ST.24: as in ST.23.

ST.25: The front alarm marma of the large intestine and a very important and commonly used marma for losing weight.
Beneficial marma for: genito-urinary disorders, endometritis, difficulties while standing, abdominal pain and distention, all abdominal disorders, acute and chronic gastroenteritis,

noises, dysentery, diarrhoea, obstipation, nausea, vomitus and motor disorders of the abdominal muscles.

ST.26: *Beneficial marma for*: abdominal pain and pain in the lower part of the abdomen, dysmenorrhoea.

ST.27: *Beneficial marma for*: insomnia and anxiety, pain in the lower part of the abdomen, flatulence, obstipation, spasms of the abdominal muscles, hernia, cystitis, dysuria, seminal emission.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.

ST.30: It is a genito-urinary marma.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

KI.14: *Beneficial marma for*: enterocolitis and chronic diarrhoea, menstrual disorders and after delivery (labour) spasms.

KI.15: *Beneficial marma for*: inflammation of the lower abdomen, intestinal disorders, obstipation and gynaecological disorders.

KI.16: *Beneficial marma for*: migraine, dysmenorrhoea, gastric disorders, jaundice, intestinal disorders, obstipation and abdominal spasms.

KI.17: *Beneficial marma for*: gastric disorders, anorexia, diarrhoea and constipation.

KI.18: *Beneficial marma for*: gastric pain, singultus, vomitus, obstipation, hypersalivation and after delivery (labour) spasms.

KI.19: *Beneficial marma for*: abdominal spasms and nausea.

KI.20: *Beneficial marma for*: respiratory disorders and cough, chronic gastritis, gastric distention, vomitus, dyspepsia and diarrhoea.

KI.21: *Beneficial marma for*: all kinds of vomitus, liver and gastric disorders, peptic and duodenal ulcers.

KI.22: *Beneficial marma for*: congestion and disorders of the respiratory system, intercostal neuralgia and nausea.

KI.23: *Beneficial marma for*: intercostal neuralgia, respiratory disorders, fullness of the chest and palpitation and mastitis.

KI.24: *Beneficial marma for*: respiratory congestion and disorders, chest pain, intercostal neuralgia, nausea and mastitis.

KI.25: *Beneficial marma for*: respiratory disorders, fullness of the chest, intercostal neuralgia and vomitus.

KI.26: *Beneficial marma for*: vomitus, respiratory disorders, chest pain and fullness.

KI.27: *Beneficial marma for*: respiratory disorders, intercostal neuralgia, chest pain, vomitus and anorexia.

BL.10: The marma is in the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorders, and disorders of smell sensation.

BL.11: The *asthi dhatu* or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma is called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind such as insomnia, respiratory disorders, allergy, headache, neuralgia of neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, short breath, skin disorders (skin is the third lung), night sweating, sensory-motor disorders of the dorso-lumbar area and back pains.

BL.14: The back alarm marma of the pericardium. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi.

Beneficial marma for: mental and brain disorders, neurasthenia, mental agitation, palpitations, functional vasomotor disorders, vertigo, nausea, pain in the shoulder blade region, stenocardia and gastric disorders.

BL.15: The back alarm marma of the heart. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart', vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.
Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a *dhatu* marma (influential) for blood tissues or rakta dhatu. It is the marma for reunion of blood.
Beneficial marma for: motor disorders of the diaphragm, hiccough, asthma, singultus, vomitus, urticarial, leukaemia, anaemia, anorexia and neurosis.

BL.18: The back alarm marma of the liver. The marma is aligned on the jala nadi of the urinary bladder nadi.
Beneficial marma for: pain of the back and hypochondria region, intercostal and thoracic region, disorders of eyesight, accommodation disorders, congestion of the liver, eye disorders, muscle and tendon disorders, local disorders of the spine, disorders of the digestive and genito-urinary system, mental confusion.

BL.19: The back alarm marma of the gall bladder. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gall bladder disorders, nausea, vomitus, migraine caused by gall bladder, and back pain.

BL.20: The back alarm marma of the spleen and pancreas. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: spleen and pancreas disorders and gastrointestinal disorders, motor disorders of the abdominal muscles, diarrhoea and dyspepsia, urticarial, allergy, soft tissue disorders, oedema and back pain.

BL.21: The back alarm marma of the stomach. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastric and liver disorders, nausea and vomitus.

BL.22: The back alarm marma of the tridosha. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the lower back, respiratory, digestive and genito-urinary disorders.

BL.23: The back alarm marma of the kidney. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, diarrhoea, poor hearing and ringing of the ear, knee weakness, lower back pain and arthrosis, lumbago and sciatica.

BL.24: The back alarm marma of the SH.6 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. This marma is called 'the sea of prana'. It has an effect on the pranic condition of all ida nadis and ida organs.
Beneficial marma for: toning of the pranic system.

BL.25: The back alarm marma of the large intestine. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastrointestinal disorders, diarrhoea and obstipation, disorders of assimilation, obesity, genito-urinary disorders, migraine caused by digestive disorders, haemorrhoids, lower back pain, lumbago and sciatica, arthrosis, arthritis and rheumatic and motor disorders of the lower limbs.

BL.26: The back alarm marma of the SH.4 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional digestive disorders of intestines, diarrhoea, pain of the abdomen and lower back, genito-urinary disorders.

BL.27: The back alarm marma for the small intestine.
Beneficial marma for: lower back pains, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: The back alarm marma for the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.41: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: intercostal neuralgia, spasms of the occipital muscle, arthrosis and numbness of the upper arm and elbow joint, arthrosis, stiffness and pain of the neck, shoulder and back.

BL.42: The marma is aligned on the second branch of the jala tattwa nadi.

Beneficial marma for: asthma, bronchitis, cough and dyspnoea, arthrosis and stiffness of the neck muscle, arthrosis and pain in the shoulder joint, vomitus.

BL.43: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: congestion of the lung, asthma, bronchitis and cough, digestive disorders, singultus, back pain and memory weakness.

BL.44: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: respiratory disorders, arthrosis, pain and stiffness of the shoulder muscle and back.

BL.45: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: as for BL.44.

BL.46: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the back, singultus and vomitus, intercostal neuralgia.

BL.47: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: disorders of the liver and stomach, diarrhoea and vomiting, chest pain, pain of the back and hypochondria region.

BL.48: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: abdominal disorders.

BL.49: The marma is aligned on the second branch of the jala tattwa nadi of urinary bladder.

Beneficial marma for: liver and gastric disorders, nausea, dyspepsia, haemorrhoids, lower back pain, arthrosis and sciatica.

BL.50: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain and arthrosis, gastric and abdominal disorders, vomitus and obstipation.

BL.51: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and spleen disorders, obstipation and mastitis, arthrosis and pain in the neck region and lower limbs.

BL.52: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain, arthrosis and stiffness, night sweating, urine retention, oedema, impotence and weak erection.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, enteritis, meteorism, haemorrhoids, arthrosis, stiffness and pain of the lower back region, sciatica, arthrosis and motor disorders of the lower limbs.

LR.11: *Beneficial marma for*: lumbo-sacral pains, arthrosis and motor disorders of the lower limbs, pain in the leg, irregular menstruation, dysmenorrhoea, leucorrhoea, functional sterility.

LR.12: *Beneficial marma for*: pain in lower abdomen, painful hernia, pain in the penis, haemorrhoids, ophthalmic migraine, inflammation of the ovaries.

LR.13: Special front alarm marma for spleen and pancreas.
Beneficial marma for: liver and gall bladder disorders and pains, bitterness in the mouth, vomitus, dyspepsia, diarrhoea, meteorism, spleen disorders, muscle spasms, intercostal neuralgia, lumbar pain and pain all along the spine.

LR.14: The special front alarm marma for the liver.
Beneficial marma for: fullness of the chest, intercostal neuralgia, chest and hypochondria pain, respiratory disorders and asthma, vomitus, diarrhoea, meteorism, lumbar pain, eyesight disorders, vegetative disorders in menopause and disorders after delivery.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in the lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: arthrosis, rigidity and pain in the neck region, fullness of the chest, intercostal neuralgia, pleuritis, inability to lift the arm backwards, axillary swelling and insomnia.

GB.23: *Beneficial marma for*: breathing disorders, vomitus, acidity and asthma.

GB.24: Special front alarm marma for the gall bladder.
Beneficial marma for: gastric and liver/gall bladder disorders, vomitus, renal pain, mental agitation and confusion.

GB.25: Special front alarm marma for the kidney. Pain or sensation in this area will always signal any imbalance.
Beneficial marma for: diarrhoea and spasms of the small intestine, meteorism, abdominal distention, pain of hypochondria and pain of the thoracic and lumbar region.

GB.26: *Beneficial marma for*: urinary retention, pain in the kidney, intestinal pain, lumbar pain, endometritis and dysmenorrhoea.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, chronic obstipation, endometritis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limbs, pain in kidney.

GB.30: Special marma for sciatica.
Beneficial marma for: sciatica, lower back pain, all disorders of the hip joint, motor disorders, spasms and numbness of the lower limbs, dermatosis and pruritus difusa.

AM.1: The setu marma, mooladhara chakra, the place of prithvi tattwa.

Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pain during urination and defecation, fissure and pruritus of the anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for genito-urinary disorders.

AM.3: The marma is analogue to manipura chakra.
Beneficial marma for: all kinds of agni tattwa disorders in the mental and physical dimensions. In the mental dimension it is a beneficial marma for anger and problems of self-consciousness, self-esteem and self-confidence.

AM.4: The marma is manipura chakra, the location of the vital agni tattwa, the ocean of prana.
Beneficial marma for: energizing of the assimilation process, all genito-urinary disorders, dorsal and lumbar pain and mental disorders involving 'I'-ness.

AM.5: *Beneficial marma for*: digestive disorders and dorso-lumbar pain.

AM.6: *Beneficial marma for*: muscle relaxation, digestive disorders and epilepsy.

AM.7: The marma is in the manipura chakra and agni-jala tattwa region. With stimulation we receive all benefits from the tattwas and both chakras.
Beneficial marma for: kidney disorders, anorexia, gastric disorders, weak eyesight, lower back pain and stiffness and rigidity of the spine.

AM.8: The marma is in the manipura and anahata chakra and vayu, agni and jala tattwa region. With stimulation we receive all benefits from the chakras and tattwas.

Beneficial marma for: mental disorders such as hysteria and neurasthenia, epilepsy, gastric disorders, diarrhoea, pain in the thoracic and lumbar region.

AM.9: *Beneficial marma for*: respiratory disorders, digestive and intestinal disorders, anorexia and asthenic condition and back pain.

AM.10: *Beneficial marma for*: respiratory and gastric disorders, arthrosis and pain in the dorso-lumbar region.

AM.11: The marma is anahata chakra, the seat of our mental and emotional condition and our soul. It is the location of the vayu tattwa.
Beneficial marma for: loss of memory, fears and obsessiveness, suicidal ideas and other mental and emotional problems, respiratory disorders and dorso-lumbar pain.

AM.12: *Beneficial marma for*: respiratory disorders, dorso-lumbar pain and arthrosis and epilepsy.

AM.13: *Beneficial marma for*: malaria, headache, epilepsy, arthrosis and pain of the neck and dorsal region.

AM.14: The marma is vishuddhi chakra, the location of the akasha tattwa.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.15: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and

pains of the neck and shoulder blade, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.1: It is the marma of the mooladhara chakra kshetram and the place of the prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: Marma of the swadhisthana chakra kshetram and the place of the jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, also for hernia and lower abdominal pain.

SH.5: The front alarm marma of tridosha nadi, the location of the secondary jala tattwa.
Beneficial marma for: abdominal and genito-urinary disorders.

SH.6: The special marma for toning of prana.
Beneficial marma for: general physical and psychological asthenic condition with chronic fatigue, all conditions of chronic diseases, intestinal disorder and meteorism, lower abdominal pain and lower back pain and arthrosis and hypotension.

SH.7: *Beneficial marma for*: genito-urinary disorders, pain around the navel and flatulence.

SH.8: The marma is the manipura kshetram, the area of agni tattwa, a very important marma for reanimation. It is a forbidden marma for acupuncture, but with yogic asanas, pranayamas, mudras and bandhas we can use it easily.
Beneficial marma for: chronic diarrhoea, abdominal disorders and pains and for all disorders of ida organs.

SH.9: The marma is in the manipura chakra kshetram region, and by stimulation we receive all physical and mental benefits as outcome from stimulation of agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, diarrhoea, obstipation, cellulite, and it is a very special marma for oedema and ascites.

SH.10: The marma is in the agni tattwa and manipura chakra kshetram region and through the marma we are stimulating agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, anorexia, weakness of assimilation of food, vomitus and meteorism.

SH.11: The marma is in the manipura chakra kshetram and agni tattwa region, in the anahata chakra kshetram and vayu tattwa region. Through stimulation we receive all benefits of the agni and vayu tattwas and anahata and manipura chakras.

SH.12: The front alarm marma of the stomach and influential marma for all pingala organs.
Beneficial marma for: all digestive and gastric disorders, abdominal pain, palpitation, hypertension, neuro-vegetative syndromes, insomnia and headache.

SH.13: *Beneficial marma for*: gastric disorders.

SH.14: The front alarm marma of the heart.
Beneficial marma for: anxiety, functional disorders of the heart and palpitation, gastric disorders.

SH.15: The setu marma of the sharkaraksha nadi. Through it the sharkaraksha nadi is communicating with the amatya nadi.
Beneficial marma for: mental agitation or depression, disorders of general tonus and impotency, respiratory disorders, fullness of the chest, gastric disorders and palpitation.

SH.16: The marma is in the anahata kshetram region.
Beneficial marma for: respiratory and gastric disorders.

SH.17: It is the front alarm marma of the pericardium and the location of the anahata kshetram.
Beneficial marma for: respiratory disorders and fullness of the chest, palpitation and gastric disorders.

SH.18: *Beneficial marma for*: respiratory disorders and chest pain.

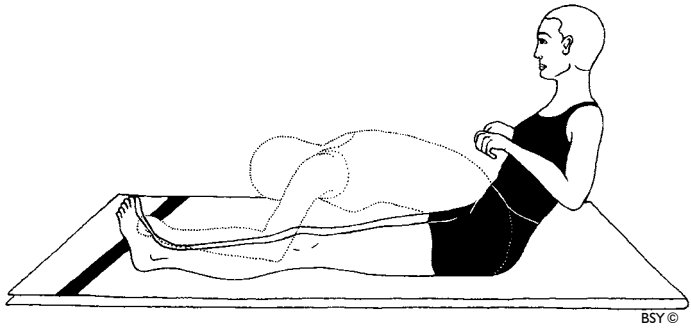
SH.19: *Beneficial marma for*: respiratory disorders and chest pain.

SH.20: *Beneficial marma for*: respiratory disorders.

SH.21: *Beneficial marma for*: respiratory disorders, gastric pain and burning sensation.

SH.22: The marma is in the vishuddhi chakra kshetram, the location of akasha tattwa.

SH.23: The marma is in the vishuddhi chakra kshetram, in the location of the akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14 (see greeva sanchalasana).



The asana is very similar to chakki chalanasana, except for small differences. Both asanas stimulate the upper and lower part of the body, the chakras, tattwas, nadis and marmas of both the upper and lower parts of the body. Effects on manomaya kosha are the result of stimulating the tattwas and chakras, according to the tattwa emotional chakra.

Important marmas

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma supports the effects of the previous marma and strengthens its effects.

LU.3: *Beneficial marma for*: asthma, nose bleeding, intercostal neuralgia, pain in the inner side of the upper arm.

LU.5: The jala tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. It lowers the level of

prana shakti while it is flooded in the vayu nadi; it is a good sedative marma.

LU.7: The setu marma of vayu nadi. Through it the pranic flow of the vayu nadi of the lung is communicating with the pranic flow of the vayu nadi of the large intestine. It means that the pranic quality of ida-vayu nadi is meeting with the pranic quality of pingala-vayu nadi. One of the six important distal marmas and confluent marma for sharkaraksha nadi. It is a main focus marma of the prana shakti, which is located in the vayu nadi. It is the best pranic marma of the vayu nadi.
Beneficial marma for: all kinds of disorders and problems from the top of the head up to the 7. cervical vertebra on the back side of the neck (occipital headache, stiff neck, spondylosis, shoulder pain, pain along the back of the chest). All kinds of respiratory diseases, skin disorders, paresis facialis.

LU.8: The vayu tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature. It is also the *kaala* (horary) marma of the nadi.

LU.9: The prithvi tattwa marma, an adhara marma and influential marma for the entire vascular system of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: respiratory and vascular disorders such as arteriosclerosis and others, hypotension, specific dhatu (tissue) disorders, throat and chest pains, all disorders and pains along the inner aspect of the lower arm and palm, carpal tunnel syndrome, mental disorders such as insomnia with mental agitation and depression.

LU.10: The agni tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature. It is the specific motoric marma of the vayu nadi.
Beneficial marma for: respiratory disorders, chest and throat pains, headache, all disorders and pains of the elbow, palm

and thumb, mastitis and mental disorders such as insomnia and anxiety.

LU.11: The akasha tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: respiratory diseases, influenza, finger disorders and pains, arthrosis, arthritis and rheumatic disorders of the palm joint, skin disorders, mental disorders.

LI.1: The vayu tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: stomatitis, gingivitis and tooth pains, tinnitus and vertigo, asthma, all disorders of the palm joints, rheumatoid arthritis and pains of palm joints.

LI.2: The jala tattwa marma of the vayu nadi, which is jharna marma by its pranic nature.
Beneficial marma for: as in the previous asana for dental and mouth affection, back, shoulder and arm pains and disorders, effects on palm joints are as in the previous asana, facial paralysis and abdominal flatulence.

LI.3: The akasha tattwa marma of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: tooth pains, eye pains, neuralgia trigeminus, arthrosis, arthritis and rheumatic disorders and swelling of the palm and finger joints, abdominal flatulence and diarrhoea.

LI.4: The adhara marma of the vayu nadi, the best analgesic marma for the entire body, one of the six distal marmas. It is used as a sedative marma too. Very popular marma for elimination and detoxification and used for all treatments. It is a great regulatory marma of prana shakti. It is the source of prana shakti of the vayu nadi.
Beneficial marma for: all diseases, disorders and pains, all disorders of the thumb, index finger, palm and wrist joints.

Special marma for head, face, special sense organs and front of the neck; for all disorders of the lungs and large intestine, amenorrhoea.

LI.5: The agni tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: deafness, tinnitus, eye disorders, headaches, toothache, all disorders and pains of the palm, wrist joints and writer's spasms (graphospasm).

LI.11: The prithvi tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. The best marma for homeostasis, supporting marma for the immune system. It tones the entire system.
Beneficial marma for: all disorders and pains of the elbow, shoulder and arm, motoric disorders of the arm, back pains, lumbar pain, respiratory and skin disorders, hypertension, menstrual pains and amenorrhoea.

LI.12: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains of the elbow and upper limbs.

LI.14: *Beneficial marma for*: pain and weakness of the upper limbs, shoulder pain, difficulties to lift the arm and shoulder, motoric disorders of the head and arm, upper backache, torticolis and inflammation of the lymphatic glands of the axil.

LI.15: Popularly known as a shoulder marma, it is a very effective marma for pre-arthritis of the shoulder joint, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motoric disorders of the head and arm, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motoric disorders and pains of the head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is near to the vishuddhi chakra kshetram region and it has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: It is known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of the pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motoric disorders of the upper limbs.

HT.2: *Beneficial marma for*: liver disorders, gastrointestinal disorders, ophthalmic disorders, genito-urinary disorders, high blood pressure, headaches, insomnia, irritability, anger, epilepsy and asthenic condition, pain in the shoulder and arm region, hypochondriac pain.

HT.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature. It is a special marma for raising the prana shakti and for happiness in life.
Beneficial marma for: all disorders and pains of the elbow joint, motoric disorders of the lower arm and palm, tremors and numbness of the upper limbs, cardiac pain and palpitation, intercostal neuralgia, dry cough and chest pain, hypochondriac pain, enuresis, mental disorders such as depression, fears, anxiety, hyper-emotiveness.

HT.7: The prithvi tattwa and adhara marma of the agni nadi, which is a dhara marma by its pranic nature, the most important tranquilizer and sedative marma.
Beneficial marma for: mental disorders as insomnia, anxiety, hysteria, fear, strong emotions, poor memory and nightmare, restlessness, anorexia, palpitation and cardiac disorders, hypertension, for basal metabolism and hyperthyreosis, regulation of prana not only in the heart but also in all internal organs, regulation of sexual energy, sensation of heat in the palm.

HT.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders of the palm joints, rheumatoid arthritis of the palms and carpal joints, spasm of fingers, motoric disorders of the palm joints, numbness of the palms, feeling of extreme heat in palms, genito-urinary disorders, hypermenorrhoea, chest pains and palpitation.

HT.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: general toning and nourishment, chest pains, palpitation, pain and disorders of the elbow joint, contraction of the hand muscles, all disorders of palm joints, headache, mental disorders such as fear, depression, melancholy, mania, asthenia.

SI.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: sensory-motor disorders and neuralgia of the inner aspect of the upper arms, arthrosis, arthritis and rheumatic disorders of the palm and finger joints, headache, ophthalmic disorders, mastitis and hypolactation, rigidity of the tongue and disorders of the kidneys.

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.

Beneficial marma for: all disorders and pains of the lower arms and numbness of the fingers, respiratory disorders, ophthalmic disorders and tinnitus.

SI.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. The confluent marma of amatya nadi.
Beneficial marma for: acute stiffness of the neck, acute lower back pain, all kinds of headaches, tremors and numbness of the fingers, all disorders and pains of the lower arm, feeling of fullness of the chest, dyspnoea, disorders of hearing and ophthalmic disorders.

SI.4: The adhara marma of the agni tattwa nadi of the small intestine.
Beneficial marma for: rigidity and pain in the fingers, arthritis and arthrosis of the palm and elbow, headaches, pain in the occipital region, rigidity and pain of the neck region, tinnitus, hemiplegia, ORL disorders, general disorders of physical and psychological tonus.

SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm, wrist joints and upper arms, deafness, tinnitus, vertigo, pains and swelling of the neck and lower jaw.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: arthritis, arthrosis and rheumatic disorders and pains of the palm, wrist, elbow and shoulder joints, motoric disorders of the arm, stiff neck, cervical spondylosis, back pains, lumbago, eye disorders.

SI.8: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.

Beneficial marma for: all disorders and pains of the dorsal back, shoulder blade, elbow and fifth finger of the hand, oedema of the neck, poor hearing.

SI.9: *Beneficial marma for*: all disorders and pains of shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulder and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and the upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of the upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in the muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in the shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is in the vishuddhi kshetram region and has great effect on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus and deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsilitis, pain of the throat, arthrosis and pain of the neck, tinnitus and deafness and disorders of voice abilities.

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.2: *Beneficial marma for*: all disorders and pains of the inner side of the upper arm, chest and cardiac pains and cough.

PC.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: cardiopulmonary disorders, palpitation, gastric disorders, all disorders and pains of the elbow, palm and arm, tremor, female sterility, anxiety.

PC.7: The prithvi tattwa and adhara marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints, muscle contraction of the inner side of the lower arm, writer's spasm, carpal tunnel syndrome, sensory-motor disorders of the arm, digestive disorders, cardiac and chest pains and palpitation, pain in the hypochondriac area, hypertension, mental disorders such as fear, anxiety, hyper-emotiveness, general disorders of sexual tonus, sexo-psychosomatic disorders.

PC.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: chest pain, palpitation, all disorders of the palm joints, rheumatoid arthritis of the carpal and palm

joints, excessive sweating of the palms, thermal shock, gastric disorders, stomatitis and mental disorders.

PC.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insolation, chest pain, arrhythmia, palpitation, hypertension, feeling of extreme heat in the palms, mental disorders, insomnia, depression, nightmares of children, impotence, frigidity, sexo-psychosomatic disorders.

3D.1: Vayu tattwa marma of the agni (secondary) nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: toning effects on the body, sadness, worry, ophthalmic disorders, respiratory disorders, headache and tinnitus.

3D.2: Jala tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: respiratory disorders, deafness, tinnitus, headache, dental inflammation and gingives, all disorders and pains of the upper limbs and palm joints.

3D.3: Akasha tattwa marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature. This marma has toning effects on all pingala nadis.
Beneficial marma for: ear and eye disorders, vertigo and tinnitus, all disorders of the upper extremities, hypertension, head, shoulder and back pains, motoric disorders of wrist and fingers, general lethargy, slowness and sadness.

3D.4: The adhara marma of the agni (secondary) nadi.
Beneficial marma for: disorders of the urinary system, prostatitis, tinnitus and deafness, all disorders and pains of the upper limbs, arthrosis, arthritis and rheumatic disorders of the shoulder, wrist and palm joints, malaria.

3D.10: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the elbow joints and upper arm, pain and stiffness of the neck, migraine, intercostal neuralgia, hypertension, irritability, insomnia, mental agitation, emotional shock.

3D.11: *Beneficial marma for*: pains of the shoulder, upper arm and elbow joint.

3D.14: *Beneficial marma for*: frozen shoulder, pain and motoric disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in the upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjuctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

ST.13: *Beneficial marma for*: disorders of smell, anorexia, respiratory disorders, asthma, dyspnoea, hoarseness, urticaria and eczema.

ST.14: Special marma for hyper-emotiveness and usually used in all cases of emotional shock.
Beneficial marma for: respiratory disorders, fullness and pain of the chest and hypochondria, pain in the lateral side of the chest.

ST.15: *Beneficial marma for*: respiratory disorders, asthma, pain and fullness of the lateral and lower part of the chest, intercostal pain and palpitation.

ST.16: *Beneficial marma for*: respiratory disorders, asthma, pain in the hypochondria region, diarrhoea, flatulence, noises, disorders of stool excretion, feeling of bitterness in mouth and mastitis.

ST.17: The marma is known as a nipple marma. It is the forbidden marma for acupuncture and moxibustion. We can use it only through the yogic asanas. This is the advantage of yogic marma therapy.
Beneficial marma for: mastitis and hypogalactica, intercostal pain.

ST.18: *Beneficial marma for*: respiratory disorders, intercostal pain, hoarseness, mastitis and hypogalactica.

ST.19: *Beneficial marma for*: dilatation of the stomach and abdominal flatulence, vomitus, anorexia, diarrhoea, dryness in the mouth and intercostal pain.

ST.20: *Beneficial marma for*: dyspnoea and difficulty of deep inhalation, anorexia, disorders of the intestines, spasms of the abdominal muscles, chronic and acute gastritis.

ST.21: The marma on the right side of the abdomen. It is a dangerous marma as it lies directly over the gall bladder. We can use it easily through yogic asanas which is an advantage of yogic marma therapy.
Beneficial marma for: gastric nervousness, vomitus, nausea, acute and chronic gastritis, gastro-duodenal ulcer, anorexia, diarrhoea, pain in the stomach region.

ST.22: *Beneficial marma for*: abdominal pain and flatulence, noises, diarrhoea and anorexia.

ST.23: *Beneficial marma for*: mental disorders such as agitation, delusion, melancholy, palpitation, gastric pain, indigestion.

ST.24: as in ST.23.

ST.25: The front alarm marma of the large intestine; a very important and commonly used marma for losing weight. *Beneficial marma for*: genito-urinary disorders, endometritis, difficulties while standing, abdominal pain and distention, all abdominal disorders, acute and chronic gastroenteritis, noises, dysentery, diarrhoea, obstipation, nausea, vomitus and motoric disorders of the abdominal muscles.

ST.26: *Beneficial marma for*: abdominal pain and pain in the lower part of the abdomen, dysmenorrhoea.

ST.27: *Beneficial marma for*: insomnia and anxiety, pain in the lower part of the abdomen, flatulence, obstipation, spasms of the abdominal muscles, hernia, cystitis, dysuria, seminal emission.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.

ST.30: It is a genito-urinary marma.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motoric disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endometritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

SP.14: *Beneficial marma for*: arthrosis, arthritis and rheumatic and motoric disorders of the lower limbs, hyperhidrosis, diarrhoea, abdominal pains and pain in the navel.

SP.15: The marma is in close relation with the manipura chakra and one of the most important marmas for obesity.
Beneficial marma for: abdominal pains, constipation, dysentery, digestive disorders, obesity, asthenia and hyperhidrosis.

SP.16: *Beneficial marma for*: digestive disorders, obstipation, dysentery, and all similar as SP.15.

SP.17: *Beneficial marma for*: fullness of the chest, intercostal pain, pain in the lateral part of the thorax, pain of the hypochondria region and singultus.

SP.18: *Beneficial marma for*: mastitis, hypogalactation, fullness and pain of the thorax with feeling of tension, cough and dyspnoea.

SP.19: *Beneficial marma for*: thoracic and intercostal pain, hypochondric and back pain.

SP.20: *Beneficial marma for*: anorexia, feeling of hyperthirstiness, singultus, fullness of the chest with tension.

SP.21: The maha setu marma of the entire nadic system (through it we are connected with the entire nadic flows) and second setu marma of the prithvi tattwa nadi of the spleen. It is a very active marma for general regulation of prana shakti.

BL.10: The marma is in the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of aroma sensation.

BL.11: The *asthi* dhatu or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma is called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind such as insomnia, respiratory disorders, allergy, headache, neuralgia of the neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, shortness of breath, skin disorders (skin is the third lung), night sweating, sensory-motor disorders of the dorsolumbar area and back pains.

BL.14: The back alarm marma of the pericardium. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi.
Beneficial marma for: mental and brain disorders, neurasthenia, mental agitation, palpitations, functional vasomotoric disorders, vertigo, nausea, pain in shoulder blade region, stenocardia and gastric disorders.

BL.15: The back alarm marma of the heart. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart', vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi. The marma is aligned on the jala tattwa nadi of the urinary

bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.
Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a dhatu marma (influential) for blood tissues or rakta dhatu. It is the marma for reunion of blood.

BL.18: The back alarm marma of the liver. The marma is aligned on the jala nadi of the urinary bladder nadi.
Beneficial marma for: pain of the back and hypochondria region, intercostal and thoracic region, disorders of eyesight, accommodation disorders, congestion of the liver, eye disorders, muscle and tendon disorders, local disorders of the spine, disorders of the digestive and genito-urinary system, mental confusion.

BL.19: The back alarm marma of the gall bladder. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gall bladder disorders, nausea, vomitus, migraine caused by gall bladder, and back pain.

BL.20: The back alarm marma of the spleen and pancreas. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: spleen and pancreas disorders and gastrointestinal disorders, motor disorders of the abdominal muscles, diarrhoea and dyspepsia, urticaria, allergy, soft tissue disorders, oedema and back pain.

BL.21: The back alarm marma of the stomach. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastric and liver disorders, nausea and vomitus.

BL.22: The back alarm marma of the tridosha. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the lower back, respiratory, digestive and genito-urinary disorders.

BL.23: The back alarm marma of the kidney. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, diarrhoea, low inability of hearing and ringing of the ear, knee weakness, lower back pain and arthrosis, lumbago and sciatica.

BL.24: The back alarm marma of the SH.6 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. This marma is called 'the sea of prana'. It has effect on the pranic condition of all ida nadis and ida organs.
Beneficial marma for: toning of the pranic system.

BL.25: The back alarm marma of the large intestine. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastrointestinal disorders, diarrhoea and obstipation, disorders of assimilation, obesity, genito-urinary disorders, migraine caused by digestive disorders, haemorrhoids, low back pain, lumbago and sciatica, arthrosis, arthritis and rheumatic and motoric disorders of the lower limbs.

BL.26: The back alarm marma of the SH.4 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional digestive disorders of the intestines, diarrhoea, pain of the abdomen and lower back, genito-urinary disorders.

BL.27: The back alarm marma for the small intestine.
Beneficial marma for: low back pains, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders

of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: Back alarm marma for the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.51: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and spleen disorders, obstipation and mastitis, arthrosis and pain in the neck region and lower limbs.

BL.52: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain, arthrosis and stiffness, night sweating, urine retention, oedema, impotence and weak erection.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, enteritis, meteorism, haemorrhoids, arthrosis, stiffness and pain of the lower back region, sciatica, arthrosis and motor disorders of the lower limbs.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

KI.14: *Beneficial marma for*: enterocolitis and chronic diarrhoea, menstrual disorders and after delivery (labour) spasms.

KI.15: *Beneficial marma for*: inflammation of the lower abdomen, intestinal disorders, obstipation and gynaecological disorders.

KI.16: *Beneficial marma for*: migraine, dysmenorrhoea, gastric disorders, jaundice, intestinal disorders, obstipation and abdominal spasms.

KI.17: *Beneficial marma for*: gastric disorders, anorexia, diarrhoea and constipation.

KI.18: *Beneficial marma for*: gastric pain, singultus, vomitus, obstipation, hypersalivation and after delivery (labour) spasms.

KI.19: *Beneficial marma for*: abdominal spasms and nausea.

KI.20: *Beneficial marma for*: respiratory disorders and cough, chronic gastritis, gastric distention, vomitus, dyspepsia and diarrhoea.

KI.21: *Beneficial marma for*: all kinds of vomitus, liver and gastric disorders, peptic and duodenal ulcers.

KI.22: *Beneficial marma for*: congestion and disorders of the respiratory system, intercostal neuralgia and nausea.

KI.23: *Beneficial marma for*: intercostal neuralgia, respiratory disorders, fullness of the chest and palpitation and mastitis.

KI.24: *Beneficial marma for*: respiratory congestion and disorders, chest pain, intercostal neuralgia, nausea and mastitis.

KI.25: *Beneficial marma for*: respiratory disorders, fullness of the chest, intercostal neuralgia and vomitus.

KI.26: *Beneficial marma for*: vomitus, respiratory disorders, chest pain and fullness.

KI.27: *Beneficial marma for*: respiratory disorders, intercostal neuralgia, chest pain, vomitus and anorexia.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region; it is the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in the lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: arthrosis, rigidity and pain in the neck region, fullness of the chest, intercostal neuralgia, pleuritis, inability to lift the arm backwards, axillary swelling and insomnia.

GB.23: *Beneficial marma for*: breathing disorders, vomitus, acidity and asthma.

GB.24: Special front alarm marma for the gall bladder.
Beneficial marma for: gastric and liver and gall bladder disorders, vomitus, renal pain, mental agitation and confusion.

GB.25: Special front alarm marma for the kidney. Pain or sensation in this area will always signalize imbalance.
Beneficial marma for: diarrhoea and spasms of the small intestine, meteorism, abdominal distention, pain of hypochondria and pain of the thoracic and lumbar region.

GB.26: *Beneficial marma for*: urine retention, pain in the kidney, intestinal pain, lumbar pain, endometritis and dysmenorrhoea.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back and abdomen pains, hip joint pain and arthrosis, chronic obstipation, endometritis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limbs, pain in the kidney.

GB.30: Special marma for sciatica.
Beneficial marma for: sciatica, lower back pain, all disorders of the hip joint, motor disorders, spasms and numbness of the lower limbs, dermatosis and pruritus difusa.

LR.11: *Beneficial marma for*: lumbo-sacral pains, arthrosis and motor disorders of the lower limbs, pain in the leg, irregular menstruation, dysmenorrhoea, leucorrhoea, functional sterility.

LR.12: *Beneficial marma for*: pain in the lower abdomen, painful hernia, pain in the penis, haemorrhoids, ophthalmic migraine, inflammation of the ovaries.

LR.13: Special front alarm marma for the spleen and pancreas.

Beneficial marma for: liver and gall bladder disorders and pains, bitterness in the mouth, vomitus, dyspepsia, diarrhoea, meteorism, spleen disorders, muscle spasms, intercostal neuralgia, lumbar pain and pain all along the spine.

LR.14: The special front alarm marma for the liver.
Beneficial marma for: fullness of chest, intercostal neuralgia, chest and hypochondria pain, respiratory disorders and asthma, vomitus, diarrhoea, meteorism, lumbar pain, eyesight disorders, vegetative disorders in menopause and after delivery disorders.

AM.1: The setu marma, the mooladhara chakra and the place of the prithvi tattwa.
Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pains during urination and defecation, anal fissure and pruritus of anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for: genito-urinary disorders.

AM.3: The marma is analogue to manipura chakra.
Beneficial marma for all kinds of agni tattwa disorders in the mental and physical dimensions. In the mental dimension it is beneficial marma for anger and problems of self-consciousness, self-esteem and self-confidence.

AM.4: The marma is the manipura chakra, the location of the vital agni tattwa, the ocean of prana.
Beneficial marma for: energizing the assimilation process, all genito-urinary disorders, dorsal and lumbar pain and mental disorders involving 'I'-ness.

AM.5: *Beneficial marma for*: digestive disorders and dorso-lumbar pain.

AM.6: *Beneficial marma for*: muscle relaxation, digestive disorders and epilepsy.

AM.9: *Beneficial marma for*: respiratory disorders, digestive and intestinal disorders, anorexia and asthenic condition and back pain.

AM.10: *Beneficial marma for*: respiratory and gastric disorders, arthrosis and pain on the dorso-lumbar region.

AM.11: The marma is anahata chakra, the seat of our mental and emotional condition and our soul, the location of vayu tattwa.
Beneficial marma for: loss of memory, fears and obssesiveness, suicidal ideas and other mental and emotional problems, respiratory disorders and dorso-lumbar pain.

AM.12: *Beneficial marma for*: respiratory disorders, dorso-lumbar pain, arthrosis and epilepsy.

AM.13: *Beneficial marma for*: malaria, headache, epilepsy, arthrosis and pain of the neck and dorsal region.

AM.14: The marma is vishuddhi chakra, the location of akasha tattwa.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.15: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.1: The marma of the mooladhara chakra kshetram, the place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: The marma of the swadhisthana chakra kshetram, the place of jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

SH.5: The front alarm marma of tridosha nadi, the locations of the secondary jala tattwa.
Beneficial marma for: abdominal and genito-urinary disorders.

SH.6: The special marma for toning of prana.
Beneficial marma for: general physical and psychological asthenic condition with chronic fatigue, all chronic disease condition, intestinal disorder and meteorism, lower abdominal pain and lower back pain and arthrosis and hypotension.

SH.7: *Beneficial marma for*: genito-urinary disorders, pain around the navel and flatulence.

SH.8: The marma is the manipura kshetram, the area of agni tattwa. Very important marma for reanimation. It is a forbidden marma for acupuncture, but with yogic asanas, pranayamas, mudras and bandhas we can easily use it.
Beneficial marma for: chronic diarrhoea, abdominal disorders and pains, and all disorders of ida organs.

SH.9: The marma is in the manipura chakra kshetram region, and by stimulation we receive all physical and mental benefits of agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, diarrhoea, obstipation, cellulites; it is a very special marma for oedema and ascites.

SH.10: The marma is in the agni tattwa and manipura chakra kshetram region and through the marma we are stimulating the agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, anorexia, weakness of assimilation of food, vomitus and meteorism.

SH.11: The marma is in the manipura chakra kshetram and agni tattwa region, and the anahata chakra kshetram and vayu tattwa region. Through stimulation we receive all benefits of the agni and vayu tattwas and anahata and manipura chakras.

SH.12: The front alarm marma of the stomach and influential marma for all pingala organs.
Beneficial marma for: all digestive and gastric disorders, abdominal pain, palpitation, hypertension, neuro-vegetative syndromes, insomnia and headache.

SH.13: *Beneficial marma for*: gastric disorders.

SH.14: The front alarm marma of the heart.
Beneficial marma for: anxiety, functional disorders of the heart and palpitation; gastric disorders.

SH.15: The setu marma of the sharkaraksha nadi. Through it the sharkaraksha nadi is communicating with the amatya nadi.
Beneficial marma for: mental agitation or depression, disorders of general tonus and impotency, respiratory disorders, fullness of the chest, gastric disorders and palpitation.

SH.16: The marma is in the anahata kshetram region.
Beneficial marma for: respiratory and gastric disorders.

SH.17: The front alarm marma of the pericardium, it is the location of the anahata kshetram.
Beneficial marma for: respiratory disorders and fullness of the chest, palpitation and gastric disorders.

SH.18: *Beneficial marma for*: respiratory disorders and chest pain.

SH.19: *Beneficial marma for*: respiratory disorders and chest pain.

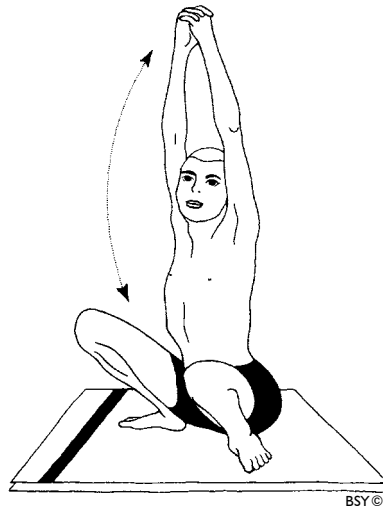
SH.20: *Beneficial marma for*: respiratory disorders.

SH.21: *Beneficial marma for*: respiratory disorders and gastric pain and burning sensation.

SH.22: The marma is the vishuddhi chakra kshetram, the location of akasha tattwa.

SH.23: The marma is the vishuddhi chakra kshetram, the location of akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyreoditis and all mental and physical disorders as in AM.14.

KASHTHA TAKSHANASANA



It is a great stress-releasing asana and the entire body is working during the asana. Effects of it are in both the upper and lower parts of the body, tattwas, chakras, nadis and marmas of the upper and lower parts of the body. The asana has in-depth effects on the manomaya kosha, according to the tattwa emotional chakra.

Students of yoga like to do it, and it seems that the asana profoundly releases the stress effects which are accumulated below the diaphragm area. The 'ha' sound with deep exhalation stimulates especially the central frontal and back nadis with their appropriate regional marmas. All nadis with their marmas of the chest, diaphragm and abdominal area, which are flowing upward and downward, are passing through the area of the chest, diaphragm and abdomen and stimulate the organs of the abdominal and chest region. With the deep exhalation and 'ha' sound, the prana, apana and samana vayus meet in manipura chakra and the explosion of prana shakti takes place in the abdominal region. As a result we have effects of great revitalization and regeneration. All

organs, processes and systems receive a great amount of prana which regenerates and revitalizes not only the entire body, but also the entire manomaya kosha, and we feel good, fresh and energized. We should practise it whenever we feel that we are under stress.

Important marmas

ST.9: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory disorders, disorders of voice abilities, disorders of the thyroid glands.

ST.10: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

ST.12: The marma is the crossing marma of four nadis: the vayu tattwa nadi of the large intestine, the prithvi tattwa nadi of the stomach, the agni tattwa nadi of the small intestine and the secondary jala tattwa nadi of the tridosha. All four nadis have pingala qualities of prana shakti. This marma is in use for balancing the pranic flows of all four nadis.
Beneficial marma for: insomnia, irritability, hyper-emotiveness, respiratory disorders, functional disorders of the stomach, arthrosis, stiffness and pain in the neck region, intercostal pain, chest pain and dyspnoea.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.
Beneficial marma for: all lower abdominal and pelvic disorders, abdominal pains, hernia, amenorrhoea and dysmenorrhoea, uterine prolapse, pain in the clitoris.

ST.30: It is a genito-urinary marma.
Beneficial marma for: all functional gynaecological disorders including functional sterility, urinary disorders, lower abdominal pains, hernia, frigidity and impotence, all psychological disorders as results of genito-urinary disorders.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

ST.32: Specific vascular and motor marma.
Beneficial marma for: motor disorders of the lower extremities, numbness of the leg, arthritis, arthrosis and pain of the knee joint, pain in the lumbar region, feeling of coldness in knees and feet.

ST.33: *Beneficial marma for*: motor disorders of the lower extremities, numbness of the leg, arthritis and pain in the knee joint and leg, pain in the lumbar region, abdominal pain and ascites, dysmenorrhoea and urethral spasms.

ST.34: The important marma of the prithvi nadi, known as a homeostatic and alarm marma.
Beneficial marma for: gastric pain and painful tension of the stomach, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint.

ST.35: The important marma of the prithvi nadi, useful for motor disorders of the lower extremities and especially for knee joints, an analgesic marma for the knee joints.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint, motor disorders, pain and numbness of the knee joint.

ST.36: The prithvi tattwa marma of the prithvi nadi with the pranic nature of samudra. It is one of the most important

marmas of our mind-body-energy system. It is one of the most important distal marmas with very subtle action. It is a homeostatic and general toning marma. It is the mother marma of all energies and all samudra marmas. It is the marma of the endless prana shakti. The marma which is most often used in all kinds of marma therapies.
Beneficial marma for: all digestive, intestinal and gastric disorders, diarrhoea, nausea, vomiting, obesity and abdominal pain, mastitis, hyper and hypotony of the muscles of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis, rheumatic disorders, pains and swelling of the knee joint, genito-urinary disorders, dysmenorrhoea, eye disorders, asthenia, hyper- and hypotension and mental disorders such as strong mental irritability, depression, insomnia and vertigo.

SP.7: *Beneficial marma for*: flatulence, walking difficulties and vaginal secretion.

SP.8: *Beneficial marma for*: digestive disorders, anorexia, genito-urinary disorders such as difficulties of urination, impotence, dysmenorrhoea and hypermenorrhoea, pain in the lumbar region.

SP.9: The jala tattwa marma of the prithvi nadi with the pranic nature of samudra.
Beneficial marma for: soft tissue disorders, liquid retention of the body, oedema and ascites, digestive disorders, diarrhoea, low appetite, pain and spasms of all internal organs, genito-urinary disorders, dysmenorrhoea and hypermenorrhoea, pain and oedema of the knee joint, circulatory disorders of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs.

SP.10: Special marma for blood.
Beneficial marma for: menstrual disorders and endometritis, skin disorders, allergies, urticaria, arthrosis, arthritis and

rheumatic disorders and pain of the lower limbs and knee joint.

SP.11: *Beneficial marma for*: urinary disorders, swelling and pain in the inguinal region, pain in the inner side of the thigh, ophthalmic migraine.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endometritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

SP.20: *Beneficial marma for*: anorexia, feeling of excessive thirstiness, singultus, fullness of the chest with tension.

SP.21: The maha setu marma of the entire nadic system (through it we are connected with the entire nadic flow) and second setu marma of the prithvi tattwa nadi of the spleen. It is a very active marma for the general regulation of prana shakti.
Beneficial marma for: all chronic diseases, digestive disorders, chest and hypochondriac pain, asthma and dyspnoea.

BL.10: The marma is in the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of aroma sensation.

BL.11: The *asthi dhatu* or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma is called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind as insomnia, respiratory disorders, allergy, headache, neuralgia of neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, short breath, skin disorders (skin is the third lung), night sweating, sensory-motor disorders of the dorso-lumbar area and back pains.

BL.14: The back alarm marma of the pericardium. The marma is in the anahata chakra and vayu tattwa region.
Beneficial marma for: functional disorders of vasomotoric system, palpitation, vertigo, nausea, pain in the shoulder blade region, mental disorders and agitation, restlessness.

BL.15: The back alarm marma of the heart. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart', vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.
Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a dhatu marma (influential) for blood tissues or rakta dhatu. It is the marma for reunion of blood.

Beneficial marma for: motor disorders of the diaphragm, hiccough, asthma, singultus, vomitus, urticaria, leukaemia, anaemia, anorexia and neurosis.

BL.41: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: intercostal neuralgia, spasms of the occipital muscle, arthrosis and numbness of the upper arm and elbow joint, arthrosis, stiffness and pain of the neck, shoulder and back.

BL.42: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: asthma, bronchitis, cough and dyspnoea, arthrosis and stiffness of the neck muscle, arthrosis and pain in the shoulder joint and vomitus.

BL.43: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: congestion of the lung, asthma, bronchitis and cough, digestive disorders, singultus, back pain and memory weakness.

BL.44: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: respiratory disorders, arthrosis, pain and stiffness of the shoulder muscles and back.

BL.45: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: as for BL.44.

BL.46: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the back, singultus and vomitus, intercostal neuralgia.

BL.24: The back alarm marma of the SH.6 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. This marma is called 'the sea of prana'. It has effect on the pranic condition of all ida nadis and ida organs.
Beneficial marma for: toning of the pranic system.

BL.25: The back alarm marma of the large intestine. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastrointestinal disorders, diarrhoea and obstipation, disorders of assimilation, obesity, genito-urinary disorders, migraine caused by digestive disorders, haemorrhoids, lower back pain, lumbago and sciatica, arthrosis, arthritis and rheumatic and motor disorders of the lower limbs.

BL.26: The back alarm marma of the SH.4 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional digestive disorders of the intestines, diarrhoea, pain of the abdomen and lower back, genito-urinary disorders.

BL.27: The back alarm marma for the small intestines.
Beneficial marma for: lower back pains, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestines, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: Back alarm marma for the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, enteritis, meteorism, haemorrhoids, arthrosis, stiffness and pain of the lower back region, sciatica, arthrosis and motor disorders of the lower limbs.

BL.36: *Beneficial marma for*: lower back pains, sciatica, arthrosis and motor disorders of the lower extremities and haemorrhoids.

BL.37: *Beneficial marma for*: motor disorders of the leg, pain in the lumbar region, sciatica, pain in the back of the thigh and haemorrhoids.

BL.38: Important marma of the jala nadi.
Beneficial marmas for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.39: as in BL.38.

BL.40: The prithvi marma of the jala nadi with the pranic nature of samudra. It is one of the most important distal marmas with very subtle effects on the mind-body-energy system. The marma with endless prana shakti of the jala tattwa nadi.
Beneficial marma for: urinary disorders, abdominal pain, vomiting, obstipation, diarrhoea, haemorrhoids, dorso-lumbar pain, pain of the lower limbs, motor disorders of the hip joint, atrophy of the muscles, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs, hypertension.

BL.55: *Beneficial marma for*: lower back pain and arthrosis, sciatica, motor disorders and pain of the lower limbs, lower abdominal pain, and endometritis.

BL.56: *Beneficial marma for*: diarrhoea, obstipation, haemorrhoids, pain in the lumbar region, painful spasms of the calf muscles and leg pain.

BL.57: *Beneficial marma for*: urological diseases, constipation, haemorrhoids, rectal prolapse, pain in the lumbar region, sciatica, motor disorders of the leg, painful spasms of the calf muscles, pain in the foot.

BL.58: The setu marma of the jala tattwa nadi of the bladder. Through it the jala tattwa nadi of the bladder communicates with the jala tattwa nadi of the kidney.
Beneficial marma for: urological diseases, haemorrhoids, motor disorders of the leg, painful spasms of the calf muscles, pain in the lumbar region, sciatica and headache.

KI.9: *Beneficial marma for*: painful spasms of the calf muscles, pain in the inner side of the leg, impotence and mental disorders.

KI.10: The jala tattwa marma of the jala nadi of the kidney with the pranic nature of samudra. It is a very important marma known as an anti-allergic and anti-pruritic marma.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs, all disorders of the knee joint and medial side of the leg, genito-urinary disorders, baldness, spasms of the urinary bladder and incontinence, dysmenorrhoea and frigidity.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

AM.1: The setu marma, mooladhara chakra and the place of the prithvi tattwa.
Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pains during urination and defecation, anal fissure and pruritus of anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

AM.2: Swadhisthana chakra and the place of the jala tattwa.
Beneficial marma for genito-urinary disorders.

AM.3: The marma is analogue to manipura chakra.
Beneficial marma for all kinds of agni tattwa disorders in the mental and physical dimensions. In the mental dimension it is a beneficial marma for anger and problems of self-consciousness, self-esteem and self-confidence.

SH.1: The marma of the mooladhara chakra kshetram and the place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: The marma of the swadhisthana chakra kshetram and the place of jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

SH.4: The marma is the front alarm marma of the small intestines. The marma is in the region of swadhisthana and manipura chakra kshetram and jala and agni tattwas.
Beneficial marma for: the marma tones the prana of the entire body, all intestinal disorders and all genito-urinary disorders.

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma supports the effects of the previous marma and strengthens its effects.

LU.9: The prithvi tattwa marma, adhara marma and influential marma for the entire vascular system of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: respiratory and vascular disorders such as arteriosclerosis and others, hypotension, specific dhatu (tissue) disorders, throat and chest pains, all disorders and pains along the inner aspect of the lower arm and palm, carpal tunnel syndrome, mental disorders such as insomnia with mental agitation and depression.

LU.10: The agni tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature. It is the specific motoric marma of the vayu nadi.
Beneficial marma for: respiratory disorders, chest and throat pains, headache, all disorders and pains of elbow, palm and

thumb, mastitis and mental disorders such as insomnia and anxiety.

LU.11: The akasha tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: respiratory diseases, influenza, finger disorders and pains, arthrosis, arthritis and rheumatic disorders of the palm joint, skin disorders, mental disorders.

LI.1: The vayu tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: stomatitis, gingivitis and tooth pains, tinnitus and vertigo, asthma, all disorders of palm joints, rheumatoid arthritis and pains of palm joints.

LI.2: The jala tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: as in the previous asana for dental and mouth affection, back, shoulder and arm pains and disorders; effects on palm joints are as in the previous asana; facial paralysis and abdominal flatulence.

LI.3: The akasha tattwa marma of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: tooth pains, eye pains, neuralgia trigeminus, arthrosis, arthritis and rheumatic disorders and swelling of the palm and finger joints, abdominal flatulence and diarrhoea.

LI.4: The adhara marma of the vayu nadi, the best analgesic marma for the entire body, one of the six distal marmas. It is used as a sedative marma too. It is a very popular marma for eliminations and detoxification and used for all treatments. It is a great regulatory marma of prana shakti. It is the source of prana shakti of the vayu nadi.
Beneficial marma for: all diseases, disorders and pains, all disorders of the thumb, index finger, palm and wrist joints.

Special marma for head, face, special sense organs and front of the neck. For all disorders of the lungs and large intestine, amenorrhoea.

LI.5: The agni tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: deafness, tinnitus, eye disorders, headaches, toothache, all disorders and pains of the palm, wrist joints and writer's spasms (graphospasm).

LI.15: Popularly known as a shoulder marma as it is a very effective marma for pre-arthritis of the shoulder joint, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motor disorders of the head and arm, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motor disorders and pains of head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is near to the vishuddhi chakra kshetram region and it has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders. It is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of the pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motor disorders of the upper limbs.

HT.7: The prithvi tattwa and adhara marma of the agni nadi, which is a dhara marma by its pranic nature, the most important tranquillizer and sedative marma.
Beneficial marma for: mental disorders such as insomnia, anxiety, hysteria, fear, strong emotions, poor memory and nightmare, restlessness, anorexia, palpitation and cardiac disorders, hypertension, for basal metabolism and hyperthyreosis, regulation of prana not only in the heart but also in all internal organs, regulation of sexual energy, sensation of heat in the palm.

HT.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders of the palm joints, rheumatoid arthritis of the palms and carpal joints, spasm of fingers, motor disorders of the palm joints, numbness of the palms, feeling of extreme heat in the palms, genito-urinary disorders, hypermenorrhoea, chest pains and palpitation.

HT.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: general toning and nourishment, chest pains, palpitation, pain and disorders of the elbow joint, contraction of the hand muscles, all disorders of palm joints, headache, mental disorders such as fear, depression, melancholy, mania, asthenia.

SI.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: sensory-motor disorders and neuralgia of the inner aspect of the upper arms, arthrosis, arthritis and rheumatic disorders of the palm and finger joints, headache,

ophthalmic disorders, mastitis and hypo-lactation, rigidity of the tongue and disorders of the kidneys.

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders and pains of the lower arms and numbness of the fingers, respiratory disorders, ophthalmic disorders and tinnitus.

SI.3: The akasha marma of the agni nadi, which is a dhara marma by its pranic nature. The confluent marma of amatya nadi.
Beneficial marma for: acute stiffness of the neck, acute low back pains, all kinds of headaches, tremors and numbness of the fingers, all disorders and pains of the lower arm, feeling of fullness of the chest, dyspnoea, disorders of hearing and ophthalmic disorders.

SI.4: The adhara marma of the agni tattwa nadi of the small intestine.
Beneficial marma for: rigidity and pain in the fingers of the palm, arthritis and arthrosis of the palm and elbow, headaches, pain in the occipital region, rigidity and pain of the neck region, tinnitus, haemiplegia, ORL disorders, general disorders of physical and psychological tonus.

SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints and upper arms, deafness, tinnitus, vertigo, pains and swelling of neck and lower jaw.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: arthritis, arthrosis and rheumatic disorders and pains of the palm, wrist, elbow and shoulder joints, motor disorders of the arm, stiff neck, cervical spondylosis, back pains, lumbago, eye disorders.

SI.9: *Beneficial marma for*: all disorders and pains of shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulder and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of the upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in the muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in the shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is in the vishuddhi kshetram region and has great effects on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus and deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsilitis, pains of the throat, arthrosis and pain of the neck, tinnitus and deafness and disorders of voice abilities.

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.7: The prithvi tattwa and adhara marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints, muscle contraction of the inner side of the lower arm, spasm of the writer, carpal tunnel syndrome, sensory-motor disorders of the arm, digestive disorders, cardiac and chest pains and palpitation, pain in the hypochondriac area, hypertension, mental disorders such as fear, anxiety, hyper-emotiveness, general disorders of sexual tonus, sexo-psychosomatic disorders.

PC.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: chest pain, palpitation, all disorders of the palm joints, rheumatoid arthritis of the carpal and palm joints, excessive sweating of the palms, thermal shock, gastric disorders, stomatitis and mental disorders.

PC.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insolation, chest pain, arrhythmia, palpitation, hypertension, feeling of extreme heat in the palms, mental disorders, insomnia, depression, nightmare of children, impotence, frigidity, sexo-psychosomatic disorders.

3D.1: Vayu tattwa marma of the agni (secondary) nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: toning effects on the body, sadness, worry, ophthalmic disorders, respiratory disorders, headache and tinnitus.

3D.2: Jala tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: respiratory disorders, deafness, tinnitus, headache, inflammation of teeth and gingivitis, all disorders and pains of the upper limbs and palm joints.

3D.3: Akasha tattwa marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature. The marma has toning effects on all pingala nadis.
Beneficial marma for: ear and eye disorders, vertigo and tinnitus, all disorders of the upper extremities, hypertension, head, shoulder and back pains, motor disorders of the wrist and fingers, general lethargy, slowness and sadness.

3D.4: The adhara marma of the agni (secondary) nadi.
Beneficial marma for: disorders of the urinary system, prostatitis, tinnitus and deafness, all disorders and pains of the upper limbs, arthrosis, arthritis and rheumatic disorders of the shoulder, wrist and palm joints, malaria.

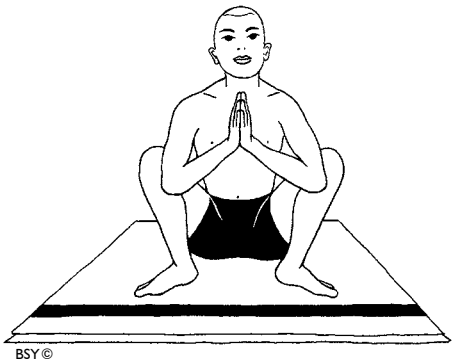
3D.14: *Beneficial marma for*: frozen shoulder, pain and motor disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

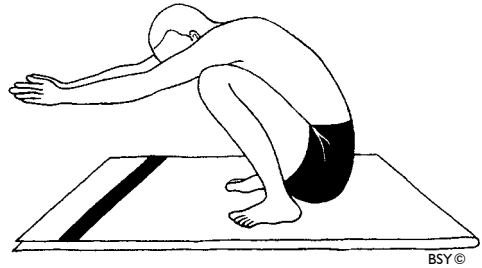
3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in the upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjuctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

3D.17: *Beneficial marma for*: tinnitus and deafness, ear and eye disorders, paralysis facialis, neuralgia of the trigeminal nerves, toothache, mumps and all disorders and pains of the lower jaw joint and lockjaw.

NAMASKARASANA





The asana is affecting the pranic system of the entire mental and body systems. Here we are affecting through the asana the pranic flows in the nadis of the arms, legs and trunk. We exert especially deep effects on the inguinary and shoulder regions. Through the asana we stimulate the pelvic, abdominal, chest and neck areas. By placing the palms together at the beginning of the asana, we are harmonizing the ida and pingala qualities of prana shakti. The marmas of the nadis of the arms and legs are systematically opening and passing through the prana shakti to the next marma. In this manner, all marmas are opening and prana shakti flows through the nadis as a river towards the pranic ocean, from where the prana shakti is distributed to the entire system of the annamaya, pranamaya and manomaya koshas.

Important marmas

SP.7: *Beneficial marma for*: flatulence, walking difficulties and vaginal secretion.

SP.8: *Beneficial marma for*: digestive disorders, anorexia, genito-urinary disorders such as difficulties of urination, impotence, dysmenorrhoea and hypermenorrhoea, pain in the lumbar region.

SP.9: The jala tattwa marma of the prithvi nadi, with the pranic nature of samudra.
Beneficial marma for: soft tissue disorders, liquid retention of the body, oedema and ascites, digestive disorders, diarrhoea, low appetite, pain and spasms of all internal organs, genito-urinary disorders, dysmenorrhoea and hypermenorrhoea, pain and oedema of the knee joint, circulatory disorders of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs.

SP.10: Special marma for blood.
Beneficial marma for: menstrual disorders and endometritis, skin disorders, allergies, urticarial, arthrosis, arthritis and rheumatic disorders and pain of the lower limbs and knee joint.

SP.11: *Beneficial marma for*: urinary disorders, swelling and pain in the inguinal region, pain in the inner side of the thigh, ophthalmic migraine.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endo-metritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

SP.14: *Beneficial marma for*: arthrosis, arthritis and rheumatic and motor disorders of the lower limbs, hyperhidrosis, diarrhoea, abdominal pains and pain in the navel.

SP.15: The marma is in close relation with manipura chakra and one of the most important marmas for obesity.
Beneficial marma for: abdominal pains, constipation, dysentery, digestive disorders, obesity, asthenia and hyperhidrosis.

SP.16: *Beneficial marma for*: digestive disorders, obstipation, dysentery and all similar as SP.15.

SP.17: *Beneficial marma for*: fullness of the chest, intercostal pain, pain in the lateral part of the thorax, pain of the hypochondria region and singultus.

SP.18 *Beneficial marma for*: mastitis, hypogalactation, fullness and pain of the thorax with feeling of tension, cough and dyspnoea.

SP.19: *Beneficial marma for*: thoracic and intercostal pain, hypochondric and back pain.

SP.20: *Beneficial marma for*: anorexia, feeling of hyper thirstiness, singultus, fullness of the chest with tension.

SP.21: The maha setu marma of the entire nadic system (through it we are connected with the entire nadic flows) and second setu marma of the prithvi tattwa nadi of the spleen. It is a very active marma for general regulation of prana shakti.
Beneficial marma for: all chronic diseases, digestive disorders, chest and hypochondriac pain, asthma and dyspnoea.

ST.9: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory disorders, disorders of voice abilities, disorders of thyroid gland.

ST.10: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

ST.12: At this marma four nadis cross over: the vayu tattwa nadi of the large intestine, the prithvi tattwa nadi of the stomach, the agni tattwa nadi of the small intestine and the secondary jala tattwa nadi of the tridosha. All four nadis have pingala qualities of prana shakti. This marma is in use for balancing the pranic flows of all four nadis.
Beneficial marma for: insomnia, irritability, hyper-emotiveness, respiratory disorders, functional disorders of the stomach, arthrosis, stiffness and pain in the neck region, intercostal pain and chest pain, dyspnoea.

ST.13: *Beneficial marma for*: disorders of smell, anorexia, respiratory disorders, asthma, dyspnoea, hoarseness, urticarial and eczema.

ST.14: Special marma for hyper-emotiveness, it is usually used in all cases of emotional shock.
Beneficial marma for: respiratory disorders, fullness and pain of the chest and hypochondria, pain in the lateral side of the chest.

ST.15: *Beneficial marma for*: respiratory disorders, asthma, pain and fullness of the lateral and lower part of the chest, intercostal pain and palpitation.

ST.16: *Beneficial marma for*: respiratory disorders, asthma, pain in the hypochondria region, diarrhoea, flatulence, noises, disorders of stool excretion, feeling of bitterness in mouth and mastitis.

ST.17: The marma is known as a nipple marma. It is the forbidden marma for acupuncture and moxibustion. We can use it only through the yogic asanas. This is the advantage of yogic marma therapy.
Beneficial marma for: mastitis and hypogalactica, intercostal pain.

ST.18: *Beneficial marma for*: respiratory disorders, intercostal pain, hoarseness, mastitis and hypogalactica.

ST.19: *Beneficial marma for*: dilatation of the stomach and abdominal flatulence, vomitus, anorexia, diarrhoea, dryness in the mouth and intercostal pain.

ST.20: *Beneficial marma for*: dyspnoea and difficulty of deep inhalation, anorexia, disorders of the intestines, spasms of the abdominal muscles, chronic and acute gastritis.

ST.21: The marma is on the right side of the abdomen. It is a dangerous marma as it lies directly over the gall bladder. We can use it easily through yogic asanas which is an advantage of yogic marma therapy.
Beneficial marma for: gastric nervousness, vomitus, nausea, acute and chronic gastritis, gastro-duodenal ulcer, anorexia, diarrhoea, pain in the stomach region.

ST.22: *Beneficial marma for*: abdominal pain and flatulence, noises, diarrhoea, anorexia.

ST.23: *Beneficial marma for*: mental disorders such as agitation, delusion, melancholy, palpitation, gastric pain, indigestion.

ST.24: as in ST.23.

ST.25: The front alarm marma of the large intestine and a very important and commonly used marma for losing weight.

Beneficial marma for: genito-urinary disorders, endometritis, difficulties while standing, abdominal pain and distention, all abdominal disorders, acute and chronic gastroenteritis, noises, dysentery, diarrhoea, obstipation, nausea, vomitus, motor disorders of the abdominal muscles.

ST.26: *Beneficial marma for*: abdominal pain and pain in the lower part of the abdomen, dysmenorrhoea.

ST.27: *Beneficial marma for*: insomnia and anxiety, pain in the lower part of the abdomen, flatulence, obstipation, spasms of the abdominal muscles, hernia, cystitis, dysuria, seminal emission.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.
Beneficial marma for: all lower abdominal and pelvic disorders, abdominal pains, hernia, amenorrhoea and dysmenorrhoea, uterine prolapse, pain in clitoris.

ST.30: It is a genito-urinary marma.
Beneficial marma for: all functional gynaecological disorders including functional sterility, urinary disorders, lower abdominal pains, hernia, frigidity and impotence, all psychological disorders as a result of genito-urinary disorders.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

ST.32: Specific vascular and motor marma.
Beneficial marma for: motor disorders of the lower extremities, numbness of the leg, arthritis, arthrosis and pain of the knee

joint, pain in lumbar region, feeling of coldness in knees and feet.

ST.33: *Beneficial marma for*: motor disorders of the lower extremities, numbness of the leg, arthritis and pain in the knee joint and leg, pain in the lumbar region, abdominal pain and ascites, dysmenorrhoea, urethral spasms.

ST.34: The important marma of the prithvi nadi, known as a homeostatic and alarm marma.
Beneficial marma for: gastric pain and painful tension of the stomach, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint.

ST.35: The important marma of the prithvi nadi, useful for motor disorders of the lower extremities, especially for knee joints, an analgesic marma for the knee joints.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint, motor disorders, pain and numbness of the knee joint.

ST.36: The prithvi tattwa marma of the prithvi nadi, with the pranic nature of samudra. It is one of the most important marmas of our mind-body-energy system. It is one of the most important distal marmas with a very subtle action. It is a homeostatic and general toning marma. It is the mother marma of all energies and all samudra marmas. It is the marma of endless prana shakti. The marma which is most often used in all kinds of marma therapies.
Beneficial marma for: all digestive, intestinal and gastric disorders, diarrhoea, nausea, vomiting, obesity and abdominal pain, mastitis, hyper- and hypotony of the muscles of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders and pains and swelling of the knee joint, genito-urinary disorders, dysmenorrhoea, eye disorders, asthenia, hyper-

and hypotension and mental disorders such as strong mental irritability, depression, insomnia and vertigo.

KI.9: *Beneficial marma for*: painful spasms of the calf muscles, pain in the inner side of the leg, impotence and mental disorders.

KI.10: The jala tattwa marma of the jala nadi of the kidney, with the pranic nature of samudra. It is a very important marma known as anti-allergic and anti-pruritic marma.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs and all disorders of the knee joint and medial side of the leg, genito-urinary disorders, baldness, spasms of the urinary bladder and incontinence, dysmenorrhoea and frigidity.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

KI.14: *Beneficial marma for*: enterocolitis and chronic diarrhoea, menstrual disorders and after delivery (labour) spasms.

KI.15: *Beneficial marma for*: inflammation of the lower abdomen, intestinal disorders, obstipation and gynaecological disorders.

KI.16: *Beneficial marma for*: migraine, dysmenorrhoea, gastric disorders, jaundice, intestinal disorders, obstipation and abdominal spasms.

KI.17: *Beneficial marma for*: gastric disorders, anorexia, diarrhoea and constipation.

KI.18: *Beneficial marma for*: gastric pain, singultus, vomitus, obstipation, hypersalivation and after delivery (labour) spasms.

KI.19: *Beneficial marma for*: abdominal spasms and nausea.

KI.20: *Beneficial marma for*: respiratory disorders and cough, chronic gastritis, gastric distention, vomitus, dyspepsia and diarrhoea.

KI.21: *Beneficial marma for*: all kinds of vomitus, liver and gastric disorders, peptic and duodenal ulcers.

KI.22: *Beneficial marma for*: congestion and disorders of the respiratory system, intercostal neuralgia and nausea.

KI.23: *Beneficial marma for*: intercostal neuralgia, respiratory disorders, fullness of the chest and palpitation and mastitis.

KI.24: *Beneficial marma for*: respiratory congestion and disorders, chest pain, intercostal neuralgia, nausea and mastitis.

KI.25: *Beneficial marma for*: respiratory disorders, fullness of the chest, intercostal neuralgia and vomitus.

KI.26: *Beneficial marma for*: vomitus, respiratory disorders, chest pain and fullness.

KI.27: *Beneficial marma for*: respiratory disorders, intercostal neuralgia, chest pain, vomitus and anorexia.

BL.10: The marma is in the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of aroma sensation.

BL.11: The *asthi* dhatu or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma is called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind such as insomnia, respiratory disorders, allergy, headache, neuralgia of the neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung, the marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, short breath, skin disorders (skin is the third lung), night sweating, sensory-motor disorders of the dorso-lumbar area and back pains.

BL.14: The back alarm marma of the pericardium, this marma is in the anahata chakra and vayu tattwa region.
Beneficial marma for: functional disorders of vasomotor system, palpitation, vertigo, nausea, pain in the shoulder blade region, mental disorders and agitation, restlessness.

BL.15: The back alarm marma of the heart, this marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart', vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi, this marma is aligned on the jala tattwa nadi of the urinary bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.
Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a dhatu marma (influential) for blood tissues or rakta dhatu. It is the marma for reunion of blood.
Beneficial marma for: motor disorders of the diaphragm, hiccough, asthma, singultus, vomitus, urticarial, leukaemia, anaemia, anorexia and neurosis.

BL.18: The back alarm marma of the liver. The marma is aligned on the jala nadi of the urinary bladder nadi.
Beneficial marma for: pain of the back and hypochondria region, intercostal and thoracic region, disorders of eyesight, accommodation disorders, congestion of the liver, eye disorders, muscle and tendon disorders, local disorders of the spine, disorders of the digestive and genito-urinary system, mental confusion.

BL.19: The back alarm marma of the gall bladder. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gall bladder disorders, nausea, vomitus, migraine caused by gall bladder, and back pain.

BL.20: The back alarm marma of the spleen and pancreas. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: spleen and pancreas disorders and gastrointestinal disorders, motor disorders of the abdominal muscles, diarrhoea and dyspepsia, urticarial, allergy, soft tissue disorders, oedema and back pain.

BL.21: The back alarm marma of the stomach. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastric and liver disorders, nausea and vomitus.

BL.22: The back alarm marma of the tridosha. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the lower back, respiratory, digestive and genito-urinary disorders.

BL.23: The back alarm marma of the kidney, the marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, diarrhoea, low ability of hearing, ringing of the ear, knee weakness, lower back pain and arthrosis, lumbago and sciatica.

BL.24: The back alarm marma of the SH.6 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. This marma is called 'the sea of the prana'. It has effect on the pranic condition of all ida nadis and ida organs.
Beneficial marma for: toning of the pranic system.

BL.25: The back alarm marma of the large intestine. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastrointestinal disorders, diarrhoea and obstipation, disorders of assimilation, obesity, genito-urinary disorders, migraine caused by digestive disorders,

haemorrhoids, lower back pain, lumbago and sciatica, arthrosis, arthritis and rheumatic and motor disorders of the lower limbs.

BL.26: The back alarm marma of the SH.4 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional digestive disorders of the intestines, diarrhoea, pain of the abdomen and lower back, genito-urinary disorders.

BL.27: The back alarm marma for the small intestine.
Beneficial marma for: lower back pains, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: The back alarm marma of the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.29: Special marma for the lower back.
Beneficial marma for: pains and functional disorders of the lower back, sciatica, hernia and enteritis.

BL.30: *Beneficial marma for*: pains in coccygeal and sacral region, functional disorders and pains of the anus region, haemorrhoids, hip joint pain and arthrosis, sciatica, endometritis, irregular menstruation, seminal emission.

BL.31: Special marma for genito-urinary disorders.
Beneficial marma for: genito-urinary disorders, functional disorders during menopause, sciatica, lower back pain and haemorrhoids.

BL.32: *Beneficial marma for*: arthrosis, arthritis and rheumatism of the hip joint, motor disorders of the lower limbs and all as in BL.31.

BL.33: *Beneficial marma for*: all as in BL.31.

BL.34: *Beneficial marma for*: all as in BL.31.

BL.35: *Beneficial marma for*: pain of the external genital organs, impotence, erection disorder, leucorrhoea and diarrhoea.

BL.41: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: intercostal neuralgia, spasms of the occipital muscle, arthrosis and numbness of the upper arm and elbow joint, arthrosis, stiffness and pain of the neck, shoulder and back.

BL.42: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: asthma, bronchitis, cough and dyspnoea, arthrosis and stiffness of the neck muscle, arthrosis and pain in the shoulder joint, and vomitus.

BL.43: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: congestion of the lung, asthma, bronchitis and cough, digestive disorders, singultus, back pain and memory weakness.

BL.44: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: respiratory disorders, arthrosis, pain and stiffness of the shoulder muscle and back.

BL.45: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: all as in BL.44.

BL.46: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the back, singultus and vomitus, intercostal neuralgia.

BL.47: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: disorders of the liver and stomach, diarrhoea and vomiting, chest pain, pain of the back and hypochondria region.

BL.48: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: abdominal disorders.

BL.49: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gastric disorders, nausea, dyspepsia, haemorrhoids, lower back pain, arthrosis and sciatica.

BL.50: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain and arthrosis, gastric and abdominal disorders, vomitus and obstipation.

BL.51: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and spleen disorders, obstipation and mastitis, arthrosis and pain in the neck region and lower limbs.

BL.52: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.

Beneficial marma for: lower back pain, arthrosis and stiffness, night sweating, urine retention, oedema, impotence and weak erection.

BL.36: *Beneficial marma for*: lower back pain, sciatica, arthrosis and motor disorders of the lower extremities, haemorrhoids.

BL.37: *Beneficial marma for*: motor disorders of the leg, pain in the lumbar region, sciatica, pain in the back of the thigh and haemorrhoids.

BL.38: Important marma of the jala nadi.
Beneficial marmas for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.39: Important marma of the jala nadi.
Beneficial marmas for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.40: The prithvi marma of the jala nadi, with the pranic nature of samudra. It is one of the most important distal marmas with very subtle effects on the mind-body-energy system. The marma with endless prana shakti of the jala tattwa nadi.
Beneficial marma for: urinary disorders, abdominal pain, vomiting, obstipation, diarrhoea, haemorrhoids, dorso-lumbar pain, pain of the lower limbs, motor disorders of the hip joint, atrophy of the muscles, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs, hypertension.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: *Beneficial marma for*: genito-urinary disorders, haemorrhoids, lumbar-sciatica, hip joint disorders, motor and sensibility disorders of the lower extremities.

BL.55: *Beneficial marma for*: lower back pain and arthrosis, sciatica, motor disorders and pain of the lower limbs, lower abdominal pain, endometritis.

BL.56: *Beneficial marma for*: diarrhoea, obstipation, haemorrhoids, pain in the lumbar region, painful spasms of the calf muscles, leg pain.

BL.57: *Beneficial marma for*: urological diseases, constipation, haemorrhoids, rectal prolapse, pain in the lumbar region, sciatica, motor disorders of the leg, painful spasms of the calf muscles, pain in foot.

BL.58: The setu marma of the jala tattwa nadi of the bladder. Through it the jala tattwa nadi of the bladder communicates with the jala tattwa nadi of the kidney.
Beneficial marma for: urological diseases, haemorrhoids, motor disorders of the leg, painful spasms of the calf muscles, pain in the lumbar region, sciatica and headache.

LR.5: The setu marma of ida quality of prana shakti of the akasha nadi of the liver. It means that through it the akasha nadi of the liver passes over the prana shakti to the akasha nadi of pingala of the gall bladder which has pingala quality of prana shakti.
Beneficial marma for: disorders of the genito-urinary, digestive, respiratory systems, and all kinds of internal and external spasms.

LR. 6: The specific alarm marma of the liver in the frontal trunk.
Beneficial marma for: arthritis of the lower limbs, difficulty while standing, all disorders of the liver and gall bladder, pain in the lower part of the abdomen, disorders of the genito-urinary system.

LR.7: *Beneficial marma and important marma for*: all knee disorders.

LR.8: The jala tattwa marma of the akasha nadi of the liver, with the pranic nature of samudra. It means that the endless prana shakti is in the marma.
Beneficial marma for: liver disorders, disorders of blood coagulation, diarrhoea and obstipation, pain in the lower part of the abdomen, respiratory disorders, asthma, skin disorders, genito-urinary disorders, very specific marma for impotence, dysmenorrhoea, headaches and migraine, mental irritability, mania, arthrosis, arthritis and rheumatic disorders of the knee joint, circulatory disorders of the knee joint, pain and spasms of all muscles.

LR.9: *Beneficial marma for*: menstrual disorders, lower abdominal pain, urine retention and lumbar pain.

LR.10: *Beneficial marma for*: post-influenza weakness, weakness of the lower limbs, flatulence, abdominal muscle spasms, urine retention.

LR.11: *Beneficial marma for*: lumbo-sacral pains, arthrosis and motor disorders of the lower limbs, pain in the leg, irregular menstruation, dysmenorrhoea, leucorrhoea, functional sterility.

LR.12: *Beneficial marma for*: pain in the lower abdomen, painful hernia, pain in the penis, haemorrhoids, ophthalmic migraine, inflammation of the ovaries.

LR.13: Special front alarm marma for the spleen and pancreas.
Beneficial marma for: liver and gall bladder disorders and pains, bitterness in the mouth, vomitus, dyspepsia, diarrhoea, meteorism, spleen disorders, muscle spasms, intercostal neuralgia, lumbar pain and pain all along the spine.

LR.14: The special front alarm marma for the liver.
Beneficial marma for: fullness of the chest, intercostal neuralgia, chest and hypochondria pain, respiratory disorders and asthma, vomitus, diarrhoea, meteorism, lumbar pain, eyesight disorders, vegetative disorders, during menopause, after delivery disorders.

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in the lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: arthrosis, rigidity and pain in neck region, fullness of the chest, intercostal neuralgia, pleuritis, inability to lift the arm backwards, axillary swelling and insomnia.

GB.23: *Beneficial marma for*: breathing disorders, vomitus, acidity, asthma.

GB.24: It is a front alarm marma of the gall bladder.
Beneficial marma for: mental agitation and confusion, jaundice, hepatitis, cholecystitis and gastral disorders.

GB.25: It is a front alarm marma of the kidney.
Beneficial marma for: diseases of the kidney, intercostal pain, dorso-lumbar pain, abdominal distention, flatulence, diarrhoea, spasms of the small intestine.

GB.26: *Beneficial marma for*: pain in the lumbar region, pain of the kidney, hernia, intercostal pain, endometritis, dysmenorrhoea, irregular menstruation, leucorrhoea.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back and abdominal pains, hip joint pain and arthrosis, chronic obstipation, endometriosis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limbs, pain in the kidneys.

GB.30: Special marma for sciatica.

GB.31: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders, motor disorders and pains of the lower extremities, sciatica, pain of the thigh, arthritis of the knee joint.

GB.32: *Beneficial marma for*: all knee disorders and arthritis of the knee joint, sciatica, pain, numbness, motor disorders, atrophy of the lower limbs and limitation of movement of the hip joint.

GB.33: The important marma of the akasha nadi.

Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and all knee disorders and pain, numbness and muscle weakness of the lower limbs.

GB.34: The prithvi tattwa marma of the akasha nadi, with the pranic nature of samudra, influential marma for muscles and tendons.
Beneficial marma for: all muscle and tendon disorders, nausea, bitter taste in the mouth, vomitus, obstipation, heartburn, lower abdominal pain, lumbar pain and sciatica, atrophy, pain and motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee and elbow joints, swelling of the foot, intercostal and trigeminal neuralgia, vertigo, respiratory diseases and hypertension, mental disorders, epilepsy, gall bladder disorders, hypochondria pain.

GB.35: *Beneficial marma for*: pain of the lateral side of the shin, lumbar pain and sciatica, functional disorders, arthrosis, pain and weakness of the knee joint, pain and swelling of the foot, atrophy of the lower limbs, fullness of the chest, asthma.

GB.36: *Beneficial marma for*: pain of the lateral side of the shin, cramp of the calf, arthrosis, pain and swelling of the ankle joint, sciatica, arthrosis, pain and rigidity of the neck region.

AM.1: The setu marma for the sharkaraksha nadi, the marma is analogue to mooladhara chakra. Special marma for all kinds of prithvi tattwa disorders in the mental and physical dimensions.
For the physical body it is a very beneficial marma for: rectal prolapse, haemorrhoids, anal fissure, pruritus of anus and vulva, genito-urinary disorders, pain in the perineum, pains during defecation and urination, lumbar-sacral pains, pain in the sacro-coccygeal region.

For the mental body it is a beneficial marma for: anxiety, insecurity, worry, pensiveness and attachments.

AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for: genito-urinary disorders.

AM.3: The marma is analogue to manipura chakra.
Beneficial marma for: all kinds of agni tattwa disorders in the mental and physical dimensions. In the mental dimension it is a beneficial marma for anger and problems of self-consciousness, self-esteem and self-confidence.

AM.4: The marma is manipura chakra, the location of the vital agni tattwa, the ocean of prana.
Beneficial marma for: energizing of the assimilation process, all genito-urinary disorders, dorsal and lumbar pain and mental disorders involving 'I'-ness.

AM.5: *Beneficial marma for*: digestive disorders and dorso-lumbar pain.

AM.6: *Beneficial marma for*: muscle relaxation, digestive disorders and epilepsy.

AM.7: The marma is in the region between manipura and anahata chakras and agni and vayu tattwas.
Beneficial marma for: anorexia and gastric disorders, kidney disorders, pain in the lumbar region, stiffness and rigidity of the entire spine and low eyesight.

AM.8: The marma is between vayu and agni tattwas and anahata and manipura chakras.
Beneficial marma for: mental disorders as hysteria and epilepsy, pain in the chest and lumbar part of the back and gastric disorders.

AM.9: *Beneficial marma for*: respiratory disorders, digestive and intestinal disorders, anorexia and asthenic condition and back pain.

AM.10: *Beneficial marma for*: respiratory and gastric disorders, arthrosis and pain on the dorso-lumbar region.

AM.11: The marma is anahata chakra, the seat of our mental and emotional condition and our soul, the location of vayu tattwa.
Beneficial marma for: loss of memory, fears and obsessiveness, suicidal ideas and other mental and emotional problems, respiratory disorders and dorso-lumbar pain.

AM.12: *Beneficial marma for*: respiratory disorders, dorso-lumbar pain and arthrosis, epilepsy.

AM.13: *Beneficial marma for*: malaria, headache, epilepsy, arthrosis and pain of the neck and dorsal region.

AM.14: The marma is vishuddhi chakra, the location of the akasha tattwa.

AM.15: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

SH.1: The marma of mooladhara chakra kshetram, the place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: The marma of swadhisthana chakra kshetram, the place of jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

SH.4: The marma is the front alarm marma of the small intestine. The marma is in the region of swadhisthana and manipura chakra kshetram and jala and agni tattwas.
Beneficial marma for: the marma tones the prana of the entire body, all intestinal disorders and all genito-urinary disorders.

SH.5: The front alarm marma of the tridosha nadi, the locations of the secondary jala tattwa.
Beneficial marma for: abdominal and genito-urinary disorders.

SH.6: The special marma for toning of prana.
Beneficial marma for: general physical and psychological asthenic condition with chronic fatigue, all chronic disease condition, intestinal disorder and meteorism, lower abdominal pain and lower back pain and arthrosis and hypotension.

SH.7: *Beneficial marma for*: genito-urinary disorders, pain around the navel and flatulence.

SH.8: The marma is in the manipura kshetram region, the area of agni tattwa. It is a very important marma for reanimation. It is a forbidden marma for acupuncture, but with yogic asanas, pranayamas, mudras and bandhas we can easily use it.
Beneficial marma for: chronic diarrhoea, abdominal disorders and pains, for all disorders of ida organs.

SH.9: The marma is in the manipura chakra kshetram region, and by stimulation we receive all physical and mental benefits of agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, diarrhoea, obstipation, cellulites; it is a very special marma for oedema and ascites.

SH.10: The marma is in the agni tattwa and manipura chakra kshetram region and through the marma we are stimulating agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, anorexia, weakness of assimilation of food, vomitus and meteorism.

SH.11: The marma is in the manipura chakra kshetram and agni tattwa region and anahata chakra kshetram and vayu tattwa region. Through the stimulation of it we receive all benefits of the agni and vayu tattwas and anahata and manipura chakras.

SH.12: The front alarm marma of the stomach and influential marma for all pingala organs.
Beneficial marma for: all digestive and gastric disorders, abdominal pain, palpitation, hypertension, neuro-vegetative syndromes, insomnia and headache.

SH.13: *Beneficial marma for*: gastric disorders.

SH.14: The front alarm marma of the heart.
Beneficial marma for: anxiety, functional disorders of the heart and palpitation, gastric disorders.

SH.15: The setu marma of the sharkaraksha nadi. Through it sharkaraksha nadi is communicating with the amatya nadi.
Beneficial marma for: mental agitation or depression, disorders of general tonus and impotence, respiratory disorders, fullness of the chest, gastric disorders, palpitation.

SH.16: The marma is in the anahata kshetram region.
Beneficial marma for: respiratory and gastric disorders.

SH.17: The front alarm marma of the pericardium, it is the location of the anahata kshetram.
Beneficial marma for: respiratory disorders and fullness of the chest, palpitation and gastric disorders.

SH.18: *Beneficial marma for*: respiratory disorders and chest pain.

SH.19: *Beneficial marma for*: respiratory disorders and chest pain.

SH.20: *Beneficial marma for*: respiratory disorders.

SH.21: *Beneficial marma for*: respiratory disorders, gastric pain and burning sensation.

SH.22: The marma is in the vishuddhi chakra kshetram, the location of akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14 (see greeva sanchalana).

SH.23: as in SH.22.

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, chest pain and intercostal neuralgia, back pain, all disorders and pains of the shoulder joint, shoulder blade and arm. The marma supports and strengthens the effects of the previous marma.

LU.5: The jala tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. It lowers the level of the prana shakti while it is flooded in the vayu nadi. It is a good sedative marma.
Beneficial marma for: disorders of the respiratory system, fullness of the chest, skin diseases, arthrosis and arthritis of the elbow joint, pain of the elbow, swelling of the elbow, spasms of the fingers, irritability, sadness, fear at night.

LU.7: The setu marma of vayu nadi. Through it the pranic flow of the vayu nadi of the lung is communicating with the pranic flow of the vayu nadi of the large intestine. It means that the pranic quality of ida-vayu nadi is meeting with the pranic quality of pingala-vayu nadi. One of the six important distal marmas and confluent marmas for sharkaraksha nadi. It is a main focus marma of the prana shakti, which is located in the vayu nadi. It is the best pranic marma of the vayu nadi.
Beneficial marma for: all kinds of disorders and problems from the top of the head up to the seventh cervical vertebra on the back side of the neck (occipital headache, stiff neck, spondylosis, shoulder pain, pain along the back of the chest). All kinds of respiratory diseases, skin disorders, paresis facialis.

LI.5: The agni tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: deafness, tinnitus, eye disorders, headaches, toothache, all disorders and pains of the palm, wrist joints and writer spasms (graphospasm).

LI.11: The prithvi tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. The best marma

for homeostasis, it is a supporting marma for the immune system. It tones the entire system.
Beneficial marma for: all disorders and pains of the elbow, shoulder and arm, motor disorders of the arm, back pains, lumbar pain, respiratory and skin disorders, hypertension, menstrual pains and amenorrhoea.

LI.12: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains of the elbow and upper limbs.

LI.15: Popularly known as a shoulder marma as it is a very effective marma for pre-arthritis of the shoulder joint, frozen shoulder.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the shoulder joint and surrounding tissue, pains and disorders of the arm and all joints of the upper extremities, motor disorders of the head and arm, hypertension, atrophy of the muscles of the upper extremities, skin disorders and sweating.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motor disorders and pains of the head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is near the vishuddhi chakra kshetram region and it has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma, it is a special marma for endocrine disorders. It is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of the pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

HT.1: *Beneficial marma for*: hypergalactica, mental depression, intercostal and cardiac pains, all disorders and pains of the shoulder blade, shoulder joint and upper arm, motor disorders of the upper limbs.

HT.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature. Special marma for raising the prana shakti and for happiness in life.
Beneficial marma for: all disorders and pains of the elbow joint, motor disorders of the lower arm and palm, tremors and numbness of the upper limbs, cardiac pain and palpitation, intercostal neuralgia, dry cough and chest pain, hypochondriac pain, enuresis, mental disorders such as depression, fears, anxiety, hyper-emotiveness.

HT.7: The prithvi tattwa and adhara marma of the agni nadi, which is a dhara marma by its pranic nature, the most important tranquilizer and sedative marma.
Beneficial marma for: mental disorders such as insomnia, anxiety, hysteria, fear, strong emotions, poor memory and nightmare, restlessness, anorexia, palpitation and cardiac disorders, hypertension, for basal metabolism and hyperthyreosis, regulation of prana not only in the heart but also in all internal organs, regulation of sexual energy, sensation of heat in the palm.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: arthritis, arthrosis and rheumatic disorders and pains of the palm, wrist, elbow and shoulder joints, motor disorders of the arm, stiff neck, cervical spondylosis, back pains, lumbago, eye disorders.

SI.8: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: all disorders and pains of the dorsal back, shoulder blade, elbow and fifth finger of the hand, oedema of the neck, poor hearing.

SI.9: *Beneficial marma for*: all disorders and pains of the shoulder blade and shoulder joint, frozen shoulder, sensory-motor disorders of the upper extremities and neck, inability to lift the arm backwards, poor hearing ability and tinnitus.

SI.10: *Beneficial marma for*: numbness of the shoulder and upper extremities, all disorders and weakening pain of the shoulder, shoulder blade and upper arm.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in the shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is in the vishuddhi kshetram region and has great effects on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus and deafness.

SI.17: *Beneficial marma for*: circulation of the carotid vessels, tonsillitis, pains of the throat, arthrosis and pain of the neck, tinnitus, deafness and disorders of voice abilities.

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.2: *Beneficial marma for*: all disorders and pains of the inner side of the upper arm, chest and cardiac pains and cough.

PC.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: cardio-pulmonary disorders, palpitation, gastric disorders, all disorders and pains of the elbow, palm and arm, tremor, female sterility, anxiety.

PC.7: The prithvi tattwa and adhara marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints, muscle contraction of the inner side of the lower arm, writer's spasm, carpal tunnel syndrome, sensory-motor disorders of the arm, digestive disorders, cardiac and chest pains and palpitation, pain in the hypochondriac area, hypertension, mental disorders such as fear, anxiety, hyper-emotiveness, general disorders of sexual tonus, sexo-psychosomatic disorders.

3D.4: The adhara marma of the agni (secondary) nadi.
Beneficial marma for: disorders of the urinary system, prostatitis, tinnitus and deafness, all disorders and pains of the upper limbs, arthrosis, arthritis and rheumatic disorders of the shoulder, wrist and palm joints, malaria.

3D.10: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.

Beneficial marma for: arthrosis, arthritis and rheumatic disorders and pains of the elbow joints and upper arm, pain and stiffness of the neck, migraine, intercostal neuralgia, hypertension, irritability, insomnia, mental agitation, emotional shock.

3D.11: *Beneficial marma for*: pain in the elbow, upper arm and shoulder.

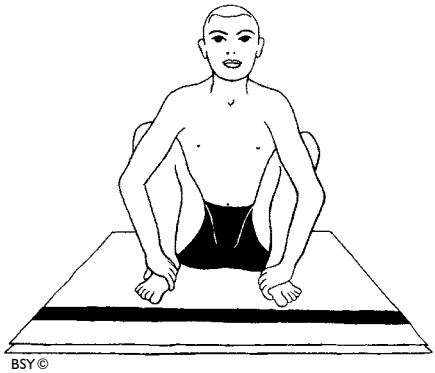
3D.14: *Beneficial marma for*: frozen shoulder, pain and motor disorders of the arm, pain in the back, all disorders and pains of the shoulder joint and upper arm, rigidity of the neck.

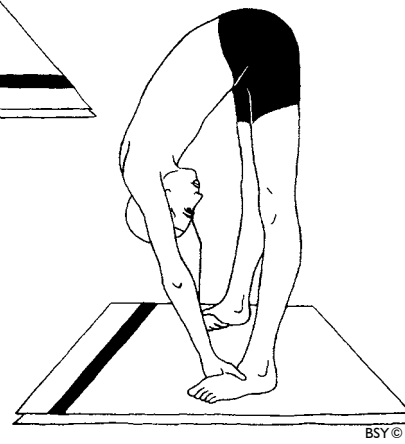
3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjunctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

3D.17: *Beneficial marma for*: tinnitus and deafness, ear and eye disorders, paralysis facialis, neuralgia of the trigeminal nerves, toothache, mumps and all disorders and pains of the lower jaw joint and lockjaw.

VAYU NISHKASANA





The asana has very similar effects on the nadis and marmas as kashtha takshanasana and namaskarasana. Only here we do not have as strong a stimulation as in kashtha takshanasana as we do not have 'ha' with exhalation, but still we have deep stimulation on the manipura chakra region. With admiration I wonder how the ancient people knew that for realizing the vayu tattwa in the body and mind we need to stimulate it.

For important marmas see namaskarasana; additional important marmas are as follows.

SP.4: The setu marma of the prithvi nadi of the spleen and pancreas (SP.). It means that through it the ida quality of prana shakti of the prithvi tattwa nadi of the spleen and

pancreas is in connection with the pingala quality of prana shakti of the prithvi tattwa nadi of the stomach (ST.). As the name of the asana indicates, the marma is the most important marma for releasing gases.
Beneficial marma for: gastrointestinal disorders, irregular menstruation and anxiety.

KI.2: The agni tattwa marma of the jala nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: genito-urinary disorders, arthrosis, arthritis and rheumatic disorders of the lower limbs, inflammation of the dorsum of the feet, numbness of the lower limbs, asthenia and anxiety.

LR.3: The prithvi tattwa marma of the akasha nadi, an adhara marma, which is a dhara marma by its pranic nature. It means that the prana shakti is now streaming continually from the marma through the nadi.
Beneficial marma for: hypertension, vertigo, headache, digestive disorders, diabetes, genito-urinary disorders, pain in the lower part of the abdomen, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain and spasms of the shin and ankle muscles, cold feet, general weakness and hypotony of the muscle system, lower back pain, impotence, anorexia, insomnia, mental agitation and epilepsy.

LU.9: The prithvi tattwa marma, adhara marma and influential marma for the entire vascular system of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: respiratory and vascular disorders such as arteriosclerosis and others, hypotension, specific dhatu (tissue) disorders, throat and chest pains, all disorders and pains along the inner aspect of the lower arm and palm, carpal tunnel syndrome, mental disorders such as insomnia with mental agitation and depression.

LU.10: The agni tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature. It is the specific motor marma of the vayu nadi.
Beneficial marma for: respiratory disorders, chest and throat pains, headache, all disorders and pains of elbow, palm and thumb, mastitis and mental disorders such as insomnia and anxiety.

LU.11: The akasha tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: respiratory diseases, influenza, finger disorders and pains, arthrosis, arthritis and rheumatic disorders of the palm joint, skin disorders, mental disorders.

LI.1: The vayu tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: stomatitis, gingivitis and tooth pains, tinnitus and vertigo, asthma, all disorders of palm joints, rheumatoid arthritis and pains of palm joints.

LI.2: The jala tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: as in the previous asana for dental and mouth affection, back, shoulder and arm pains and disorders, facial paralysis and abdominal flatulence.

LI.3: The akasha tattwa marma of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: tooth pains, eye pains, neuralgia trigeminus, arthrosis, arthritis and rheumatic disorders and swelling of the palm and finger joints, abdominal flatulence and diarrhoea.

LI.4: The adhara marma of the vayu nadi, the best analgesic marma for the entire body, one of the six distal marmas. Used as a sedative marma too. It is a v ery popular marma for elimination and detoxification and used for all

treatments. It is a great regulatory marma of prana shakti. It is the source of prana shakti of the vayu nadi.
Beneficial marma for: all diseases, disorders and pains, all disorders of the thumb, index finger, palm and wrist joints, all disorders of the lungs and large intestine, amenorrhoea. Special marma for head, face, special sense organs and front of the neck.

HT.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders of the palm joints, rheumatoid arthritis of the palms and carpal joints, spasm of fingers, motor disorders of the palm joints, numbness of the palms, feeling of extreme heat in the palms, genito-urinary disorders, hypermenorrhoea, chest pains and palpitation.

HT.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: general toning and nourishment, chest pains, palpitation, pain and disorders of the elbow joint, contraction of the hand muscles, all disorders of the palm joints, headache, mental disorders such as fear, depression, melancholy, mania, asthenia.

SI.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: sensory-motor disorders and neuralgia of the inner aspect of the upper arms, arthrosis, arthritis and rheumatic disorders of the palm and finger joints, headache, ophthalmic disorders, mastitis and hypolactation, rigidity of the tongue and disorders of the kidneys.

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders and pains of the lower arms and numbness of the fingers, respiratory disorders, ophthalmic disorders and tinnitus.

SI.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. The confluent marma of amatya nadi.
Beneficial marma for: acute stiffness of the neck, acute lower back pains, all kinds of headaches, tremors and numbness of the fingers, all disorders and pains of the lower arm, feeling of fullness of the chest, dyspnoea, disorders of hearing and ophthalmic disorders.

SI.4: The adhara marma of the agni tattwa nadi of the small intestine.
Beneficial marma for: rigidity and pain in the fingers, arthritis and arthrosis of the palm and elbow, headaches, pain in the occipital region, rigidity and pain of the neck region, tinnitus, hemiplegia, ORL disorders, general disorders of physical and psychological tonus.

SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints and upper arms, deafness, tinnitus, vertigo, pains and swelling of neck and lower jaw.

PC.8: The agni tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: chest pain, palpitation, all disorders of the palm joints, rheumatoid arthritis of the carpal and palm joints, excessive sweating of the palms, thermal shock, gastric disorders, stomatitis and mental disorders.

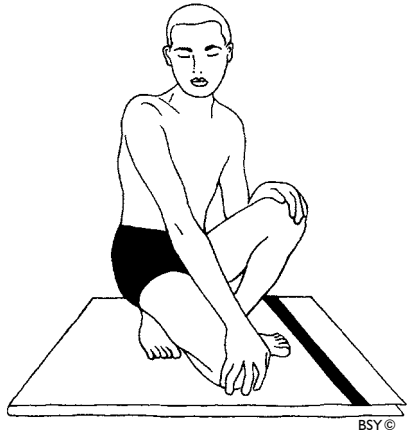
PC.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insolation, chest pain, arrhythmia, palpitation, hypertension, feeling of extreme heat in palms, mental disorders, insomnia, depression, nightmare of children, impotence, frigidity, sexo-psychosomatic disorders.

3D.1: Vayu tattwa marma of the agni (secondary) nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: toning effects on the body, sadness, worry, ophthalmic disorders, respiratory disorders, headache and tinnitus.

3D.2: Jala tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: respiratory disorders, deafness, tinnitus, headache, dental inflammation of teeth and gingiva, all disorders and pains of the upper limbs and palm joints.

3D.3: Akasha tattwa marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature. The marma has toning effects on all pingala nadis.
Beneficial marma for: ear and eye disorders, vertigo and tinnitus, all disorders of the upper extremities, hypertension, head, shoulder and back pains, motor disorders of wrist and fingers, general lethargy, slowness and sadness.

KAUVA CHALASANA



This is a perfect asana for massaging the soles of the feet. The soles have their own marmas and they are different from the body marmas. Through the sole marmas, the pranic information is affecting our brain centres and the brain centres are sending feedback of pranic information back to the body.

The asana has very strong effects on marmas of the ida and pingala qualities of prana shakti. The flow of prana shakti of ida and pingala nadis of the lower extremities are strongly affected and the marmas are stimulated. Through the asana we are stimulating all pancha tattwas. The asana has in-depth effects on the entire annamaya, pranamaya and manomaya koshas. It is one of the very rare asanas where we can directly stimulate the first kidney marma (KI.1) and thereby affect the condition of jala tattwa.

The asana stimulates all ida and pingala marmas of the knee joints, hip joints, lower back, pelvic region, palm joints, wrist joints, elbow joints and shoulder joints as in namaskarasana and vayu nishkasana.

For important marmas see namaskarasana and vayu nishkasana, the additional important marmas are as follows.

SP.1: The akasha tattwa marma of the prithvi nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: digestive disorders, low appetite, vomiting, intestinal disorders, gynaecological disorders, insomnia, nightmares.

SP.2: The agni tattwa marma of the prithvi nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: gastrointestinal disorders, motor-sensory disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, lower back pain and low perspiration.

SP.3: The prithvi tattwa marma of the prithvi nadi, which is a dhara marma and adhara marma by its pranic nature. It means that the marma is the source of the prana shakti and is streaming continuously.
Beneficial marma for: digestive disorders, dyspepsia and obstipation, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain in the feet, feeling of heaviness of the whole body.

SP.4: The setu marma of the prithvi nadi of the spleen and pancreas (SP.). It means that through it the ida quality of prana shakti of the prithvi tattwa nadi of the spleen and pancreas is in connection with the pingala quality of prana shakti of the prithvi tattwa nadi of the stomach (ST.). As the name of the asana indicates, the marma is the most important marma for releasing gas.
Beneficial marma for: gastrointestinal disorders, irregular menstruation and anxiety.

SP.5: The vayu tattwa marma of the prithvi nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, pain and oedema of the feet, joint disorders, lower back pain, blood vessel disorders,

digestive and gastrointestinal disorders, haemorrhoids, feeling of coldness and heaviness of the whole body, irregular menstruation and dysmenorrhoea, rigidity and pain of the tongue.

SP.9: The jala tattwa marma of the prithvi nadi, with the pranic nature of samudra.
Beneficial marma for: soft tissue disorders, liquid retention of the body, oedema and ascites, digestive disorders, diarrhoea, low appetite, pain and spasms of all internal organs, genito-urinary disorders, dysmenorrhoea and hypermenorrhoea, pain and oedema of the knee joint, circulatory disorders of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs.

SP.10: Special marma for blood.
Beneficial marma for: menstrual disorders and endometritis, skin disorders allergies, urticarial, arthrosis, arthritis and rheumatic disorders and pain of the lower limbs and knee joint.

SP.11: *Beneficial marma for*: urinary disorders, swelling and pain in the inguinal region, pain in the inner side of the thigh, ophthalmic migraine.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endo-metritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.
Beneficial marma for: all lower abdominal and pelvic disorders, abdominal pains, hernia, amenorrhoea and dysmenorrhoea, uterine prolapse, pain in the clitoris.

ST.30: It is a genito-urinary marma.
Beneficial marma for: all functional gynaecological disorders including functional sterility, urinary disorders, lower abdominal pains, hernia, frigidity and impotence, all psychological disorders as a result of genito-urinary disorders.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

ST.34: The important marma of the prithvi nadi, known as a homeostatic and alarm marma.
Beneficial marma for: gastric pain and painful tension of the stomach, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint.

ST.35: The important marma of the prithvi nadi, useful for motor disorders of the lower extremities especially for knee joints, an analgesic marma for the knee joints.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint, motor disorders, pain and numbness of the knee joint.

ST.36: The prithvi tattwa marma of the prithvi nadi, with the pranic nature of samudra. It is one of the most important marmas of our mind-body-energy system. It is one of the most important distal marmas with very subtle action. It is a homeostatic and general toning marma. It is the mother marma of all energies and all samudra marmas. It is the marma of endless prana shakti. The marma which is most often used in all kinds of marma therapies.

Beneficial marma for: all digestive, intestinal and gastric disorders, diarrhoea, nausea, vomiting, obesity and abdominal pain, mastitis, hyper and hypotony of the muscles of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders and pains and swelling of the knee joint, genito-urinary disorders, dysmenorrhoea, eye disorders, asthenia, hyper and hypotension and mental disorders such as strong mental irritability, depression, insomnia and vertigo.

ST.41: The agni tattwa marma of the prithvi nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: digestive disorders, vertigo, palpitation, arthrosis, arthritis and rheumatic disorders of the lower limbs, swelling of the feet joints, pain and swelling of the lower limbs, motor disorders and muscle atrophy of the lower limbs, headaches, mental agitation, anxiety and depression.

ST.42: The adhara marma of the prithvi nadi. It means that this is the source marma of the prana shakti of prithvi tattwa nadi.
Beneficial marma for: ORL disorders, gastrointestinal disorders, anorexia, facial paralysis, sensory-motor and circulatory disorders and swelling of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain of the feet.

ST.43: The akasha tattwa marma of the prithvi nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: facial oedema, pain of the lower part of the abdomen, gastric and intestinal disorders, general oedema, ORL and dental disorders, pain and swelling of the feet, pain and arthrosis, arthritis and rheumatic disorders of the lower limbs.

ST.44: The jala tattwa marma of the prithvi nadi, which is a jharna marma by its pranic nature.

Beneficial marma for: gastrointestinal disorders, sore throat and epistaxis, headache, nightmares of children, pain and swelling of the feet, arthrosis, arthritis and rheumatic disorders of the lower limbs.

ST.45: The vayu tattwa marma of the prithvi nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: digestive disorders, gastric and liver disorders, ORL and dental disorders, facial oedema, distention of the chest and abdomen, arthrosis, arthritis and rheumatic disorders of the lower limbs, swelling of the lower limbs, mental agitation and confusion, insomnia and nightmares.

KI.1: The akasha tattwa marma of the jala nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, hyperhydrosis and heat of the sole, muscle spasms in the lower and upper limbs, pain of the vertex, vertigo, urological disorders, eyesight disorders, hypertension, pain of the throat and dryness of the tongue, loss of voice, asthenia, epilepsy, mania and hysteria, memory disorders, mental confusion, fears and phobias.

KI.2: The agni tattwa marma of the jala nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: genito-urinary disorders, arthrosis, arthritis and rheumatic disorders of the lower limbs, inflammation of the dorsum of the feet, numbness of the lower limbs, asthenia and anxiety.

KI.3: The prithvi tattwa marma of the jala nadi, which is a dhara and adhara marma by its pranic nature. It means that from the marma the prana shakti is streaming continuously and is the source of prana shakti of the jala tattwa nadi.
Beneficial marma for: genito-urinary disorders, irregular menstruation, impotence, night sweating, sore throat,

stomatitis, asthma, lower and dorsal back pain, deafness, motor disorders and arthrosis, arthritis and rheumatic disorders of the lower limbs, obesity, depression and mental agitation.

KI.4: The setu marma of the jala nadi. Through this marma the prana shakti of the ida nadi of jala tattwa is connected with the prana shakti of the pingala nadi of jala tattwa.
Beneficial marma for: urinary disorders, asthma, obstipation, sore throat, pain in the heel, arthrosis, arthritis and rheumatic disorders of the lower limbs, depression, hysteria and neurasthenia.

KI.5 and **KI.6**: are not the specific tattwa marmas, but they are very important marmas of the junction of three ida nadis. These two marmas have very deep effects on the genito-urinary system and on the mind.
Beneficial marmas for: genito-urinary disorders, irregular menstruation, dysmenorrhoea, sight disorders, myopia, premenopausal changes of mood, pain and arthrosis, arthritis and rheumatic disorders of the ankles and lower limbs.

KI.10: The jala tattwa marma of the jala nadi of kidney, with the pranic nature of samudra. It is a very important marma known as anti-allergic and anti-pruritic marma.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs and all disorders of the knee joint and medial side of the leg, genito-urinary disorders, baldness, spasms of the urinary bladder and incontinence, dysmenorrhoea and frigidity.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.

Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

BL.27: The back alarm marma for the small intestine.
Beneficial marma for: low back pains, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: Back alarm marma for the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.29: Special marma for lower back.
Beneficial marma for: pains and functional disorders of the lower back, sciatica, hernia and enteritis.

BL.30: *Beneficial marma for*: pains in coccygeal and sacral region, functional disorders and pains of the anus region, haemorrhoids, hip joint pain and arthrosis, sciatica, endometritis, irregular menstruation, seminal emission.

BL.31: Special marma for genito-urinary disorders.
Beneficial marma for: genito-urinary disorders, functional disorders during menopause, sciatica, lower back pain and haemorrhoids.

BL.32: *Beneficial marma for*: arthrosis, arthritis and rheumatism of the hip joint, motor disorders of the lower limbs and all as in BL.31.

BL.33: *Beneficial marma for*: all as in BL.31.

BL.34: *Beneficial marma for*: all as in BL.31.

BL.35: *Beneficial marma for*: pain of the external genital organs, impotence, erection disorder, leucorrhoea and diarrhoea.

BL.36: *Beneficial marma for*: lower back pains, sciatica, arthrosis and motor disorders of the lower extremities and haemorrhoids.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: *Beneficial marma for*: genito-urinary disorders, haemorrhoids, lumbar-sciatica, hip joint disorders, motor and sensibility disorders of lower extremities.

BL.38: Important marma of the jala nadi.
Beneficial marmas for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.39: Important marma of the jala nadi.
Beneficial marma for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.40: The prithvi marma of the jala nadi, with the pranic nature of samudra. It is one of the most important distal marma with very subtle effects on the mind-body-energy system. The marma with endless prana shakti of the jala tattwa nadi.

Beneficial marma for: urinary disorders, abdominal pain, vomiting, obstipation, diarrhoea, haemorrhoids, dorso-lumbar pain, pain of the lower limbs, motor disorders of the hip joint, atrophy of the muscles, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs, hypertension.

BL.55: *Beneficial marma for*: lower back pain and arthrosis, sciatica, motor disorders and pain of the lower limbs, lower abdominal pain, endometritis.

BL.62 and **BL.61**: are not specific tattwa marmas, but they are very important marmas of the junction of three pingala nadis. These two marmas have very deep effects on the mental system and for benefits of the lower extremities and the back of the spine.
Beneficial marmas for: neuro-vegetative disorders, hyper-sympathetic tonus, neurotic tachycardia, mental confusion, insomnia, headaches, vertigo, epilepsy, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain in the heel, swelling of the foot, pain of the ankle, motor disorders, muscle atrophy and weakness of the lower limbs, lower back pain.

BL.60: The agni tattwa marma of the jala nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all pains of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, all pains of the lower trunk, sciatica and lumbago, motor disorders of the lower limbs, pain of the lateral side of the foot and ankle, pain in the heel, stiffness and pain of the neck, shoulder and arm, headaches, epistaxis and disorders of sight, amenorrhoea, haemorrhoids.

BL.63: *Beneficial marma for*: motor disorders of the lower limbs, pain of the lower back and leg, pain in the knee joint and ankle joint.

BL.64: The adhara marma of the jala tattwa nadi of the bladder (BL.). It means that with stimulation the prana shakti of this nadi begins to flow.
Beneficial marma for: pain along the route of the nadi, headache, light flashing and pain of the eyeball, vertigo, stiffness, rigidity and pain of the neck region, pain in the lumbar region, spasms of the calf muscles, intestinal disorders and epilepsy.

BL.67: The vayu tattwa marma of the jala nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: genito-urinary disorders, frontal headache, rhinitis and epistaxis, eye pain and inflammation, feeling of heat on the sole, arthrosis, arthritis and rheumatic disorders of the lower limbs.

BL.66: The jala tattwa marma of the jala nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: dyspepsia, vertigo, epistaxis, headache, stiffness of the neck region, pain of the feet and arthrosis, arthritis and rheumatic disorders of the lower limbs.

BL.65: The akasha tattwa marma of the jala nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: epilepsy, pain and arthrosis, arthritis and rheumatic disorders of the lower limbs, headache, stiffness and pain of the neck region, eye pain, nasal obstruction and epistaxis, spasms of the urinary bladder, haemorrhoids, lower back pain.

LR.1: The akasha tattwa marma of the akasha nadi, which is a kuupah marma by its pranic nature. It means that prana shakti is deep in this marma and through stimulation we have to pull up the prana shakti, just as we are pulling up water from the well.

Beneficial marma for: genito-urinary and intestinal disorders and hypertension and arthrosis, rheumatic disorders and arthritis of the lower limbs.

LR.2: The agni tattwa marma on the akasha nadi, which is a jharna marma by its pranic nature. It means that the prana shakti is now springing out from the marma.
Beneficial marma for: liver disorders, hypertension, digestive disorders, genito-urinary disorders, eye disorders, pain in the lower part of the abdomen, lower back pain, weakness of the lower limbs, cold feet, pain of the feet and ankles, arthrosis, arthritis and rheumatism of the lower limbs, migraine, vertigo, insomnia, epilepsy, mental irritability, hyper-emotiveness, fears and phobias, hypochondria.

LR.3: The prithvi tattwa marma of the akasha nadi, the adhara marma, which is a dhara marma by its pranic nature. It means that the prana shakti is now streaming continually from the marma through the nadi.
Beneficial marma for: hypertension, vertigo, headache, digestive disorders, diabetes, genito-urinary disorders, pain in the lower part of the abdomen, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain and spasms of the shin and ankle muscles, cold feet, general weakness and hypotony of the muscle system, lower back pain, impotence, anorexia, insomnia, mental agitation, epilepsy.

LR.4: The vayu tattwa marma on the akasha nadi, which is a nadi marma by its pranic nature. It means that from it prana shakti is flowing as a river.
Beneficial marma for: genito-urinary disorders, impotence, digestive disorders, hernia, pain of the lower part of the abdomen, anorexia, pain and muscle spasms of the shin and feet, cold feet, arthrosis, arthritis and rheumatic disorders of the lower limbs, lower back pain, general weakness and muscle hypotony, mental agitation.

LR.7: *Beneficial and important marma for*: all knee disorders.

LR.8: The jala tattwa marma of the akasha nadi of liver, with the pranic nature of samudra. It means that the endless prana shakti is in the marma.
Beneficial marma for: liver disorders, disorders of blood coagulation, diarrhoea and obstipation, pain in the lower part of the abdomen, respiratory disorders, asthma, skin disorders, genito-urinary disorders; it is a very specific marma for impotence, dysmenorrhoea, headaches and migraine, mental irritability, mania, arthrosis, arthritis and rheumatic disorders of the knee joint, circulatory disorders of the knee joint, pain and spasms of all muscles.

LR.9: *Beneficial marma for*: menstrual disorders, lower abdominal pain, urine retention and lumbar pain.

LR.10: *Beneficial marma for*: post-influenza weakness, weakness of the lower limbs, flatulence, abdominal muscle spasms, urine retention.

LR.11: *Beneficial marma for*: lumbar-sacral pains, arthrosis and motor disorders of the lower limbs, pain in the leg, irregular menstruation, dysmenorrhoea, leucorrhoea, functional sterility.

LR.12: *Beneficial marma for*: pain in the lower abdomen, painful hernia, pain in the penis, haemorrhoids, ophthalmic migraine, inflammation of the ovaries.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back and abdominal pains, hip joint pain and arthrosis, chronic obstipation, endometritis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limbs, pain in kidneys.

GB.30: Special marma for sciatica.

GB.33: The important marma of the akasha nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and all knee disorders and pain, numbness and muscles weakness of the lower limbs.

ST.34: The important marma of the prithvi nadi, known as a homeostatic and alarm marma.
Beneficial marma for: gastric pain and painful tension of the stomach, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint.

GB.40: The adhara marma of the akasha nadi. It means that this is the source marma of prana shakti of akasha tattwa nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, functional disorders of all joints of the lower limbs, motor disorders and muscle atrophy and pain of the lower limbs, pain and swelling of the lateral side of the ankle, stiffness and pain of the neck region, intercostal neuralgia and fullness of the chest, respiratory disorders, pain of the hypochondria region, depression and sadness.

GB.42: *Beneficial marma for*: pain, swelling and arthrosis of the foot dorsum, tinnitus, axillary and inguinary disorders, mastopathia and ophthalmic problem.

GB.41: The akasha tattwa marma of the akasha nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: eyesight disorders and pain of the outer corner of the eye, shoulder pain, pain and swelling of the ankles and feet, motor disorders of the lower limbs, arthrosis,

arthritis and rheumatic disorders of the lower limbs, deafness and tinnitus, mastitis, dysmenorrhoea.

AM.1: The setu marma, the mooladhara chakra, the place of prithvi tattwa.
Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pains during urination and defecation, anal fissure and pruritus of anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for: genito-urinary disorders.

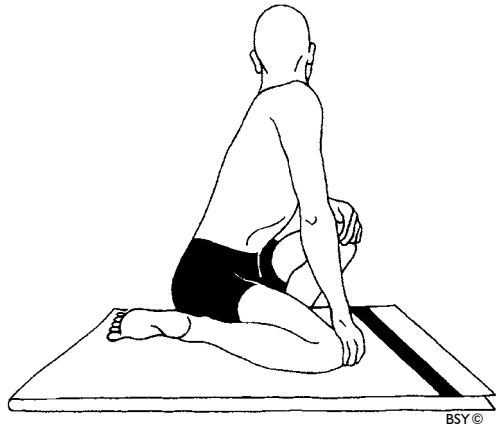
SH.1: The marma of the mooladhara chakra kshetram. The place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: The marma of the swadhisthana chakra kshetram, the place of jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

SH.4: The marma is the front alarm marma of the small intestine. The marma is in the region of swadhisthana and manipura chakra kshetram and jala and agni tattwas.
Beneficial marma for: the marma tones the prana of the entire body, all intestinal disorders and all genito-urinary disorders.

UDARAKARSHANASANA



This asana squeezes all the abdominal and chest organs. It is a gentle massage of all internal organs. The internal organs then produce and eliminate waste products effectively. It is one of the asanas of shankhaprakshalana.

From the aspect of marma yoga, we squeeze the pranic flows through the nadis, and if there is any imbalance such as excess or deficiency in the pranic flow through the nadis we balance it, as a result, we have an optimal condition of the prana shakti. The most important marmas are as below:

- The ida/pingala nadis and their belonging marmas of the lower extremities.
- The ida nadi of prithvi tattwa of the spleen and pancreas nadi. Through the asana we insert pressure and effects on the entire spleen and pancreas nadi and its belonging marmas.

SP.1: The akasha tattwa marma of the prithvi nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: digestive disorders, low appetite, vomiting, intestinal disorders, gynaecological disorders, insomnia, nightmares.

SP.2: The agni tattwa marma of the prithvi nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: gastrointestinal disorders, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, lower back pain and low perspiration.

SP.3: The prithvi tattwa marma of the prithvi nadi, which is a dhara marma and adhara marma by its pranic nature. It means that the marma is the source of prana shakti which is streaming continuously.
Beneficial marma for: digestive disorders, dyspepsia and obstipation, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain in the feet, feeling of heaviness of the whole body.

SP.4: The setu marma of the prithvi nadi of the spleen and pancreas (SP). As the name of the asana indicates, the marma is the most important marma for releasing gas. It means that through it the ida quality of prana shakti of prithvi tattwa nadi of the spleen and pancreas is in connection with the pingala quality of prana shakti of the prithvi tattwa nadi of the stomach (ST).
Beneficial marma for: gastrointestinal disorders, irregular menstruation and anxiety.

SP.5: The vayu tattwa marma of the prithvi nadi, which is the nadi marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, pain and oedema of the feet, joint disorders, lower back pain, blood vessel disorders, digestive and gastrointestinal disorders, haemorrhoids, feeling of coldness and heaviness of the whole body, irregular menstruation and dysmenorrhoea, rigidity and pain of the tongue.

SP.6: The prayag marma of the ida nadi of prithvi tattwa of the spleen/pancreas nadi. It is an extremely important remote

marma among the six remote marmas. It is the 'meeting point', it means that in this marma the pranic flows of all three nadis of akasha, prithvi and jala tattwas of the liver, spleen/pancreas and kidney nadis of the lower limbs meet. It is the marma which harmonizes the pranic flow of all three ida nadis of the leg. It is the general physical and mental toning marma. The most beneficial marma for blood circulation.
Beneficial marma for: global energy disorders, disorders of spleen and pancreas, kidney and liver, for all kinds of gastrointestinal, genito-urinary and circulation disorders, high blood pressure, arthritis, arthrosis of the lower limbs, pain and motor disorders of the lower limbs, fluid retention of the lower limbs, disorders of the muscle system, disorders of the skin, disorders of the mouth.

The marma SP.6, together with ST.36 and ST.6, works as an energy builder; together these three marmas are used whenever we have general energy deficiency and we need to tone and nourish our prana shakti.

SP.7: *Beneficial marma for*: flatulence, walking difficulties and vaginal secretion.

SP.8: *Beneficial marma for*: digestive disorders, anorexia, genito-urinary disorders such as difficulties of urination, impotence, dysmenorrhoea and hypermenorrhoea, pain in the lumbar region.

SP.9: The jala tattwa marma of the prithvi nadi, with the pranic nature of samudra.
Beneficial marma for: soft tissue disorders, liquid retention of the body, oedema and ascites, digestive disorders, diarrhoea, low appetite, pain and spasms of all internal organs, genito-urinary disorders, dysmenorrhoea and hypermenorrhoea, pain and oedema of the knee joint, circulatory disorders of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs.

SP.10: Special marma for blood.
Beneficial marma for: menstrual disorders and endometritis, skin disorders, allergies, urticarial, arthrosis, arthritis and rheumatic disorders and pain of the lower limbs and knee joint.

SP.11: *Beneficial marma for*: urinary disorders, swelling and pain in the inguinal region, pain in the inner side of the thigh, ophthalmic migraine.

SP.12: *Beneficial marma for*: lower abdominal pains and abdominal distention, hernia, urine retention and endometritis.

SP.13: *Beneficial marma for*: hernia, obstipation, abdominal pain and digestive disorders.

SP.14: *Beneficial marma for*: arthrosis, arthritis and rheumatic and motor disorders of the lower limbs, hyperhidrosis, diarrhoea, abdominal pains and pain in the navel.

SP.15: The marma is in close relation with manipura chakra and one of the most important marmas for obesity.
Beneficial marma for: abdominal pains, constipation, dysentery, digestive disorders, obesity, asthenia and hyperhidrosis.

SP.16: *Beneficial marma for*: digestive disorders, obstipation, dysentery and all similar as SP.15.

SP.17: *Beneficial marma for*: fullness of the chest, intercostal pain, pain in the lateral part of the thorax, pain of the hypochondria region and singultus.

SP.18: *Beneficial marma for*: mastitis, hypogalactation, fullness and pain of the thorax with feeling of tension, cough and dyspnoea.

SP.19: *Beneficial marma for*: thoracic and intercostal pain, hypochondric and back pain.

SP.20: *Beneficial marma for*: anorexia, feeling of excessive thirstiness, singultus, fullness of the chest with tension.

SP.21: The maha setu marma of the entire nadic system (through it we are connected with the entire nadic flows) and second setu marma of the prithvi tattwa nadi of the spleen. It is a very active marma for general regulation of prana shakti. *Beneficial marma for*: all chronic diseases, digestive disorders, chest and hypochondriac pain, asthma and dyspnoea.

Pingala nadi of tattwa prithvi of the stomach nadi and important marmas

ST.9: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory disorders, disorders of voice abilities, disorders of thyroid gland.

ST.10: The marma is in the vishuddhi kshetram region.
Beneficial marma for: respiratory diseases and high blood pressure.

ST.11: *Beneficial marma for*: arthrosis, pain and stiffness of the neck, respiratory disorders and sore throat.

ST.12: The marma is in the vishuddhi chakra kshetram region. The marma is the junction of three pingala nadis of the arm, (large and small intestines and tridosha) and one pingala nadi of the leg (stomach).
Beneficial marma for: disorders of the large and small intestines and the stomach, respiratory disorders, intercostal neuralgia, hyper-emotiveness, insomnia and mental irritability.

ST.13: *Beneficial marma for*: disorders of smell, anorexia, respiratory disorders, asthma, dyspnoea, hoarseness, urticarial and eczema.

ST.14: Special marma for hyper-emotiveness, it is usually used in all cases of emotional shock.
Beneficial marma for: respiratory disorders, fullness and pain of the chest and hypochondria, pain in the lateral side of the chest.

ST.15: *Beneficial marma for*: respiratory disorders, asthma, pain and fullness of the lateral and lower part of the chest, intercostal pain and palpitation.

ST.16: *Beneficial marma for*: respiratory disorders, asthma, pain in the hypochondria region, diarrhoea, flatulence, noises, disorders of stool excretion, feeling of bitterness in the mouth and mastitis.

ST.17: The marma is known as a nipple marma. It is the forbidden marma for acupuncture and moxibustion. We can use it only through yogic asanas. This is the advantage of yogic marma therapy.
Beneficial marma for: mastitis and hypogalactica, intercostal pain.

ST.18: *Beneficial marma for*: respiratory disorders, intercostal pain, hoarseness, mastitis and hypogalactica.

ST.19: *Beneficial marma for*: dilatation of the stomach and abdominal flatulence, vomitus, anorexia, diarrhoea, dryness in the mouth and intercostal pain.

ST.20: *Beneficial marma for*: dyspnoea and difficulty of deep inhalation, anorexia, disorders of the intestines, spasms of the abdominal muscles, chronic and acute gastritis.

ST.21: The marma is on the right side of the abdomen. It is a dangerous marma as it lies directly over the gall bladder. We can use it easily through yogic asanas which is an advantage of yogic marma therapy.

Beneficial marma for: gastric nervousness, vomitus, nausea, acute and chronic gastritis, gastro duodenal ulcer, anorexia, diarrhoea, pain in stomach region.

ST.22: *Beneficial marma for*: abdominal pain and flatulence, noises, diarrhoea and anorexia.

ST.23: *Beneficial marma for*: mental disorders such as agitation, delusion, melancholy, palpitation, gastric pain, indigestion.

ST.24: as in ST.23.

ST.25: The front alarm marma of the large intestine and very important and commonly used marma for losing weight.
Beneficial marma for: genito-urinary disorders, endometritis, difficulties while standing, abdominal pain and distention, all abdominal disorders, acute and chronic gastro-enteritis, noises, dysentery, diarrhoea, obstipation, nausea, vomitus and motor disorders of the abdominal muscles.

ST.26: *Beneficial marma for*: abdominal pain and pain in the lower part of the abdomen, dysmenorrhoea.

ST.27: *Beneficial marma for*: insomnia and anxiety, pain in lower part of the abdomen, flatulence, obstipation, spasms of the abdominal muscles, hernia, cystitis, dysuria, seminal emission.

ST.28: *Beneficial marma for*: distention of the lower part of the abdomen, hernia, gynaecological disorders, cystitis, dysuria and anuria.

ST.29: It is a lower abdominal and pelvic marma.

ST.30: It is a genito-urinary marma.

ST.31: *Beneficial marma for*: arthrosis, arthritis and rheumatism, motor disorders, pain and numbness of the lower limbs, pain of the thigh, pain in the anus region.

ST.34: The important marma of the prithvi nadi, known as a homeostatic and alarm marma.
Beneficial marma for: gastric pain and painful tension of the stomach, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders, pain and swelling of the knee joint.

ST.35: The important marma of the prithvi nadi, useful for motor disorders of the lower extremities especially for knee joints; an analgesic marma for knee joints.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint, motor disorders, pain and numbness of the knee joint.

ST.36: The prithvi tattwa marma of the prithvi nadi, with the pranic nature of samudra. It is one of the most important marmas of our mind-body-energy system. It is one of the most important distal marmas with very subtle action. It is a homeostatic and general toning marma. It is the mother marma of all energies and all samudra marmas. It is the marma of endless prana shakti. The marma which is most often used in all kinds of marma therapies.
Beneficial marma for: all digestive, intestinal and gastric disorders, diarrhoea, nausea, vomiting, obesity and abdominal pain, mastitis, hyper and hypotony of the muscles of the lower limbs, sensory-motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders and pain and swelling of the knee joint, genito-urinary disorders, dysmenorrhoea, eye disorders, asthenia, hyper and hypotension and mental disorders such as strong mental irritability, depression, insomnia and vertigo.

ST.41: The agni tattwa marma of the prithvi nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: digestive disorders, vertigo, palpitation, arthrosis, arthritis and rheumatic disorders of the lower limbs, swelling of the feet joints, pain and swelling of the lower limbs, motor disorders and muscle atrophy of the lower limbs, headaches, mental agitation, anxiety and depression.

ST.42: The adhara marma of the prithvi nadi. It means that this is the source marma of prana shakti of the prithvi tattwa nadi.

ST.43: The akasha tattwa marma of the prithvi nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: facial oedema, pain of the lower part of the abdomen, gastric and intestinal disorders, general oedema, ORL and dental disorders, pain and swelling of the feet, pain and arthrosis, arthritis and rheumatic disorders of the lower limbs.

ST.44: The jala tattwa marma of the prithvi nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: gastrointestinal disorders, sore throat and epistaxis, headache, nightmares of children, pain and swelling of the feet, arthrosis, arthritis and rheumatic disorders of the lower limbs.

ST.45: The vayu tattwa marma of the prithvi nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: digestive disorders, gastric and liver disorders, ORL and dental disorders, facial oedema, distention of the chest and abdomen, arthrosis, arthritis and rheumatic disorders of the lower limbs, swelling of the lower limbs, mental agitation and confusion, insomnia and nightmares.

The ida nadi of jala tattwa of the kidney nadi. Through the asana we insert pressure and effect on the entire kidney nadi and its belonging marmas.

KI.1: The akasha tattwa marma of the jala nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, hyperhidrosis and heat of the sole, muscle spasms in the lower and upper limbs, pain of the vertex, vertigo, urological disorders, eyesight disorders, hypertension, pain of the throat and dryness of the tongue, loss of voice, asthenia, epilepsy, mania and hysteria, memory disorders, mental confusion, fears and phobias.

KI.2: The agni tattwa marma of the jala nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: genito-urinary disorders, arthrosis, arthritis and rheumatic disorders of the lower limbs, inflammation of the dorsum of the feet, numbness of the lower limbs, asthenia and anxiety.

The following marmas are in relation to three pingala organs through three pingala nadis of the legs, which are carrying the pingala qualities of prana shakti. These marmas are directly in relations with the pancha tattwas and connected with three pingala organs: gall bladder (GB), stomach (ST), urinary bladder (BL) via these three pingala nadis.

KI.3: The prithvi tattwa marma of the jala nadi, which is a dhara and adhara marma by its pranic nature. It means that from the marma the prana shakti is streaming continuously and is the source of prana shakti of the jala tattwa nadi.
Beneficial marma for: genito-urinary disorders, irregular menstruation, impotence, night sweating, sore throat, stomatitis, asthma, lower and dorsal back pain, deafness, motor disorders and arthrosis, arthritis and rheumatic disorders of the lower limbs, obesity, depression and mental agitation.

KI.4: The setu marma of the jala nadi. Through this marma the prana shakti of the ida nadi of jala tattwa is connected with the prana shakti of the pingala nadi of jala tattwa.
Beneficial marma for: urinary disorders, asthma, obstipation, sore throat, pain in the heel, arthrosis, arthritis and rheumatic disorders of the lower limbs, depression, hysteria and neurasthenia.

KI.5 and **KI.6**: are not the specific tattwa marmas, but they are very important marmas of the junction of three ida nadis. These two marmas have very deep effects on the genito-urinary system and on the mind.
Beneficial marmas for: genito-urinary disorders, irregular menstruation, dysmenorrhoea, sight disorders, myopia, premenopausal changes of mood, pain and arthrosis, arthritis and rheumatic disorders of the ankle and lower limbs.

KI.7: The vayu tattwa marma of the tattwa nadi of the kidney nadi which is a nadi marma by its pranic nature.
Beneficial marma for: motor disorders of the lower limbs, weakness and swelling of the lower limbs, hyperhidrosis, night sweating, digestive disorders, gastrointestinal disorders, genito-urinary disorders, lower back pain, lumbago, respiratory diseases such as asthma.

KI.8: *Beneficial marma for*: urine retention, general fluid retention of the body, genito-urinary disorders, intestinal disorders.

KI.9: *Beneficial marma for*: painful spasms of the calf muscles, pain in the inner side of the leg, impotence and mental disorders.

KI.10: The jala tattwa marma of the jala nadi of the kidney, with the pranic nature of samudra. It is a very important marma known as anti-allergic and anti-pruritic marma.

Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs and all disorders of the knee joint and medial side of the leg, genito-urinary disorders, baldness, spasms of the urinary bladder and incontinence, dysmenorrhoea and frigidity.

KI.11: *Beneficial marma for*: impotence, seminal emission, erection inability, external genital pain, pain and spasms of the urinary bladder.

KI.12: Special marma for the oviduct.
Beneficial marma for: functional gynaecological disorders, amenorrhoea, leucorrhoea, seminal emission and external genital pain.

KI.13: *Beneficial marma for*: irregular and painful menstruation, hormonal disorders of the ovary, chronic diarrhoea.

KI.14: *Beneficial marma for*: enterocolitis and chronic diarrhoea, menstrual disorders and after delivery (labour) spasms.

KI.15: *Beneficial marma for*: inflammation of the lower abdomen, intestinal disorders, obstipation and gynaecological disorders.

KI.16: *Beneficial marma for*: migraine, dysmenorrhoea, gastric disorders, jaundice, intestinal disorders, obstipation and abdominal spasms.

KI.17: *Beneficial marma for*: gastric disorders, anorexia, diarrhoea and constipation.

KI.18: *Beneficial marma for*: gastric pain, singultus, vomitus, obstipation, hypersalivation and after delivery (labour) spasms.

KI.19: *Beneficial marma for*: abdominal spasms and nausea.

KI.20: *Beneficial marma for*: respiratory disorders and cough, chronic gastritis, gastric distention, vomitus, dyspepsia and diarrhoea.

KI.21: *Beneficial marma for*: all kinds of vomitus, liver and gastric disorders, peptic and duodenal ulcers.

KI.22: *Beneficial marma for*: congestion and disorders of the respiratory system, intercostal neuralgia and nausea.

KI.23: *Beneficial marma for*: intercostal neuralgia, respiratory disorders, fullness of the chest and palpitation and mastitis.

KI.24: *Beneficial marma for*: respiratory congestion and disorders, chest pain, intercostal neuralgia, nausea and mastitis.

KI.25: *Beneficial marma for*: respiratory disorders, fullness of the chest, intercostal neuralgia and vomitus.

KI.26: *Beneficial marma for*: vomitus, respiratory disorders, chest pain and fullness.

KI.27: *Beneficial marma for*: respiratory disorders, intercostal neuralgia, chest pain, vomitus and anorexia.

Pingala nadi of jala tattwa of the urinary bladder nadi and important marmas

BL.10: The marma is in the ajna chakra region and is known as 'window of the akasha tattwa'.
Beneficial marma for: parasympathetic disorders, vertigo, occipital headache, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, upper respiratory disorders, eyesight disorder, and disorders of aroma sensation.

BL.11: The *asthi* dhatu or influential marma for bones and cartilage.
Beneficial marma for: all bone, cartilage and joint disorders, osteoporosis, disorders of growth, respiratory disorders, arthrosis, pain and stiffness of the neck, shoulder and shoulder blade, headache and vertigo.

BL.12: The marma is called 'the door of the wind'.
Beneficial marma for: all disorders produced by external wind such as insomnia, respiratory disorders, allergy, headache, neuralgia of neck and upper arm, arthrosis and pain in the shoulder blade.

BL.13: The back alarm marma of the lung. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: respiratory disorders, lung diseases, asthma and allergies, short breath, skin disorders (skin is the third lung), night sweating, sensory-motor disorders of the dorso-lumbar area and back pains.

BL.14: The back alarm marma of the pericardium. The marma is in the anahata chakra and vayu tattwa region.
Beneficial marma for: functional disorders of vasomotor system, palpitation, vertigo, nausea, pain in the shoulder blade region, mental disorders and agitation, restlessness.

BL.15: The back alarm marma of the heart. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional disorders of the heart, palpitation, 'neurosis of the heart' vertigo, neurasthenia, behavioural disorders, addictions, anxiety, irritability, panic, mental agitation, fears.

BL.16: The back alarm marma of the amatya nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. It has effects on the pranic condition of all pingala nadis and pingala organs.

Beneficial marma for: pain and disorders of the abdomen, singultus and alopecia (loss of hair on limited areas of the scalp).

BL.17: The back alarm marma of the diaphragm. The marma is aligned on the jala tattwa nadi of the urinary bladder nadi. It is a dhatu marma (influential) for blood tissues or rakta dhatu. It is the marma for the reunion of blood.
Beneficial marma for: motor disorders of the diaphragm, hiccough, asthma, singultus, vomitus, urticarial, leukaemia, anaemia, anorexia and neurosis.

BL.18: The back alarm marma of the liver. The marma is aligned on the jala nadi of the urinary bladder nadi.
Beneficial marma for: pain of the back and hypochondria region, intercostal and thoracic region, disorders of eyesight, accommodation disorders, congestion of the liver, eye disorders, muscle and tendon disorders, local disorders of the spine, disorders of the digestive and genito-urinary system, mental confusion.

BL.19: The back alarm marma of the gall bladder. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gall bladder disorders, nausea, vomitus, migraine caused by gall bladder, and back pain.

BL.20: The back alarm marma of the spleen and pancreas. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: spleen and pancreas disorders and gastrointestinal disorders, motor disorders of the abdominal muscles, diarrhoea and dyspepsia, urticarial, allergy, soft tissue disorders, oedema and back pain.

BL.21: The back alarm marma of the stomach. The marma is aligned on the jala tattwa nadi of the urinary bladder.

Beneficial marma for: gastric and liver disorders, nausea and vomitus.

BL.22: The back alarm marma of the tridosha. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: arthrosis, pain and stiffness of the lower back, respiratory, digestive and genito-urinary disorders.

BL.23: The back alarm marma of the kidney. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, diarrhoea, low ability of hearing and ringing of the ear, knee weakness, lower back pain and arthrosis, lumbago and sciatica.

BL.24: The back alarm marma of the SH.6 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder. This marma is called 'the sea of the prana'. It has effect on the pranic condition of all ida nadis and ida organs.
Beneficial marma for: toning of the pranic system.

BL.25: The back alarm marma of the large intestine. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: gastrointestinal disorders, diarrhoea and obstipation, disorders of assimilation, obesity, genito-urinary disorders, migraine caused by digestive disorders, haemorrhoids, lower back pain, lumbago and sciatica, arthrosis, arthritis and rheumatic and motor disorders of the lower limbs.

BL.26: The back alarm marma of the SH.4 marma of the sharkaraksha nadi. The marma is aligned on the jala tattwa nadi of the urinary bladder.
Beneficial marma for: functional digestive disorders of intestines, diarrhoea, pain of the abdomen and lower back, genito-urinary disorders.

BL.27: The back alarm marma for the small intestine.
Beneficial marma for: lower back pain, lumbago, sciatica, arthrosis and pain in the hip joint, all functional disorders of the small intestine, constipation, genito-urinary disorders, night sweating, leucorrhoea, endometritis, vaginitis.

BL.28: Back alarm marma for the urinary bladder.
Beneficial marma for: genito-urinary disorders such as chronic cystitis, urinary incontinence and retention, constipation and diarrhoea, lower backache.

BL.29: Special marma for the lower back.
Beneficial marma for: pains and functional disorders of the lower back, sciatica, hernia and enteritis.

BL.30: *Beneficial marma for*: pains in coccygeal and sacral region, functional disorders and pains of the anus region, haemorrhoids, hip joint pain and arthrosis, sciatica, endometritis, irregular menstruation, seminal emission.

BL.31: Special marma for genito-urinary disorders.
Beneficial marma for: genito-urinary disorders, functional disorders during menopause, sciatica, lower back pain, haemorrhoids.

BL.32: *Beneficial marma for*: arthrosis, arthritis and rheumatism of the hip joint, motor disorders of the lower limbs and all as in BL.31.

BL.33: *Beneficial marma for*: all as in BL.31.

BL.34: *Beneficial marma for*: all as in BL.31.

BL.35: *Beneficial marma for*: pain of the external genital organs, impotence, erection disorder, leucorrhoea, diarrhoea.

BL.36: *Beneficial marma for*: lower back pain, sciatica, arthrosis and motor disorders of the lower extremities, haemorrhoids.

BL.37: *Beneficial marma for*: motor disorders of the leg, pain in the lumbar region, sciatica, pain in the back of the thigh, haemorrhoids.

BL.38: Important marma of the jala nadi.
Beneficial marmas for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.39: Important marma of the jala nadi.
Beneficial marmas for: all disorders caused by akasha and vayu tattwas, lower abdominal distention, knee and thigh disorders, arthrosis, arthritis and rheumatic disorders of the knee joint, spasms and numbness of the leg and foot, motor disorders of the lower limbs, lower back pain and sciatica, urinary disorders, impotence, asthenia.

BL.40: The prithvi marma of the jala nadi, with the pranic nature of samudra. It is one of the most important distal marmas with very subtle effects on the mind-body-energy system. The marma with endless prana shakti of the jala tattwa nadi.
Beneficial marma for: urinary disorders, abdominal pain, vomiting, obstipation, diarrhoea, haemorrhoids, dorso-lumbar pain, pain of the lower limbs, motor disorders of the hip joint, atrophy of the muscles, arthrosis, arthritis and rheumatic disorders of the knee joint and lower limbs, hypertension.

BL.41: The marma is aligned on the second branch of the jala tattwa nadi.

Beneficial marma for: intercostal neuralgia, spasms of the occipital muscle, arthrosis and numbness of the upper arm and elbow joint, arthrosis, stiffness and pain of the neck, shoulder and back.

BL.42: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: asthma, bronchitis, cough and dyspnoea, arthrosis and stiffness of the neck muscle, arthrosis and pain in shoulder joint, vomitus.

BL.43: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: congestion of the lung, asthma, bronchitis and cough, digestive disorders, singultus, back pain, memory weakness.

BL.44: The marma is aligned on the second branch of the jala tattwa nadi.
Beneficial marma for: respiratory disorders, arthrosis, pain and stiffness of the shoulder muscle and back.

BL.45: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: as for BL.44.

BL.46: The marma is aligned on the second branch of the jala tattwa nadi of the urinay bladder.
Beneficial marma for: arthrosis, pain and stiffness of the back, singultus and vomitus, intercostal neuralgia.

BL.47: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: disorders of the liver and stomach, diarrhoea and vomiting, chest pain, pain of the back and hypochondria region.

BL.48: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: abdominal disorders.

BL.49: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and gastric disorders, nausea, dyspepsia, haemorrhoids, lower back pain, arthrosis, sciatica.

BL.50: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain and arthrosis, gastric and abdominal disorders, vomitus, obstipation.

BL.51: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: liver and spleen disorders, obstipation, mastitis, arthrosis and pain in neck region and lower limbs.

BL.52: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: lower back pain, arthrosis and stiffness, night sweating, urinary retention, oedema, impotence and weak erection.

BL.53: *Beneficial marma for*: abdominal disorders and lower back pains.

BL.54: The marma is aligned on the second branch of the jala tattwa nadi of the urinary bladder.
Beneficial marma for: genito-urinary disorders, enteritis, meteorism, haemorrhoids, arthrosis, stiffness and pain of the lower back region, sciatica, arthrosis and motor disorders of the lower limbs.

BL.55: *Beneficial marma for*: lower back pain and arthrosis, sciatica, motor disorders and pain of the lower limbs, lower abdominal pain, and endometritis.

BL.56: *Beneficial marma for*: pain in the leg, lower back pains, lumbago, painful spasms of the leg muscles, obstipation or diarrhoea, haemorrhoids.

BL.57: *Beneficial marma for*: urological diseases, constipation, haemorrhoids, rectal prolapse, pain in the lumbar region, sciatica, motor disorders of the leg, painful spasms of the calf muscles, pain in the feet.

BL.58: The setu marma of the jala tattwa nadi of the bladder. Through it the jala tattwa nadi of the bladder communicates with the jala tattwa nadi of the kidney.
Beneficial marma for: urological diseases, haemorrhoids, motor disorders of the leg, painful spasms of the calf muscles, pain in lumbar region, sciatica and headache.

BL.59: *Beneficial marma for*: lower back pain, lumbago, motor disorders of the lower limbs, painful spasms of the leg muscles, haemorrhoids.

BL.60: The agni tattwa marma of the jala nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: all pains of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, all pains of the lower trunk, sciatica and lumbago, motor disorders of the lower limbs, pain in the lateral side of the feet and ankles, pain in the heel, stiffness and pain of the neck, shoulder and arm, headaches, epistaxis and disorders of sight, amenorrhoea and haemorrhoids.

BL.61 and **BL.62**: are not the specific tattwa marmas, but they are very important marmas of the junction of three pingala nadis. These two marmas have very in-depth effects

on the mental system and on the lower extremities and the back of the spine.
Beneficial marmas for: neuro-vegetative disorders, hyper-sympathetic tonus, neurotic tachycardia, mental confusion, insomnia, headaches, vertigo, epilepsy, arthrosis, arthritis and rheumatic disorders of the lower limbs, pain in the heel, swelling of the foot, pain of the ankle, motor disorders, muscle atrophy and weakness of the lower limbs, lower back pain.

BL.63: *Beneficial marma for*: motor disorders of the lower limbs, pain of the lower back and leg, pain in the knee joint and ankle joint.

BL.64: The adhara marma of the jala tattwa nadi of the bladder (BL). It means that with stimulation prana shakti of this nadi begins to flow.
Beneficial marma for: pain along the route of the nadi, headache, light flashing and pain of the eye ball, vertigo, stiffness, rigidity and pain of the neck region, pain in the lumbar region, spasms of the calf muscles, intestinal disorders and epilepsy.

BL.65: The akasha tattwa marma of the jala nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: epilepsy, pain and arthrosis, arthritis and rheumatic disorders of the lower limbs, headache, stiffness and pain of the neck region, eye pain, nasal obstruction and epistaxis, spasms of the urinary bladder, haemorrhoids, lower back pain.

BL.66: The jala tattwa marma of the jala nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: dyspepsia, vertigo, epistaxis, headache, stiffness of the neck region, pain of the feet and arthrosis, arthritis and rheumatic disorders of the lower limbs.

BL.67: The vayu tattwa marma of the jala nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: genito-urinary disorders, frontal headache, rhinitis and epistaxis, eye pain and inflammation, feeling of heat on the sole, arthrosis, arthritis and rheumatic disorders of the lower limbs.

The ida nadi of akasha tattwa of the liver nadi: through the asana we insert pressure and effects on the entire liver nadi and its belonging marmas.

Pingala nadi of tattwa akasha of the gall bladder nadi and its important marmas

GB.20: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: respiratory disorders, occipital headache, migraine, eye pain, tinnitus and vertigo, arthrosis, stiffness and pain of the neck and shoulder, neuro-vegetative disorders and high blood pressure.

GB.21: The marma is in the vishuddhi chakra region, the endocrine marma and special alarm marma for the gall bladder.
Beneficial marma for: arthrosis, stiffness and pain of the neck and shoulder, motor weakness of the arm, pain in the lumbar region, hyperthyroidism and mastitis.

GB.22: *Beneficial marma for*: arthrosis, rigidity and pain in neck region, fullness of the chest, intercostal neuralgia, pleuritis, inability to lift the arm backwards, axillary swelling and insomnia.

GB.23: *Beneficial marma for*: breathing disorders, vomitus, acidity and asthma.

GB.24: It is a front alarm marma of the gall bladder.
Beneficial marma for: mental agitation and confusion, jaundice, hepatitis, cholecystitis and gastral disorders.

GB.25: It is a front alarm marma of the kidney.
Beneficial marma for: diseases of the kidney, intercostal pain, dorso-lumbar pain, abdominal distention, flatulence, diarrhoea, spasms of the small intestine.

GB.26: *Beneficial marma for*: pain in the lumbar region, pain of the kidney, hernia, intercostal pain, endometritis, dysmenorrhoea, irregular menstruation, leucorrhoea.

GB.27: *Beneficial marma for*: lower back pain, lower abdominal pain, hip joint pain and arthrosis, hernia, endometritis, leucorrhoea, urinary disorders.

GB.28: *Beneficial marma for*: lower back and abdomen pains, hip joint pain and arthrosis, chronic obstipation, endometriosis, uterine prolapse and leucorrhoea.

GB.29: *Beneficial marma for*: lower back pain, arthrosis, arthritis and rheumatic disorders and motor disorders of the lower limbs, pain in the kidneys.

GB.30: Special marma for sciatica.

GB.31: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders, motor disorders and pains of the lower extremities, sciatica, pain of the thigh, arthritis of the knee joint.

GB.32: *Beneficial marma for*: all knee disorders and arthritis of the knee joint, sciatica, pain, numbness, motor disorders, atrophy of the lower limbs and limitation of movement of the hip joint.

GB.33: The important marma of the akasha nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the knee joint and all knee disorders and pain, numbness and muscle weakness of the lower limbs.

GB.34: The prithvi tattwa marma of the akasha nadi, with the pranic nature of samudra, influential marma for muscles and tendons.
Beneficial marma for: all muscles and tendons disorders, nausea, bitter taste in the mouth, vomitus, obstipation, heartburn, lower abdominal pain, lumbar pain and sciatica, atrophy, pain and motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the knee and elbow joints, swelling of the foot, intercostal and trigeminal neuralgia, vertigo, respiratory diseases and hypertension, mental disorders, epilepsy, gall bladder disorders, hypochondria pain.

GB.35: *Beneficial marma for*: pain of the lateral side of the shin, lumbar pain and sciatica, functional disorders, arthrosis, pain and weakness of the knee joint, pain and swelling of the foot, atrophy of the lower limbs, fullness of the chest, asthma.

GB.36: *Beneficial marma for*: pain of the lateral side of the shin, cramp of the calf, arthrosis, pain and swelling of the ankle joint, sciatica, arthrosis, pain and rigidity of the neck region.

GB.37: The setu marma of the akasha tattwa nadi with pingala qualities of the prana shakti.
Beneficial marma for: motor disorders, arthrosis, pain and atrophy of the lower limbs, arthrosis and pain in the knee joint, degenerative process of the lower back, migraine, eye disorders such as night blindness, myopia, pain in the eyes.

GB.38: The agni tattwa marma of the akasha tattwa nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: migraine, temporal headache, peri-orbital pain, pain in the lower abdomen, lumbar pain, axillary pain, chest pain, all disorders and pain in the lateral side of the lower limbs, arthritis of the knee joint, malaria;

it is the most important marma for tranquillization of spasms of the gall bladder and liver, sadness, anxiety and melancholy.

GB.39: The influential marma for the bone marrow.
Beneficial marma for: all disorders of the knee and ankle joints, arthrosis, pain and rigidity of the neck, intercostal neuralgia, nasal obstruction, sinusitis, obstipation, haemorrhoids, anorexia, disorders of the marrow and spinal marrow.

GB.40: The adhara marma of the akasha nadi. It means that this is the source marma of prana shakti of akasha tattwa nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the lower limbs, functional disorders of all joints of the lower limbs, motor disorders and muscle atrophy and pain of the lower limbs, pain and swelling of the lateral side of the ankle, stiffness and pain of the neck region, intercostal neuralgia and fullness of the chest, respiratory disorders, pain of the hypochondria region, depression and sadness.

GB.41: The akasha tattwa marma of the akasha nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: eyesight disorders and pain of the outer corner of the eye, shoulder pain, pain and swelling of the ankles and feet, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs, deafness and tinnitus, mastitis and dysmenorrhoea.

GB.42: *Beneficial marma for*: pain, swelling and arthrosis of the foot dorsum, tinnitus, axillary and inguinary disorders, mastopathia and ophthalmic problems.

GB.43: The jala tattwa marma of the akasha nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: vertigo, headache, tinnitus, deafness, pain and disorders of the eyes, intercostal and hypochondria

pain, mastitis, motor disorders of the lower limbs, arthrosis, arthritis and rheumatic disorders of the lower limbs.

GB.44: The vayu tattwa marma of the akasha nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insomnia and nightmares, migraine, eye pain, deafness, mastitis, singultus, asthma and pain of the hypochondria.

Ida nadi of the central back of the trunk, the amatya nadi and important marmas

AM.1: The setu marma, mooladhara chakra, the place of prithvi tattwa.
Beneficial marma for: lower back pain, haemorrhoids, rectal prolapse, pains during urination and defecation, anal fissure and pruritus of anus and vulva, irregular menstruation, atrophy of the leg and mental disorders such as excessive pensiveness and worry.

AM.2: Swadhisthana chakra, the place of jala tattwa.
Beneficial marma for: diarrhoea, obstipation, enteritis, haemorrhoids, lower back pain, irregular menstruation, genito-urinary disorders, reflection inability and mental disorders such as excessive fears and phobias of losing objects of excessive passions.

AM.3: The marma is analogue to manipura chakra.
Beneficial marma for all kinds of agni tattwa disorders in the mental and physical dimensions. In the mental dimension it is beneficial marma for anger and problems of self-consciousness, self-esteem and self-confidence.
In the physical dimension it is beneficial marma for genito-urinary disorders, impotence, weak erection, haemorrhoids, diarrhoea, muscle contractions, pain in the lumbar region.

AM.4: The marma is manipura chakra, the location of the vital agni tattwa, the ocean of the prana.

Beneficial marma for: energizing of the assimilation process, all genito-urinary disorders, dorsal and lumbar pain and mental disorders involving 'I'-ness.

AM.5: *Beneficial marma for*: digestive disorders and dorso-lumbar pain.

AM.6: *Beneficial marma for*: muscle relaxation, digestive disorders and epilepsy.

AM.7: The marma is in the manipura chakra and agni-jala tattwa region. With stimulation we receive all benefits from the tattwas and chakra.
Beneficial marma for: kidney disorders, anorexia, gastric disorders, poor eyesight, lower back pain, stiffness and rigidity of the spine.

AM.8: The marma is in the manipura and anahata chakra and vayu, agni and jala tattwa region. With stimulation we receive all benefits from the chakras and tattwas.
Beneficial marma for: mental disorders such as hysteria and neurasthenia, epilepsy, gastric disorders, diarrhoea, pain in the thoracic and lumbar region.

AM.9: *Beneficial marma for*: respiratory disorders, digestive and intestinal disorders, anorexia and asthenic condition and back pain.

AM.10: *Beneficial marma for*: respiratory and gastric disorders, arthrosis and pain in the dorso-lumbar region.

AM.11: The marma is the anahata chakra, the seat of our mental and emotional condition and our soul. The location of the vayu tattwa.
Beneficial marma for: loss of memory, fears and obsessiveness, suicidal ideas and other mental and emotional problems, respiratory disorders and dorso-lumbar pain.

AM.12: *Beneficial marma for*: respiratory disorders, dorso-lumbar pain and arthrosis and epilepsy.

AM.13: *Beneficial marma for*: malaria, headache, epilepsy, arthrosis and pain of the neck and dorsal region.

AM.14: The marma is vishuddhi chakra, the location of the akasha tattwa.
Most beneficial marma for: respiratory and immune disorders, local disorders of the neck region, frozen shoulder, motor disorders of the upper extremities, pain along the thoracic part of the back, headaches, skin disorders and all mental disorders.

The Chinese believe that through the stimulation of this marma it is even possible to change the genetic code. In yoga we can say, 'yes', it is possible, as it is the vishuddhi chakra, which we are stimulating through asanas or any other yogic technique'. The akasha tattwa is the element where all potentials are in a latent and inherent condition and waiting for their time, chances and opportunities to manifest. Vishuddhi is the chakra of purification, and it will purify our existing mental and physical condition. Only we have to practise it each and every day.

AM.15: The marma is in the region between vishuddhi and ajna chakra.
Beneficial marma for: disorders of the upper respiratory tract, disorders of voice ability, mutism, tinnitus and vertigo, arthrosis, arthritis and rheumatic disorders, stiffness and pains of the neck and shoulder blade, headache and neurosis.

AM.16: The marma is in the region between vishuddhi and ajna chakras.
Beneficial marma for: eye disorders, respiratory disorders, headaches, disorders of voice ability, mutism and mental disorders.

Pingala nadi of the central front of the trunk, the sharkaraksha nadi and important marmas

SH.1: The marma of the mooladhara chakra kshetram, the place of prithvi tattwa.
Beneficial marma for: all genito-urinary disorders, all anal disorders, genito-urinary and anal infections, haemorrhoids, irregular menstruation, impotence and mental disorders such as excessive pensiveness and worry.

SH.2: The marma of the swadhisthana chakra kshetram, the place of jala tattwa.
Beneficial marma for: all genito-urinary disorders, diseases, infections and mental disorders such as fears, phobias and excessive passion.

SH.3: Important gynaecological marma.
Beneficial marma for: all as in SH.2, and hernia and lower abdomen pain.

SH.4: The marma is the front alarm marma of the small intestine. It is in the region of swadhisthana and manipura chakra kshetrams and jala and agni tattwas.
Beneficial marma for: tones the prana of the entire body, all intestinal disorders and all genito-urinary disorders.

SH.5: The front alarm marma of the tridosha nadi, the locations of the secondary jala tattwa.
Beneficial marma for: abdominal and genito-urinary disorders.

SH.6: The special marma for toning of prana.
Beneficial marma for: general physical and psychological asthenic condition with chronic fatigue, all chronic conditions, intestinal disorders and meteorism, lower abdominal pain and lower back pain and arthrosis and hypotension.

SH.7: *Beneficial marma for*: genito-urinary disorders, pain around the navel and flatulence.

SH.8: The marma is the manipura kshetram, the area of agni tattwa. It is a very important marma for reanimation. It is a forbidden marma for acupuncture, but with yogic asanas, pranayamas, mudras and bandhas we can easily use it.
Beneficial marma for: chronic diarrhoea, abdominal disorders and pains and for all disorders of ida organs.

SH.9: The marma is in the manipura chakra kshetram region, and by stimulation we receive all physical and mental benefits of agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, diarrhoea, obstipation, cellulites and it is a very special marma for oedema and ascites.

SH.10: The marma is in the agni tattwa and manipura chakra kshetram region and through the marma we are stimulating agni tattwa and manipura chakra.
Beneficial marma for: gastrointestinal disorders, anorexia, weakness of assimilation of food, vomitus and meteorism.

SH.11: The marma is in the manipura chakra kshetram and agni tattwa region and anahata chakra kshetram and vayu tattwa region. Through the stimulation we receive all benefits of the agni and vayu tattwas and anahata and manipura chakras.

SH.12: The front alarm marma of the stomach and influential marma for all pingala organs.
Beneficial marma for: all digestive and gastric disorders, abdominal pain, palpitation, hypertension, neuro-vegetative syndromes, insomnia and headache.

SH.13: *Beneficial marma for*: gastric disorders.

SH.14: The front alarm marma of the heart.
Beneficial marma for: anxiety, functional disorders of the heart and palpitation, gastric disorders.

SH.15: The setu marma of the sharkaraksha nadi. Through it the sharkaraksha nadi is communicating with the amatya nadi.
Beneficial marma for: mental agitation or depression, disorders of general tonus and impotency, respiratory disorders, fullness of the chest, gastric disorders and palpitation.

SH.16: The marma is in the anahata kshetram region.
Beneficial marma for: respiratory and gastric disorders.

SH.17: The front alarm marma of the pericardium, it is the location of anahata kshetram.
Beneficial marma for: respiratory disorders and fullness of the chest, palpitation and gastric disorders.

SH.18: *Beneficial marma for*: respiratory disorders and chest pain.

SH.19: *Beneficial marma for*: respiratory disorders and chest pain.

SH.20: *Beneficial marma for*: respiratory disorders.

SH.21: *Beneficial marma for*: respiratory disorders and gastric pain and burning sensation.

SH.22: The marma is in the vishuddhi chakra kshetram. The location of the tattwa akasha.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14.

SH.23: The marma is in the vishuddhi chakra kshetram, the location of akasha tattwa.
Beneficial marma for: respiratory disorders, disorders of voice ability, mutism, thyroiditis and all mental and physical disorders as in AM.14.

The ida and pingala nadis and their belonging marmas of the upper extremities.

Ida nadi of tattwa vayu of the lungs nadi and important marmas

LU.1: The lung front alarm marma of the vayu nadi.
Beneficial marma for: respiratory diseases, chest pain, intercostal neuralgia, back pain, all disorders and pains in the shoulder joint, shoulder blade and arm.

LU.2: *Beneficial marma for*: respiratory diseases, asthma, dyspnoea, pains in the shoulder and shoulder blade, chest pain and pain in the dorsal side of the back.

LU.5: The jala tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature. When the nadi is in surplus of prana shakti, it lowers the level of prana shakti in the nadi. It is a special sedative marma.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the elbow, tennis elbow, motor disorders of the upper extremities, pain and swelling of the elbow, respiratory diseases, asthma, writer's spasm of the fingers, skin diseases, skin problem of the face, mental excitement, sadness, fear from of the night.

LU.7: The setu marma of vayu nadi. Through it the pranic flow of vayu nadi of the lung is communicating with the pranic flow of the vayu nadi of the large intestine. It means that the pranic quality of ida-vayu nadi is meeting with the pranic quality of pingala-vayu nadi. One of the six important distal marmas and confluent marmas for sharkaraksha nadi. It is a main focus marma of the prana shakti, which is located in the vayu nadi. It is the best pranic marma of the vayu nadi.
Beneficial marma for: all kinds of disorders and problems from the top of the head up to the seventh cervical vertebra on the back side of the neck (occipital headache, stiff neck,

spondylosis, shoulder pain, pain along the back of the chest); all kinds of respiratory diseases, skin disorders, paresis facialis.

LU.8: The vayu tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature. It is also the *kaala* (horary) marma of the nadi.
Beneficial marma for: respiratory diseases, intercostal pain and all disorders and pains of the lower arm and wrist joints.

LU.9: The prithvi tattwa marma, an adhara marma and influential marma for the entire vascular system of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: respiratory and vascular disorders such as arteriosclerosis and others, hypotension, specific dhatu (tissue) disorders, throat and chest pains, all disorders and pains along the inner aspect of the lower arm and palm, carpal tunnel syndrome, mental disorders such as insomnia with mental agitation and depression.

LU.10: The agni tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature. It is the specific motor marma of the vayu nadi.
Beneficial marma for: respiratory disorders, chest and throat pains, headache, all disorders and pains of elbow, palm and thumb, mastitis and mental disorders such as insomnia and anxiety.

LU.11: The akasha tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: respiratory diseases, influenza, finger disorders and pains, arthrosis, arthritis and rheumatic disorders of the palm joint, skin disorders, mental disorders.

Pingala nadi of tattwa vayu of the large intestine nadi and important marmas

LI.1: The vayu tattwa marma of the vayu nadi, which is a kuupah marma by its pranic nature.

Beneficial marma for: stomatitis, gingivitis and tooth pains, tinnitus and vertigo, asthma, all disorders of palm joints, rheumatoid arthritis and pains of palm joints.

LI.2: The jala tattwa marma of the vayu nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: as in the previous asana for dental and mouth affection, back, shoulder and arm pains and disorders, facial paralysis and abdominal flatulence.

LI.3: The akasha tattwa marma of the vayu nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: tooth pains, eye pains, neuralgia trigeminus, arthrosis, arthritis and rheumatic disorders and swelling of the palm and finger joints, abdominal flatulence and diarrhoea.

LI.4: The *adhara* marma of the vayu nadi, the best analgesic marma for the entire body, one of the six distal marmas. It is used as a sedative marma too. Very popular marma for eliminations and detoxification and used for all treatments. It is a great regulatory marma of prana shakti. It is the source of prana shakti of the vayu nadi.

LI.5: The agni tattwa marma of the vayu nadi, which is a nadi marma by its pranic nature.
Beneficial marma for: deafness, tinnitus, eye disorders, headaches, toothache, all disorders and pains of the palm, wrist joints and writer spasms (graphospasm).

LI.11: The prithvi tattwa marma of the vayu nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: it is the best marma for homeostasis, support of the immune system and for toning. All kinds of disorders in the elbow, tennis elbow, paralysis of the upper extremities, pains in joints and upper extremities, hypertension, high temperature, back pains, especially in

the lumbar region, asthma and allergy, menstrual pains and amenorrhoea.

LI.15: Special shoulder marma of the vayu nadi.
Beneficial marma for: frozen shoulder or periarthritis of humero-scapularis. All kinds of disorders of the shoulder joints and surrounding tissues, pains in the shoulder, arm and joints of the upper extremities, paralysis of the arm, atrophy of the muscles, sweating, skin disorders and hypertension.

LI.16: *Beneficial marma for*: all disorders and pains of the shoulder joint and blade, motor disorders and pains of head and upper limbs, inability to lift the arm up to the shoulder, toothache.

LI.17: The marma is close to the vishuddhi chakra kshetram region and it has a great effect on this region.
Beneficial marma for: disorders of voice abilities, respiratory disorders, enlargement of the thyroid gland, all disorders and pains of the shoulder joint and pains of the neck region.

LI.18: Known as a neck marma and special marma for endocrine disorders, it is in the vishuddhi kshetram region.
Beneficial marma for: enlargement of the thyroid gland, hypothyroidism, disorders of the function of the pancreas, diabetes mellitus, respiratory disorders, disorders of voice abilities.

Ida nadi of agni tattwa of the heart nadi and important marmas

HT.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: pains in the shoulder blade, shoulder joint and upper arm, motor disorders of the upper extremities, arthrosis, arthritis and rheumatic disorders of the shoulder joint and upper limbs, intercostal neuralgia and mental depression.

HT.3: The jala tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: all disorders of the elbow joint and the soft tissues around it, golfer's elbow, arthrosis, arthritis and rheumatic disorders of the elbow joint and upper limbs, motor disorders, numbness and tremors of the upper extremities, palpitation, intercostal neuralgia, dry cough, chest and pleural pains.

HT.6: The alarm marma of the agni nadi.
Beneficial marma for: palpitation and cardiac disorders, excessive sweating and specific night sweating, spasms of the muscles of the upper arm, headaches, hyper-emotiveness such as hysteria, anxiety and sudden loss of voice.

HT.7: The prithvi tattwa and adhara marma of the agni nadi, which is a dhara marma by its pranic nature, the most important tranquillizer and sedative marma.
Beneficial marma for: mental disorders such as insomnia, anxiety, hysteria, fear, strong emotions, poor memory and nightmare, restlessness, anorexia, palpitation and cardiac disorders, hypertension, for basal metabolism and hyperthyreosis, regulation of prana not only in the heart but also in all internal organs, regulation of sexual energy, sensation of heat in the palm.

HT.8: The agni tattwa marma of the agni nadi which is a jharna marma by its pranic nature.
Beneficial marma for: disorders of the palms, rheumatoid arthritis of the carpal joint, spasm of fingers, motor disorders and numbness of the hand, palpitation and chest pains, feeling of extreme heat in the hands, pruritus, dysuria, vaginal spasms and hypermenorrhoea.

HT.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.

Beneficial marma for: general toning and nourishment, chest pains, palpitation, pain and disorders of the elbow joint, contraction of the hand muscles, all disorders of palm joints, headache, mental disorders such as fear, depression, melancholy, mania, asthenia.

Pingala nadi of agni tattwa of the small intestine nadi and important marmas

SI.1: The vayu tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: sensory-motor disorders and neuralgia of the inner aspect of the upper arms, arthrosis, arthritis and rheumatic disorders of the palm and finger joints, headache, ophthalmic disorders, mastitis and hypo-lactation, rigidity of the tongue and disorders of the kidneys.

SI.2: The jala tattwa marma of the agni nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: all disorders and pains of the lower arms and numbness of the fingers, respiratory disorders, ophthalmic disorders and tinnitus.

SI.3: The akasha tattwa marma of the agni nadi, which is a dhara marma by its pranic nature. The confluent marma of amatya nadi.
Beneficial marma for: acute stiffness of the neck, acute lower back pains, all kinds of headaches, tremors and numbness of the fingers, all disorders and pains of the lower arm, feeling of fullness of the chest, dyspnoea, disorders of hearing and ophthalmic disorders.

SI.4: The adhara marma of the agni nadi.
Beneficial marma for: headaches, stiffness of the neck, pain in hypochondria.

SI.5: The agni tattwa marma of the agni nadi, which is a nadi marma by its pranic nature.

Beneficial marma for: disorders and pains of the hand, wrist joint and lateral side of the arm, disorders of the neck and lower jaw.

SI.6: The alarm marma of the agni nadi.
Beneficial marma for: disorders and pains of the wrist joint, stiff neck, arthritis of the upper extremities and shoulder, excess of prana in the nadi and disorders related to it, lumbago and eye disorders.

SI.8: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: disorders of the palm, small finger, elbow and shoulder blade, backache, oedema of the neck region and low hearing ability.

SI.9: Special shoulder marma.
Beneficial marma for: specially for frozen shoulder, sprains and strains of the shoulder muscles, inability to lift the arm, sensory-motor disorders of the upper extremities, shoulder and neck, pains of the shoulder blade, disorders of hearing, ear tingling.

SI.10: *Special marma with beneficial effects for*: all disorders, numbness and pains of the shoulder joint and upper extremities.

SI.11: *Beneficial marma for*: arthrosis, arthritis and rheumatic disorders and pains in the shoulder, rear side of the shoulder blade, elbow and upper arm, numbness of upper arm.

SI.12: *Beneficial marma for*: inability to lift the arm, pains and numbness along the upper limbs, all disorders and pains of the shoulder joint, pain and numbness of the head, congestion of the lung.

SI.13: *Beneficial marma for*: all disorders, stiffness and pain in the muscles of the upper extremities and shoulder blade.

SI.14: *Beneficial marma for*: lung diseases, ORL disorders, nasal obstruction, arthrosis and pain in the shoulder blade and upper thoracic part of the back, arthrosis, rigidity and pain of the neck and occipital muscles, arthrosis and numbness of the upper limbs.

SI.15: The marma is in the vishuddhi kshetram region and has great effects on it.
Beneficial marma for: respiratory disorders, all disorders, pains and stiffness of the shoulder blade and thoracic part of the back and neck region.

SI.16: *Beneficial marma for*: respiratory disorders, all disorders and pains of the shoulder blade and neck region, tinnitus and deafness.

Ida nadi of tattwa agni (secondary) of the pericardium nadi and important marmas

PC.1: *Beneficial marma for*: intercostal neuralgia, suffocation, mastitis and axillary pain and swelling.

PC.6: The setu marma of the agni (secondary) nadi. One of the six important distal marmas and an excellent sedative marma.
Beneficial marma for: all kinds of cardiovascular disorders, palpitation, hypertension, thyroid disorders, digestive disorders, gastric disorders, hypochondriac pains, sensory-motor disorders and pains of the arm and palm, mental disorders such as hysteria, anxiety, insomnia, fear, depression, hyper-emotiveness, sexual and sexo-psychosomatic disorders.

PC.7: The prithvi tattwa and adhara marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature.
Beneficial marma for: all disorders and pains of the palm and wrist joints, muscle contraction of the inner side of the lower arm, writer's spasm, carpal tunnel syndrome, sensory-

motor disorders of the arm, digestive disorders, cardiac and chest pains and palpitation, pain in the hypochondriac area, hypertension, mental disorders such as fear, anxiety, hyper-emotiveness, general disorders of sexual tonus, sexo-psychosomatic disorders.

PC.8: The agni tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: cardiac pain, gastric disorders, rheumatoid arthritis of the wrist joint, all disorders and pains of the palms, excessive sweating of the palms, mental disorders.

PC.9: The akasha tattwa marma of the agni nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: insolation, chest pain, arrhythmia, palpitation, hypertension, feeling of extreme heat in the palms, mental disorders, insomnia, depression, nightmare of children, impotence, frigidity, sexo-psychosomatic disorders.

Pingala nadi of agni tattwa (secondary) of the tridosha nadi and important marmas

3D.1: Vayu tattwa marma of the agni (secondary) nadi, which is a kuupah marma by its pranic nature.
Beneficial marma for: toning effects on the body, sadness, worry, ophthalmic disorders, respiratory disorders, headache and tinnitus.

3D.2: Jala tattwa marma of the agni (secondary) nadi, which is a jharna marma by its pranic nature.
Beneficial marma for: respiratory disorders, deafness, tinnitus, headache, inflammation of teeth and gingiva, all disorders and pains of the upper limbs and palm joints.

3D.3: Akasha tattwa marma of the agni (secondary) nadi, which is a dhara marma by its pranic nature. The marma has toning effects on all pingala nadis.

Beneficial marma for: ear and eye disorders, vertigo and tinnitus, all disorders of the upper extremities, hypertension, head, shoulder and back pains, motor disorders of wrist and fingers, general lethargy, slowness and sadness.

3D.4: The adhara marma of the agni nadi.
Beneficial marma for: disorders of the palm, wrist and shoulder joints, ear disorders, dysfunction of the urinary system, mental disorders as depressiveness.

3D.5: The setu marma of the agni (secondary) nadi.
Beneficial marma for: arthrosis, arthritis and rheumatic disorders of the arm, stiff and painful elbow and wrist joints, tremors of the palm and fingers, motor disorders of the upper extremities, stiff neck, headaches, deafness and tinnitus, hypertension, night sweating, painful spasms of the muscles in all locations.

3D.10: The prithvi tattwa marma of the agni nadi, which is a samudra marma by its pranic nature.
Beneficial marma for: pains of the elbow, upper arm, shoulder and neck, disorders of the ORL system, hypertension, intercostal neuralgia, headache, mental agitation, emotional shock.

3D.14: *Beneficial marma for*: pains of the shoulder joint and upper arm, frozen shoulder, motor disorders of the upper extremities, hypertension.

3D.15: *Beneficial marma for*: arthritis and arthrosis of the shoulder joint, disorders and pains of the shoulder blade and joint, pain in the upper arm and neck, asthma and cough.

3D.16: *Beneficial marma for*: conjunctivitis and pharyngitis, insomnia and headaches, vertigo and deafness, all disorders, pains and stiffness of the neck.

5

Conclusion of Pawanmuktasana

From the aspect of marma yoga, pawanmuktasana is a complete sadhana by itself. We do not need to do any other asana. Through the asanas we receive, stimulate, harmonize, revitalize and regenerate prana shakti in the annamaya, pranamaya and manomaya koshas. All physical organs, processes and systems are thereby functioning in balance, they are revitalized and regenerated.

The mental body is functioning in harmony because of appropriate pranic flows. There is no fluctuation in mental and emotional conditions or in the pranic condition. It is a sadhana of complete harmony in every sense.

With deep admiration I can say that pawanmuktasana has a perfect organization of arrangement and management of marmas of all nadis. Here I would like to remind that these marmas, which we are stimulating through the asana sadhana, have very profound remote effects on our body organs, processes and systems, on our mind and emotions and on our pranic system. It is not only the asana sadhana with local effects.

At the very beginning we are working with marmas of three ida nadis of the foot as prithvi tattwa nadi or spleen and pancreas nadi (SP), jala tattwa nadi or kidney nadi (KI) and akasha tattwa nadi or liver nadi (LR) and marmas of three pingala nadis of the foot as prithvi tattwa nadi or stomach nadi (ST), jala tattwa nadi or urinary bladder nadi (BL) and akasha tattwa nadi or gall bladder nadi (GB).

In same manner we are working with the marmas of three ida nadis of the palms as vayu tattwa nadi or lung nadi (LU), agni tattwa nadi or heart nadi (HT) and secondary agni tattwa nadi or pericardium nadi (PC) and marmas of three pingala nadis of the palms as vayu tattwa nadi or large intestine nadi (LI), agni tattwa nadi or small intestine nadi (SI) and secondary agni tattwa nadi or tridosha nadi (3D). These marmas are arranged very systematically and in a perfect way.

In the beginning, we are pulling up the prana shakti from the depth to the surface through stimulation of kuupah marmas, then we continue with stimulation of jharna marma and sprinkling the nadi with prana shakti. Then we stimulate the dhara marma and provide the flow of prana shakti through the nadi, then we stimulate the nadi marma and provide the flow of prana shakti as a river through the nadis. At the end, we stimulate the samudra marma and provide the entire flow of prana shakti through the nadis into the sea and distribute the prana to each and every cell of our body. This is why starting the asanas with the toes and fingers is so important.

When we continue with our pawanmuktasana sadhana and work on our ankle and wrist joints, knee and elbow joints, inguinal and shoulder joint regions, we stimulate our upa chakras and receive the appropriate benefits of chakras and tattwas. It means that through stimulations of these marmas of the regions we receive very remote beneficial effects of our body, mind and pranic systems. Through the asana sadhana we stimulate the adhara marmas of each and every nadi and pull the prana shakti up from the source of the nadi. Then we continue with stimulation of setu marmas of each and every nadi and pass over the prana shakti to the relative pair nadi, through the pranic bridge. So the ida quality of prana shakti from the ida nadi passes to the pingala nadi and vice versa. Through it we should understand ida and pingala qualities as very relative phenomena and not very definite, as they are changing their

polarities and qualities from ida to pingala and vice versa. On the ankles, according to marma yoga, changes of the ida–pingala polarities and qualities take place and it is the location of a yogic upa chakra.

According to marma yoga, we can say that for using marmas of the nadis pawanmuktasana is a sadhana of pranamaya kosha. The sadhana of pawanmuktasana has in-depth effects on our annamaya, pranamaya and manomaya koshas. Through the sadhana we stimulate the pranamaya kosha through the marmas of the nadis. Pranamaya kosha is the pranic bridge between annamaya and manomaya koshas and while we work on pranamaya kosha we are automatically working on annamaya and manomaya koshas and this is why we have effects on all three koshas. As a continuation of effects on manomaya kosha we have effects on vijnanamaya kosha as we know ourselves and feel better, we know and feel when we are in an imbalanced condition and we know what should be our effort. The effect is maybe even on anandamaya kosha due the harmony of prana shakti in the entire system and as a result of our homeostatic condition we feel good and happy.

Through the asana sadhana we are working on the entire pranamaya kosha and both ida and pingala qualities of prana shakti. Because of the remote, local and direct effects of the marmas we are directly influencing the functions of the specific chakras, cleansing and improving their conditions and receiving their improved effects on our body, mind and pranic systems. As the marmas are aligned on the tattwa nadis, through the asana we are influencing the condition of the relative tattwas, purifying, changing and improving their conditions and gaining a better condition of tattwas and their improved effects on our mind, body and pranic systems. Through the marmas of the nadis we manage and redirect the conditions of prana shakti, and if there is any area which is in a pranic surplus we pull out or drain the area and send the pranic surplus to the area with pranic deficiency and feed that area. This is the method of

balancing prana shakti. We can say that pawanmuktasana is the sadhana of chakra shuddhi, tattwa shuddhi and prana vidya.

So if we are ready and ripe enough and know the entire pawanmuktasana sequence thoroughly, we should practise it as a complete pranic sadhana or sadhana of pranamaya kosha, with awareness of pranamaya kosha, chakras, tattwas, nadis and marmas and then it becomes a meditation on prana shakti.

Conclusion

Marma yoga is a renaissance of the ancient yogic science. Satyananda Yoga was always concerned about preservation of the ancient tradition. The modern generation needs ancient wisdom and sciences to be written in a modern language and style, and the book *Marma Yoga* is such a book.

The most important purpose of the book *Marma Yoga* is to make an ancient science applicable to everybody for their everyday life.

Yoga and marma yoga work on the subtle energy body or the *pranamaya kosha*. Both yoga and marma yoga are great systems in themselves. The book informs us about the entire subtle energy system, its subtle anatomy, physiology, patho-physiology, how to improve the condition and flow of energy through the energy channels or *nadis*, how to improve and create appropriate conditions of energy, of the energy centres or *chakras* and energy points or *marmas*, and how to reach equilibrium or the homeostasis condition.

To make all these applicable for everyday life is the subject of the book *Marma Yoga* so that it is useful to everybody. We should not think about yoga only as an ancient science of philosophy, self-realization or meditation meant only for some wise people. It is a very practical gift from our ancestors to the entire humanity, to attain a better quality of life through the practical use of ancient wisdom. We have to be aware that those wise people made an entire

highly scientific system, but easily approachable practical for everybody.

While we practise yoga asanas we usually think about the physical body, some of us think about chakras, but do we think about the condition of our energy body or flow of energy? Chakras are parts of the energy body. They have a high influence on the energy system and because of it they can influence our subtle mental and physical bodies. To become aware of it is the main and practical purpose of the book *Marma Yoga*.

Dear reader,
I hope that you had a pleasant journey through the book of Marma Yoga. To reap all benefits from marma yoga, I would like to emphasize some of the most important points:

- First of all, my advice is that while we are practising yogic techniques, we should not think about it as if we were doing something or having to do something as a labour and spending some of our time. In place of such pattern and attitude of mind, we should replace the thinking patterns and attitude, saying, 'Now we will communicate and keep company with ourselves and with our energy system'. It is an important new approach of thinking towards yogic sadhana. It is why we call yogic practices a yoga sadhana or subtle practices of yoga. In this way you will enjoy the yogic practices more than ever. Do not forget that while you are in touch with your energy system and influencing it, the physical and mental benefits will occur spontaneously. You do not have to do anything specially and separately. So start to think of yogic sadhana in this way.
- *The yogic posture*. To achieve the benefits of the marma yoga, the yogic postures should be performed in a perfect correct manner and without any improvisation. We should remember that through the hatha yogic techniques (asanas, pranayamas, bandhas and mudras) we assert the subtle pressure on marmas and chakras, which makes changes in the condition of the prana

shakti. This is the most important point which has a vital value. If we improvise the yogic techniques, there will be no pressure on the appropriate marmas or chakras which we would like to reach according to our needs and expectation. It can happen that we assert pressure on some other marmas, upa chakras and chakras and thereby the beneficial result will not occur instead we could have some unexpected condition and experiences. So start to perform the yogic techniques in a perfect correct manner.

- *Concentration*. While we perform marma yoga sadhana we should concentrate our mind on the region of our body and try to feel the flow of prana shakti through the nadis, marmas, upa chakras and chakras of that specific region. So concentrate on the pranic body and flows, try to feel them and perform them as an active meditation and not merely as physical exercises.
- Take your time to feel the condition and flow of prana shakti. After each marma yoga technique you should take rest for a while and try to feel your pranic body and the benefits of the technique.
- All these points are functioning and active even while we are in a static asana or mudra. Do not forget that you are inserting a subtle pressure on marmas or chakras even when you are in a static asana.
- *Awareness of the tattwas*. Through the pressure on marmas and chakras we influence our system of pancha tattwas, and to be aware of this is also very valuable. Even while we are practising yoga nidra the same process happens. We concentrate our mental energy, the *chitta shakti*, on one specific area or part of our body and that mental energy is the subject which is now asserting the subtle pressure. While performing yoga nidra, we start from the thumb of the upper limb. Through each of the five fingers flows the specific nadi, and through the nadi flows the specific energy of the specific tattwa. While we concentrate on the thumb and index fingers of the hand, we in fact concentrate on the energy of vayu tattwa which flows

through the nadis of the thumb and index fingers and they are ida and pingala qualities of the prana shakti. In this way we activate the harmonized energy of the vayu tattwa which is the leading force of all tattwas. Then we concentrate on the middle, ring and small fingers which means on the energy of the agni tattwa. They are ida and pingala qualities of the prana shakti which flows through the nadis of these three fingers. The harmonized agni tattwa is the energy of our life. So in this way we in the very beginning of our yoga nidra activate the vayu or our psyche energy and agni or our energy of life. Together they form our life force. We continue with the big toe of the lower limb and activate the energy flow of the nadis which are flowing through the big toe of the foot and ida qualities of the pranic nature of the akasha, jala and prithvi tattwas. Then we continue with concentration on the other toes and activate the pranic flow of the nadis through which flow the harmonized energies of akasha, jala and prithvi and pingala qualities of their pranic nature.

- *The awareness of the energies of pancha tattwas*. It means that yoga nidra is a process of energizing and harmonizing the entire mind, body and energy systems. Awareness of the fingers and different parts of the body means awareness of the energy flow through nadis and tattwas. The physical awareness of the body and body parts in the process of yoga nidra alters the energizing influence of the body and body parts. In this way we regenerate and revitalize our entire system.
- In yoga nidra we insert a subtle pressure of our chitta shakti and harmonize and energize our mind, body and energy systems. A very similar process happens during the practice of mudras and meditations.

At the end I would like to emphasize that it is necessary that together with the book of *Marma Yoga* we use the book *Asana Pranayama Mudra Bandha*, by Swami Satyananda Saraswati and respect all instructions given in the book.

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Glossary

agni – element of fire
akasha – element of ether
anguli – fingers (used for measurment in acupuncture or acupressure therapy)
chitta shakti – mental energy
guna – subtle quality of energy
ida nadi – physical parallel of parasympathetic nerve chain
ida shakti – quality of energy which is physical parallel of parasympathetic system
jala/apas – element of water
jnanendriyas – sensual organs of knowledge
karmendriyas – organs of action
pancha mahabhootas – five gross elements
pingala nadi – phisical parallel of sympathetic nerve chain
pingala shakti – quality of energy which is physical parallel of sympathetic system
prakriti – pure cosmic energy
prana shakti – vital energy
prithivi – element of earth
purusha – pure cosmic cinsciousness
srotas – body channels which are connected with the subtle channel system of meridians through the vital energy flows and with the channels (nervs) through which flows the mental energy
vayu – element of air

nadis – meridians
agni tattwa (secondary) nadi of the tridosha (3D) – triple warmer meridian of secondary fire element
agni tattwa nadi of the heart (HT) – heart meridian of fire element
agni tattwa nadi of the small intestine (SI) – small intestine meridian of fire element
agni tattwa(secondary) nadi of the pericardium (PC) – pericardium meridian of secondary fire element
akasha tattwa nadi of the gall bladder (GB) – the gall bladder meridian of ether element
akasha tattwa nadi of the liver (LR) – liver meridian of ether element
amatya nadi (AM) – central back meridian or governor meridian (GOV)
jala/apas nadi of the kidney (KI) – kidney meridian of water element
jala/apas nadi of the urinary bladder (BL) – urinary bladder meridian of water element
prithvi nadi of the spleen and pancreas (SP) – spleen and pancreas meridian of earth element
vayu tattwa nadi of the large intestine (LI) – large intestine meridian of air element
vayu tattwa nadi of the lungs (LU) – lung meridian of air element
sharkaraksha nadi (SH) – central front meridian or conception meridian (CON)
marmas – acupuncture points
adhara marmas – source acupunture points
amba marmas – mother acupuncture points
dhatu marmas – influent acupuncture points
dur marmas – distal or remote acupuncture points
kaala marmas – horary acupuncture points
maathaa chetavaani marmas – front alarm acupuncture points
pith chetavaani marmas – back alarm acupuncture points
sangam marmas – confluent acupuncture points

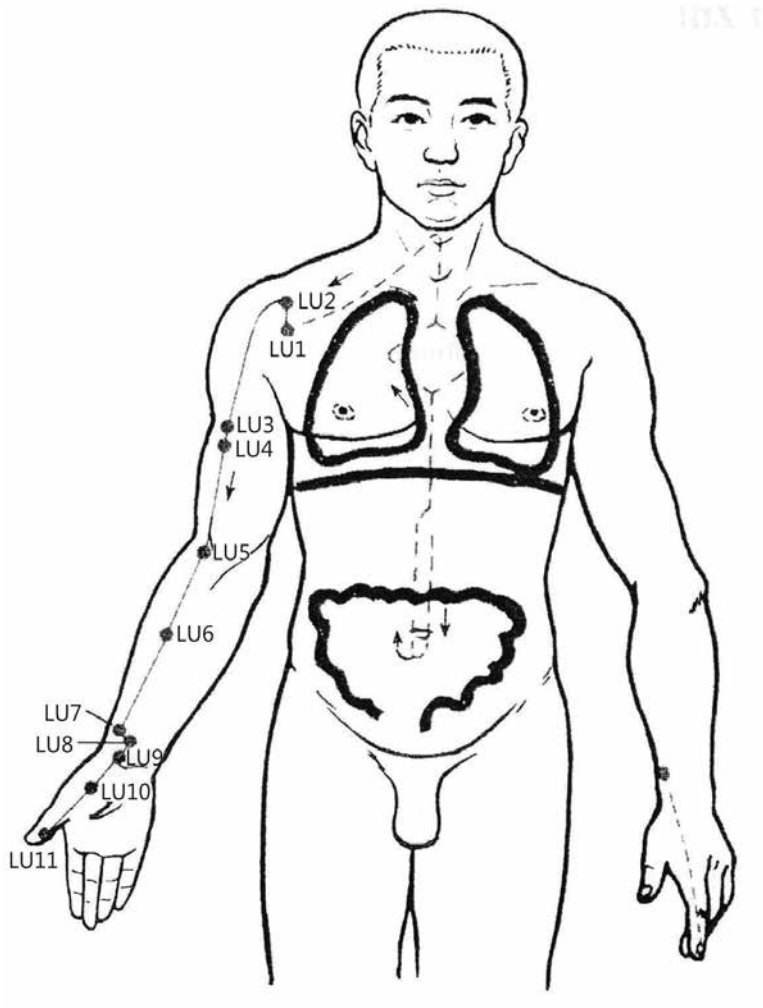
santana marmas – child acupuncture points
setu marmas – connecting acupuncture points
tattwa marmas – acupuncture points of five elements

Appendix

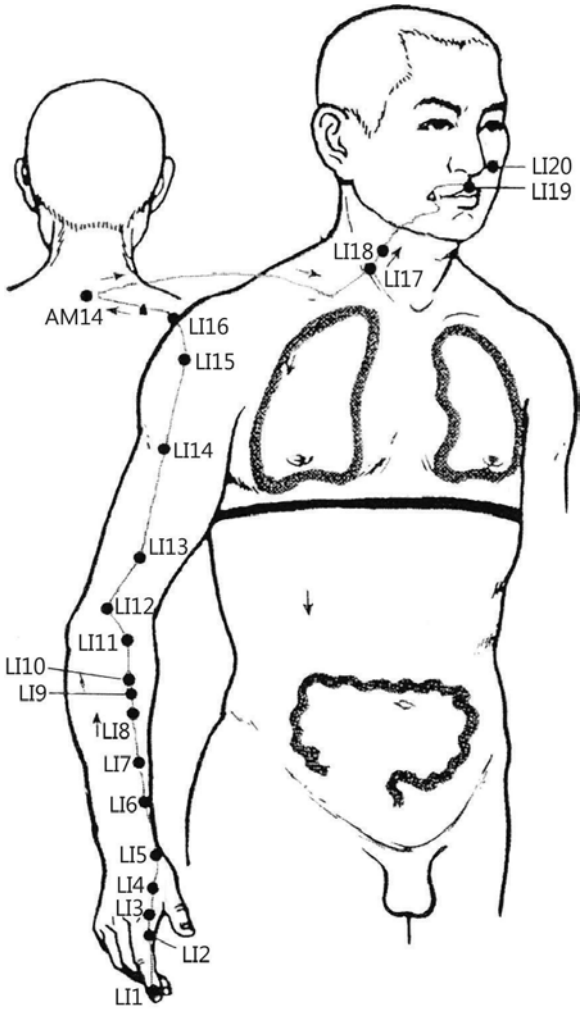
Illustrations of Nadis and Marmas

(for detailed description see Book 1, Part 2)

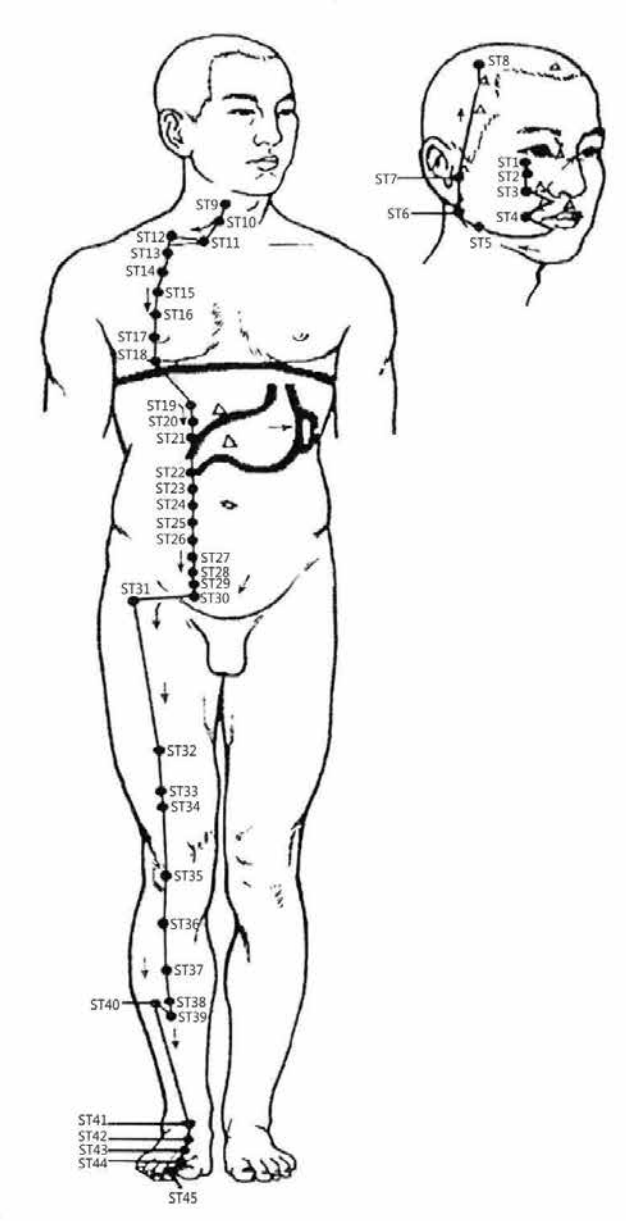
The vayu tattwa nadi of the lung (LU)



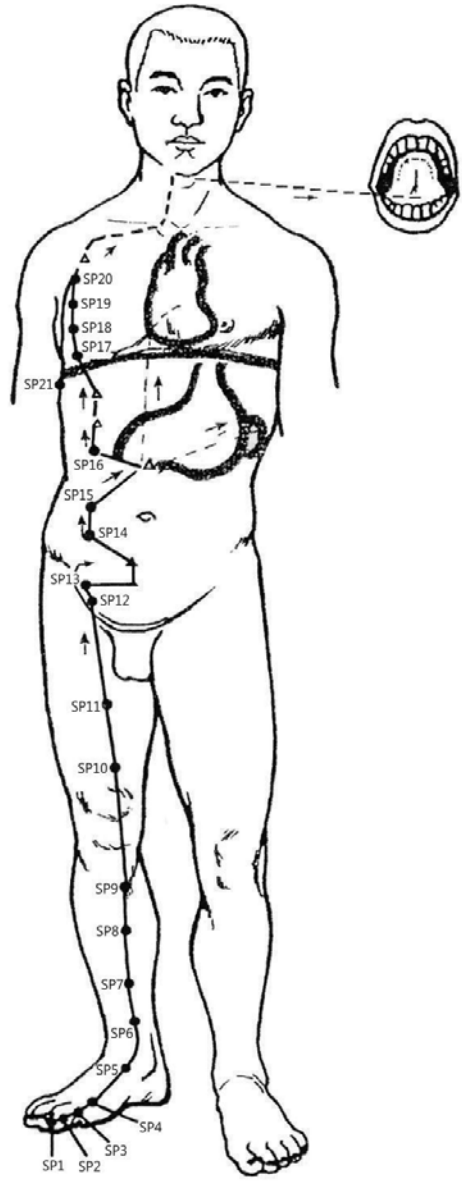
The vayu tattwa nadi of the large intestine (LI)



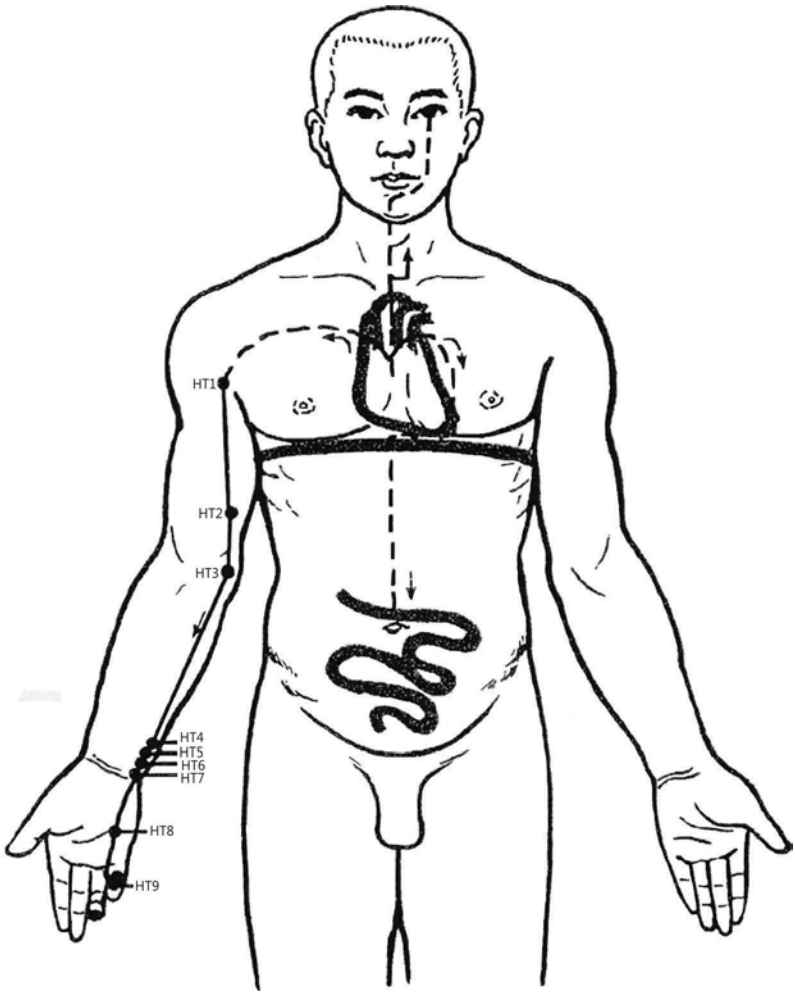
The prithvi tattwa nadi of the stomach (ST)



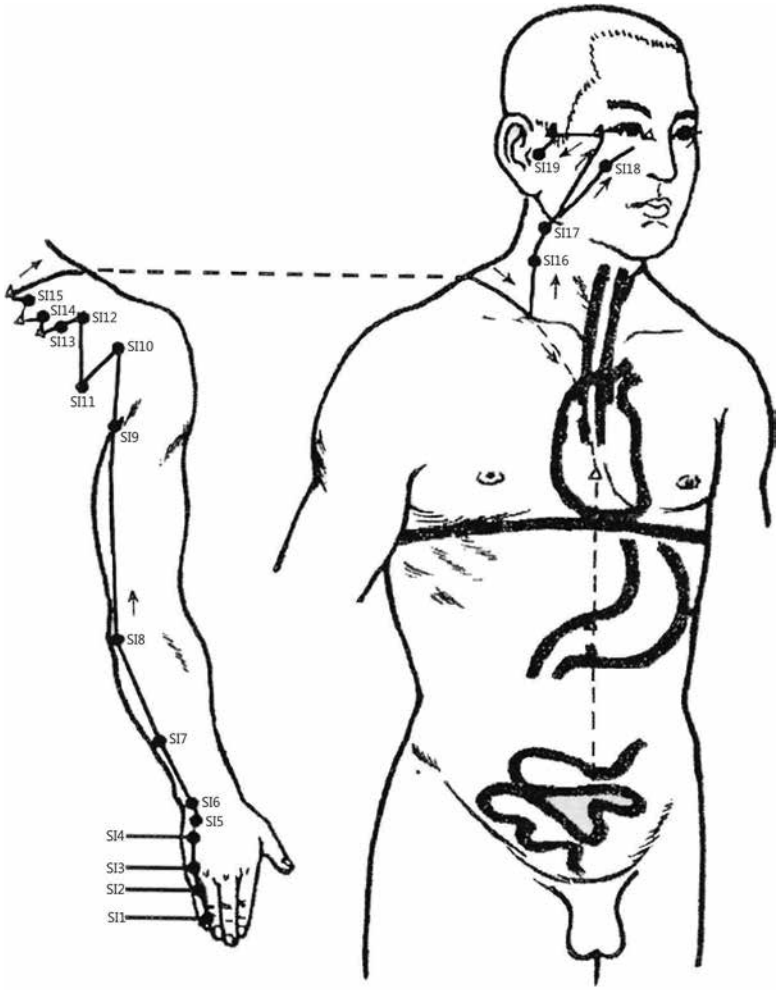
The prithvi tattwa nadi of the spleen and pancreas (SP)



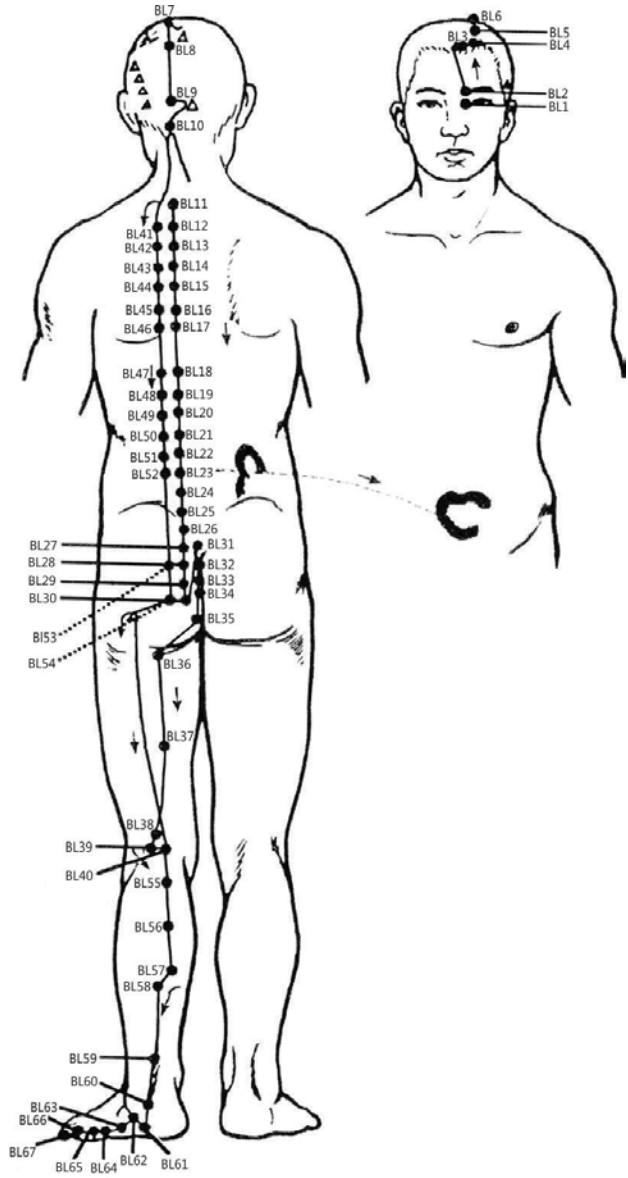
The agni tattwa nadi of the heart (HT)



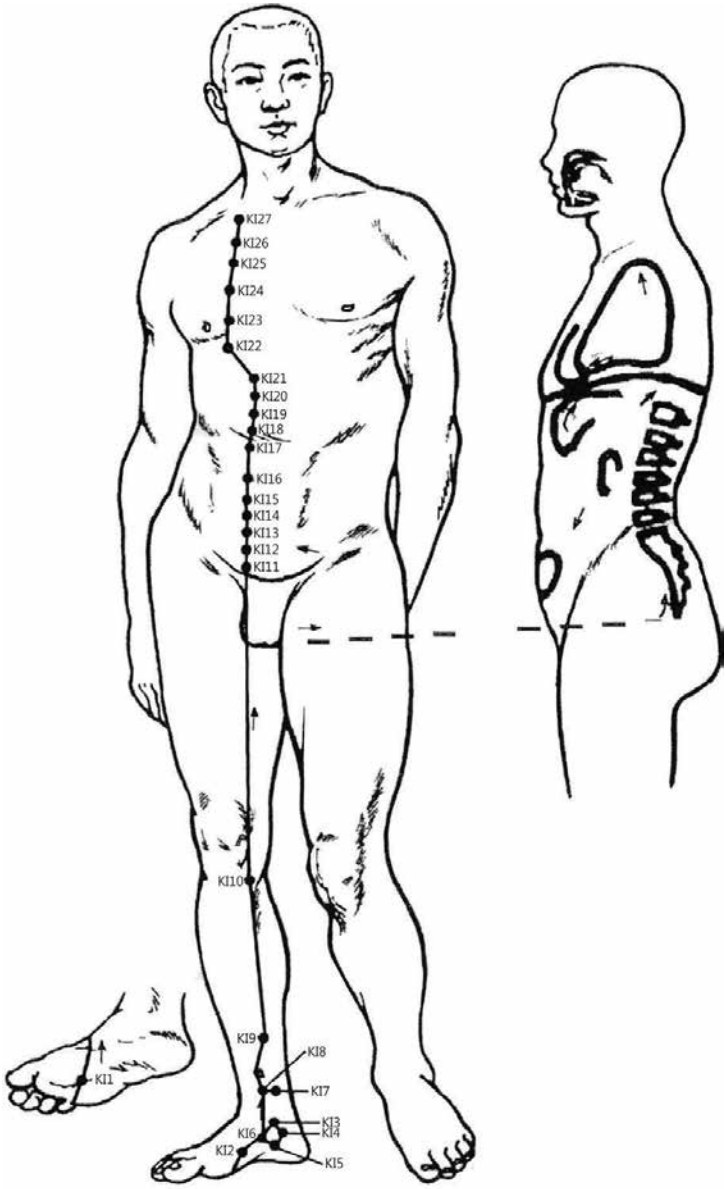
The agni tattwa nadi of the small intestine (SI)



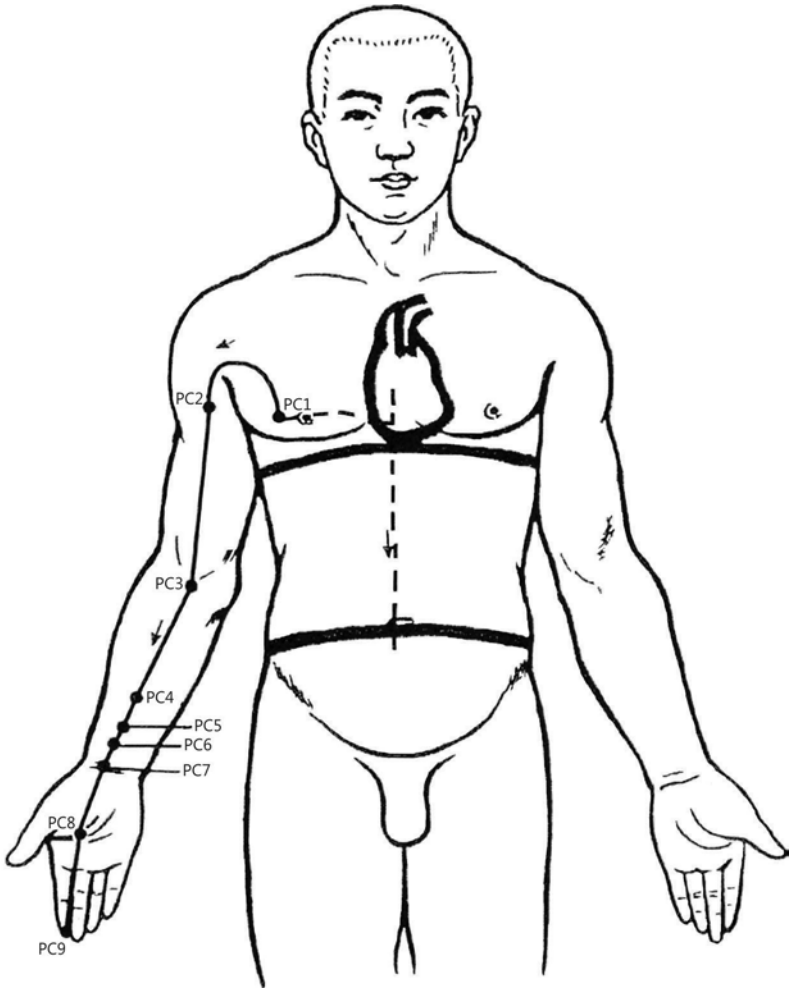
The jala tattwa nadi of the urinary bladder (BL)



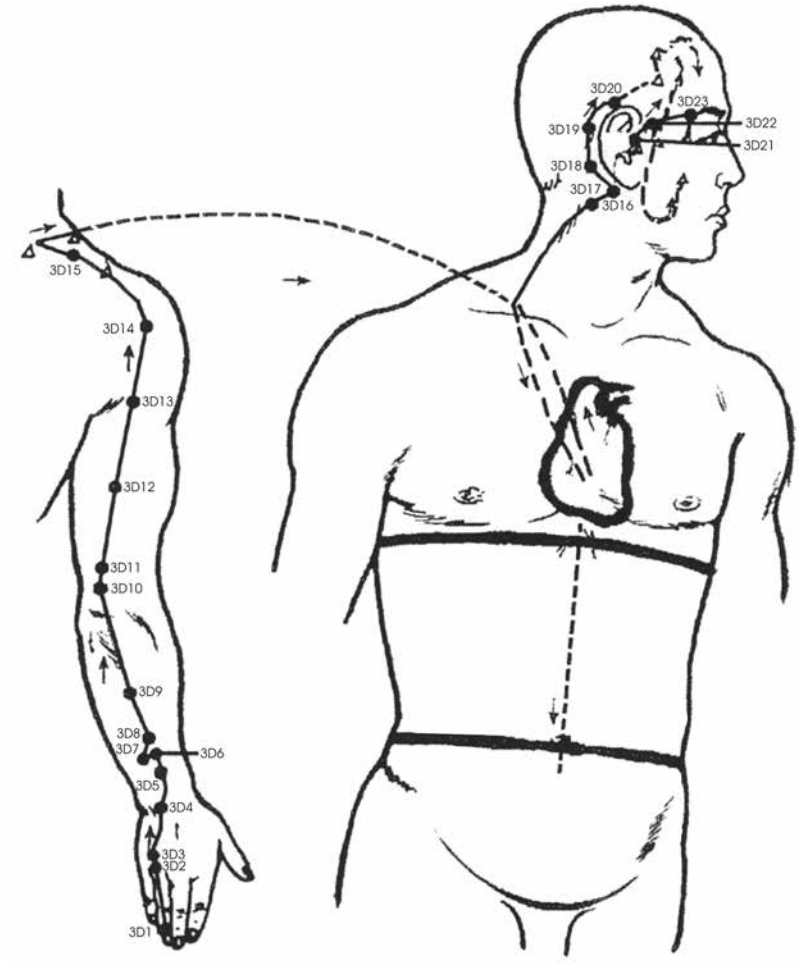
The jala tattwa nadi of the kidney (KI)



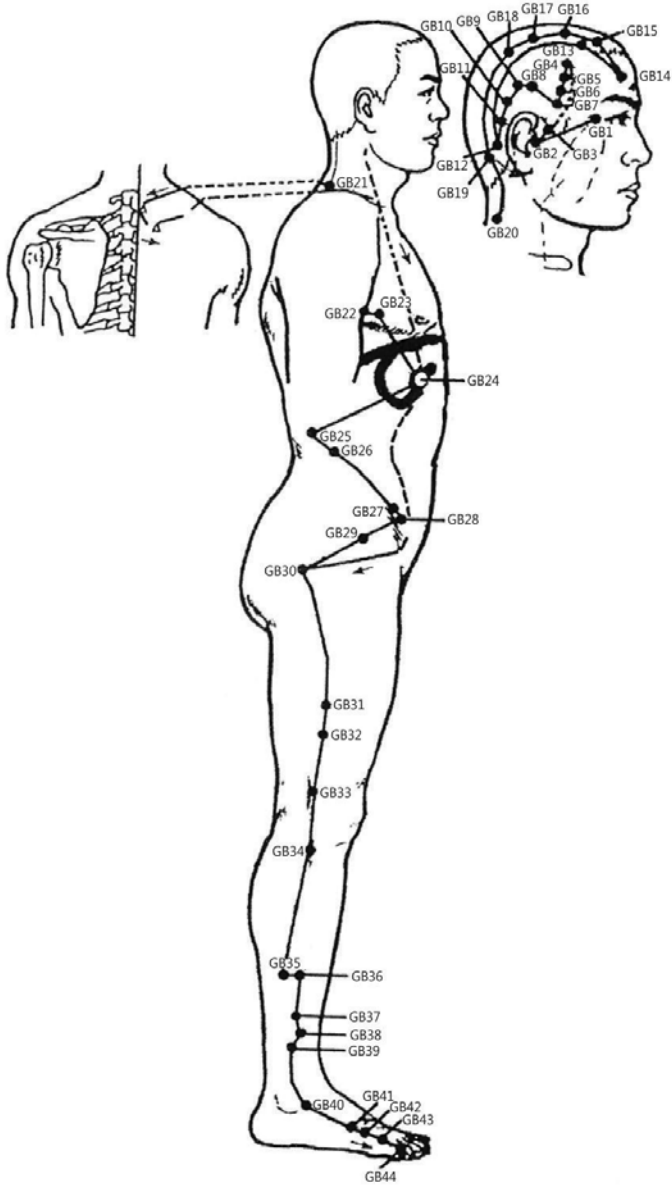
The agni (secondary) tattwa nadi of the pericardium (PC)



The agni (secondary) tattwa nadi of the tridosha (3D)



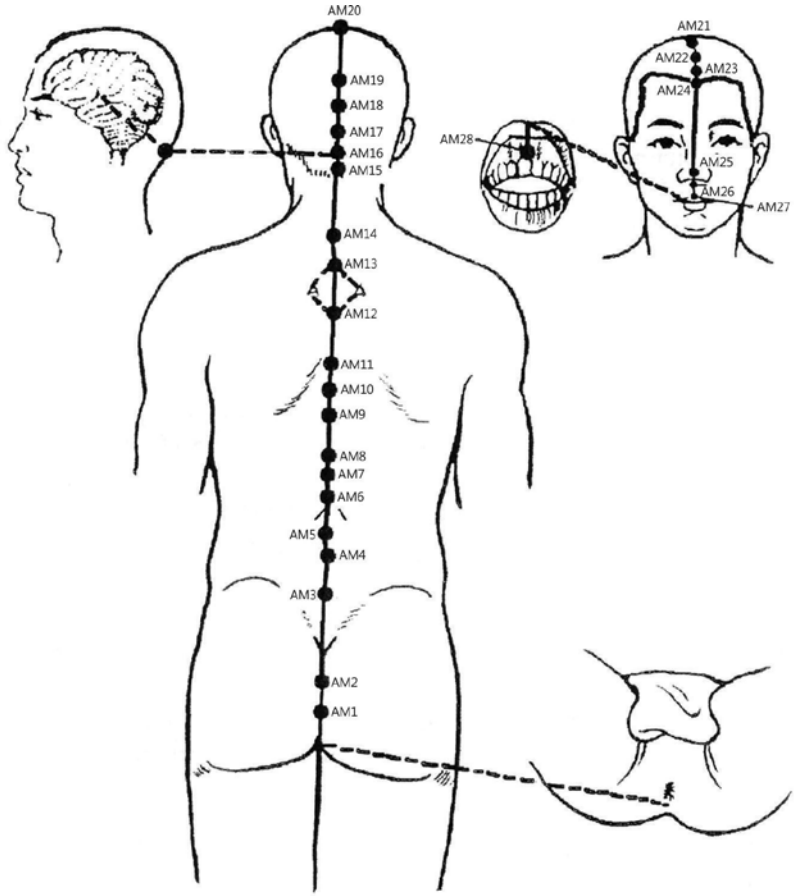
The akasha tattwa nadi of the gall bladder (GB)



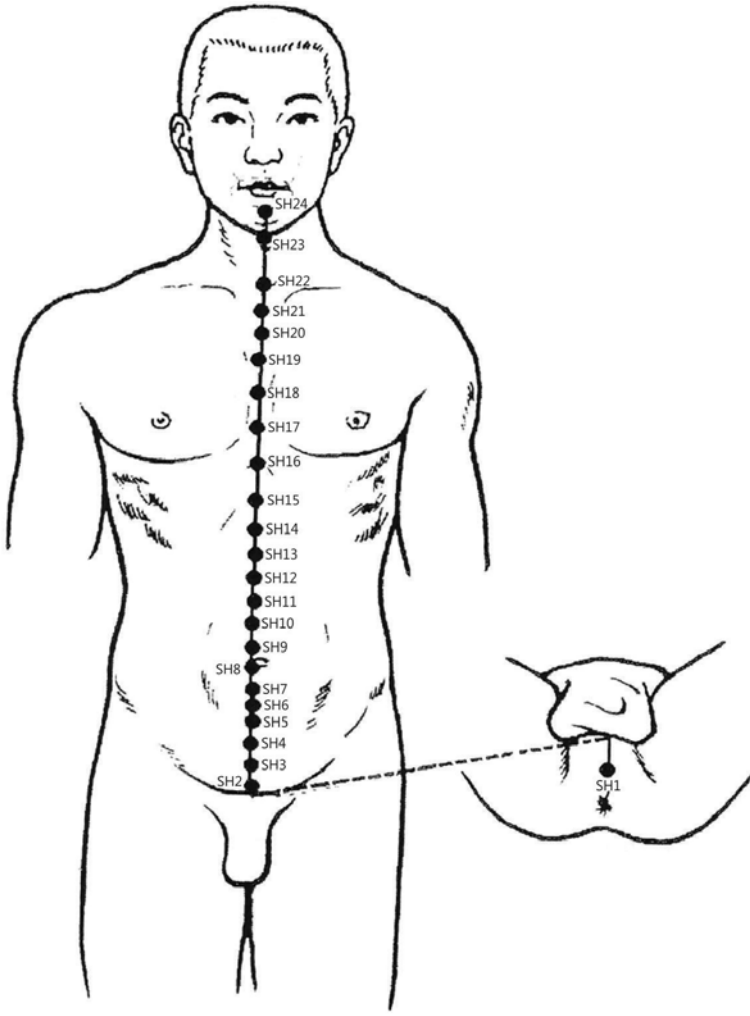
The akasha tattwa nadi of the liver (LR)



The central back amatya (governor) nadi (AM)



The central front sharkaraksha (conception) nadi (SH)





Swami Vishwashakti Saraswati (Manjula Hiti) graduated at the Belgrade School of Medicine, former Yugoslavia. Later she graduated in health management system at the Faculty of Organization Science, University of Ljubljana, Slovenia. She studied bio-informatics at the Centre of Multidisciplinary Study, Belgrade, former Yugoslavia. She also studied ayurveda, traditional Chinese medicine, acupuncture, tui-na massage and homeopathy.

For the last twenty-five years she has had her private practice of healing in Ljubljana, Slovenia, and works on synergy of modern and ancient sciences of healing. In this work she successfully integrates her knowledge of the ancient techniques of yoga, ayurveda, traditional Chinese medicine, acupuncture and homeopathy with her knowledge of modern medical science.

Swami Vishwashakti was initiated into poorna sannyasa by Swami Niranjanananda Saraswati in 1996. She is an acharya of the Satyananda Yoga tradition in Slovenia and is leading Tara Yoga Center in Ljubljana, Slovenia. She travels throughout Europe and teaches the synergy of ancient and modern science. Today Swami Vishwashakti spends her time practising her integral healing system, travelling and teaching Satyananda Yoga, ayurveda and marma therapy in Slovenia and throughout Europe and continues her research work on yoga and marma therapy.



Swami Omkarmurti Saraswati was born in 1942 in Ljubljana, Slovenia. Under the guidance of Swami Vishwashakti Saraswati, he started to practise yoga in 1991. In 2001, he was initiated into poorna sannyasa. Since 1991 he has been visiting Ganga Darshan Vishwa Yogapeeth and Rikhiapeeth regularly, and was fully involved with the logistics and organization of all activities and events at Tara Yoga Center. He was the main organizer and coordinator of the centre's regular yoga classes, the teacher training seminars for Satyananda Yoga instructors, of the seminars of ayurveda and marma therapy for ayurvedic therapists.

Swami Omkarmurti translated many books of Yoga Publications Trust into Slovenian, and was one of the founding membres of the European Yoga Fellowship.

Swami Omkarmurti was fully dedicated to the mission of his guru, Swami Niranjanananda Saraswati, who took care of him and helped him in the most critical moments in his life. Swami Omkarmurti passed away peacefully in 2020, the year the *Marma Yoga* books were published.



Marma yoga is based on the wisdom of the subtle psycho-physiology of yoga and ayurveda. It reveals to us our own nature, the nature of Mother Prakriti, Mother Earth, and helps us understand how and why our own nature is functioning and constantly changing.

Marma Yoga Book 2 uses the practices of pawanmuktasana parts 1, 2 and 3 to highlight their deep influence on the aspirant's general wellbeing. The seemingly simple practices are a way to create balance in the entire psychophysiology of the human being. The aspirant is inspired to approach the pawanmuktasana series with renewed fervour and interest.



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