

## RELATION OF VITALITY OF MARMA WITH CHAKRAS :- A CONCEPTUAL STUDY

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### ABSTRACT

**Introduction:-** Marma is a Sanskrit word meaning hidden or secret. marma are vital points present on the human body. These are not only present as surface landmarks in body but these are deeply seated physio-anatomical structure. The word “chakra” means “wheel of light” in Sanskrit. There are seven main chakras situated along the spine, The role of chakras is very important in marma science. Each of the seven major chakras and corresponding regions of the back is a kind of marma and these marma or pranic centres of the subtle body energise all the other marma or Pranic centre of the physical body. This study aim to understand correlation between 7 mahamarma and chakras which flow though the centre of spinal cord. **Materials and Methods:-**This study compares marma points with corresponding chakras using Ayurvedic texts, particularly Brihatrayi, and modern anatomy references. The research aims to understand what is relation between marma and corresponding chakras. **Observation and Results:-**There are 7 marma points and related chakras.1)Guda marma related chakra is Muladhara chakra, location is At the Perineum (in males), At the Cervix (in females). Anatomical correlation is Pelvic plexus. 2) Basti marma is related Swadhisthana chakra location at Behind the Genital organs, approximately two fingers above Muladhara Chakra, Anatomical correlation is Hypogastric plexus. 3) Nabhi marma is related Manipura chakra location is Behind the navel. Anatomical correlation Solar or Epigastric plexus. 4) Hridaya marma is relation Anahata chakra at Behind the Sternum, at the level of Heart. Anatomical correlation is Cardiac plexus. 5) Matrika marma is related Vishuddhi chakras Behind the Throat pit (at the back of neck) Anatomical correlation is Carotid plexus. 6) Sthapani marma is related Agya chakra location Behind the Eyebrow enter (in the mid Medulla plexus brain). 7) Adhipati marma is related Sahasrara chakra At the Crown of the head Anatomical coreelation is Cerebral gland. **Discussion:-**Marma can be correlated with Chakra on the basis of location, for example at Guda marma there is location of Muladhara chakra, at vasti marma there is location of Swadisthana chakra. Thus, it may be understood that working on marma points, the Prana may be controlled.

**KEYWORDS:** Marma, Chakras, Guda, Basti, Nabhi, Hriday, Matrika, Sthapni, Adhipati.

## INTRODUCTION

Marma is a Sanskrit word meaning hidden or secret. Marma are vital points present on the human body. These are not only present as surface landmarks in body but these are deeply seated physio anatomical structure. The word "chakra" means "wheel of light" in Sanskrit. There are seven main chakras situated along the spine,

The role of chakras is very important in marma science each of the seven major chakras and corresponding regions of the back is a kind of marma and these marma or pranic centres of the subtle body energise all the other marma or Pranic centre of the physical body.<sup>[1]</sup>

This study aim to understand correlation between 7mahamarma and chakras which flow though the centre of spinal cord.

## MATERIALS AND METHODS

This study compares marma points with corresponding chakras using Ayurvedic texts, yogic contex, and modern anatomy references. The research aims to understand what is relation between marma and corresponding chakras.

## OBSERVATIONS AND RESULTS

The literal meaning of word 'Chakra' is 'wheel' or 'circle', but in the yogic contex it means 'vortex' or 'whirlpool'. The chakras are vortices of pranic energy at specific areas in the body which controls the circulation of Prana permeating the entire human structure. In this regard the chakras may 10 be correlated with the Pranayatana (seats of Prana). Acharya Charaka and Acharya Vagbhatta have mentioned ten Pranayatana in the body (Charaka Sharira 7/9<sup>[2]</sup>, Ashtanga Sangraha Sharira 5/59.<sup>[3]</sup>

Out of these ten Pranayatana, six given by Acharya Charaka (Charaka Sharira 7/9) and seven by Acharya Vagbhatta (Ashtanga Sangraha Sharira 5/60)are called as 'Mahamarmas' (very important marmas), that correspond almost identically with the location of seven chakras, . The corresponding verses of Ashtanga Sangraha Sharira 5/59,60.<sup>[3]</sup> are as follows:

दश प्राणायतनानि मूर्धा जिह्वाबन्धनं कण्ठो हृदय नाभिर्बस्तिगुदः शुक्रमोजो रक्तम् ।

एषामाद्यानि सप्त पुनर्महामर्मसंज्ञानि ॥ (Ashtanga Sangraha, Sharira Sthana 5/59,60).<sup>[3]</sup>

On a physical level, chakras are associated with the major nerve plexus and endocrine glands in the body.<sup>[4]</sup> Each chakra is a switch which turns on or opens up specific areas of the brain. In most people these psychic centers lie dormant and inactive. Marma point stimulation by concentration on the chakras can modulate the flow of energy (prana) through these chakras and helps to activate them.

This in turn awakens the dormant areas in the brain, and the corresponding faculties in the psychic and mental bodies, allowing one to experience higher planes of consciousness, which are normally inaccessible.<sup>[4]</sup>

There are 7 marma points and related chakras.<sup>[5]</sup>

	Chakra	Related Marma	Location	Anatomical correlation
1	Muladhara	Guda	At the Perineum (in males) At the Cervix (in females)	Pelvic plexus
2	Swadhisthana	Vasti	Behind the Genital organs, approximately two fingers above	Hypogastric plexus

			Muladhara Chakra	
3	Manipura	Nabhi	Behind the Navel	Solar or Epigastric plexus
4	Anahata	Hridaya	Behind the Sternum, at the level of Heart	Cardiac plexus
5	Vishuddhi	Matrika	Behind the Throat pit (at the back of neck)	Carotid plexus
6	Agya	Sthapni	Behind the Eyebrow enter (in the mid Medulla plexus brain)	
7	Sahasrara	Adhipati	At the Crown of the head	Cerebral gland

In the case of seven great Marmas, they are typically known as Adhipati, Sthapani, Matrika,, Hridaya, Nabhi, Basti, and Guda Marma. They are considered to be directly related to the seven principal Chakras, and moreover are thought to influence or control the function of the Chakra Energy Centers.

### 1) Guda marma-Muladhara chakra

Muladhara chakra situated in perineum at the base of the spinal column between genital and anus.<sup>[6]</sup> Muladhar chakra correlated to sacral/coccygeal plexus and control function of uterus and bladder, Rectum and testicle. Guda marma involved the control of excretory function.

The Root Chakra affects how we connect to the world and controls the feelings of survival, ambition, dependency and stability.

Imbalance of the chakra causes physical as well as psychological problems:-

Physical: The root chakra includes problems of the legs, feet, rectum, tailbone, immune system and male as well as female external reproductive organs.

Person can have issues of degenerative arthritis, knee pain, sciatica, eating disorders and constipation.

Emotional Imbalance:

Include feelings affecting worry about basic survival needs, money, shelter, food and above all lack of confidence.

### 2) Basti marma - Swadhisthana chakra

**Swadhisthana** (sacrum) Chakra is known as the reproductive centre. It is in close correlation with the upper hypogastric plexus and its element is water and is related to tongue organ.<sup>[6]</sup> Its location is at the root of genitals between upper sacral and lower lumbar plexus.

It controls the functions of colon and ovarian glands.

The Sacral Chakra is considered to be responsible for sexuality, creativity, intuitiveness, self-worth, compassion and adaptability.

Imbalance of the chakra causes physical as well as psychological problems: Physical: Physical imbalance of sacral chakra creates sexual issues and problem related to internal reproductive organs, urinary problems; kidney dysfunctions and low back related issues.

Emotional Imbalance:

Fears of impotence, betrayal, addictions. When the sacral chakra is unstable, it's thought to cause emotional outbursts, lack of creativity and sex-obsessed thoughts.

### 3) Nabhi marma-Manipura chakra

Manipura (solar plexus) Chakra is Located at the ganglion plexus derived from thoracic lumbar.

It activates. digestion, liver, spleen, pancreas and adrenals. It stimulates umbilicus.<sup>[6]</sup>

The solar plexus chakra is the center of self-esteem, self-compassion, self-respect and emotions like ego, anger and aggression. When it is balanced, it would become a source of energy, productivity and confidence.

Imbalance of the chakra causes physical as well as psychological problems:

Physical: Imbalances causes digestive problems, liver dysfunction, chronic fatigue, high blood pressure, diabetes, stomach ulcers, gallbladder issues and colon disease.

Emotional:

On an emotional level, if the solar plexus chakra is imbalanced, it is believed to cause feelings of depression, low self-esteem, fear of rejection and criticism.

#### **4) Hridaya marma - Anahata Chakra**

Anahata chakra activates thoracic plexus and respiratory system. It is correlated with cardio pulmonary plexus.<sup>[6]</sup> Its element is air and the sense organ is skin (touch). Hruday control all the energy pathways and marma of organisms and also great blood vessels.<sup>[11]</sup>

The heart chakra is considered a link to compassion, trust, passion and love for self and others. When this chakra is balanced we feel joy. Gratitude, love and compassion; forgiveness flows freely, trust is gained.

Imbalance of the chakra causes physical as well as psychological problems:

Physical: imbalances include ailments of heart, lungs, breasts, upper back, shoulders, arms and wrists and also of lymphatic system.

Emotional:

Imbalances include issues like over loving or possessiveness to the point of suffocation. Jealousy, abandonment, bitterness.

When Heart Chakra is out of balance, it is believed to cause anger, lack of trust, anxiety, jealousy, fear and moodiness.

#### **5) Matrika marma - Vishuddha Chakra**

Vishuddha (throat) Chakra is connected to thyroid and parathyroid glands and cervical plexus.<sup>[6]</sup> Its element is ether and its sense organ is ears. Nila /manya control the throat chakras the thyroid gland and blood circulation to the brain and language.<sup>[11]</sup>

When this Chakra is balanced, we have free flowing of words, self-expression, communication, and confidence. We are honest and truthful yet firm. We are good listeners.

Imbalance of the chakra causes physical as /Nila/well as psychological problems:

Physical: imbalances include problems relating to thyroid gland, throat, ear, face, chin, cheeks, lips, tongue, neck and shoulders.

Emotional:

Imbalances include issues of self-expression through communication, both spoken and written.

Lack of willpower and sometimes over activation leads to being out of control while speaking using bad words and being aggressive.

### 6) Sthapni marma- Agya chakra

**Ajna (inner eye) Chakra** is connected to pituitary and sub-cortical structures mid brain. Close relationship with hypothalamus and limbic system.<sup>[6]</sup> Sthapani Marma located between the eyebrows controls Ajna Chakra (Third Eye).

This chakra is often used in asana practice as a focal point, it is believed to control your intellect, intuition, wisdom and spiritual power. Imbalance of the Chakras Causes Physical as well as psychological problems.:

Physical imbalances include headaches, blurred vision, sinus issues, eye strain, seizures, hearing loss, hormone dysfunctions.

Emotional imbalances include issues with moodiness, volatility, and self-reflection.

An inability to look at one's own fears & to learn from others. Day-dream often & live in a world with exaggerated imagination. An underactive third eye chakra is thought to manifest as a headache, a migraine or blurry vision. When balanced, the third eye is believed to free you from earthly attachments

### 7) Adhipati marma - sahastra chakra

Sahastra chakra (THE CROWN CHAKRA) is connected to pineal gland, behind the third ventricle of brain.<sup>[6]</sup>

When this chakra is balanced, we live in the present moment. We have an unshakeable trust in our inner guidance.

Opening the crown chakra is believed to connect a person to their higher self.

Imbalance of the chakra causes physical as well as psychological problems:

Physical imbalances include depression, inability to learn, sensitivity to light, sound and environment.

Emotional:

Imbalances of the crown chakra cause depression, disconnection from the outside world, frustration, and destructive emotions.

**Table: Marma name, location, Pramana, Type vidhya, lakshan of marma.**<sup>[7,8,9]</sup>

Marma	Location	No	Pramana	Type	Vidhya lakshana	Structure
<b>1. Guda</b>	Attached to the large intestine (its terminal part) which eliminates flatus and faeces.	1	4 anguli	Mamsa marma, Sadyah pranahara marma,	Sudden death	Anal canal, Rectum, Nerve plexus.
<b>2. Basti</b>	Inside the pelvis, made up of less mamsa & rakta which is the receptacle of urine.	1	4 anguli	Snayu marma, Sadyah pranahara marma	Injury to it causes death except the injury due to urinary calculus	Hypogastric plexus Umbilicus. Urinary bladder
<b>3. Nabhi</b>	In between, stomach and large intestine.	1	4 anguli	Sira marma, Sadyah Pranahara marma	Sudden death	Umbilicus duodenum, Superior mesenteric artery.
<b>4. Hriday</b>	In between two breast, near the opening of cardiac opening of stomach. It is a seat of satva, raja and tama	1	4 anguli	Sira marma, Sadyah Pranahara marma	Sudden death	Heart

<b>5.Matrika</b>	On each side of neck, four each	(4+4) 8	4 anguli	Sira marma, Sadyah Pranahara marma	Sudden death	Internal and external carotid artery and internal and external jugular vein.
<b>6.Sthapani</b>	Between two eye brows	1	½ Anguli	Sira marma, Vishalyaghna	Patient survives as long as the shalya is present there or it falls off after suppuration; but does not survive when it is pulled out.	Glabella, Frontal vein Nasal arch, Foramen caecum.
<b>7.Adhipati</b>	Inside the head, at the top there is confluence of blood vessels and joints surrounded by ring of hair.	1	½ anguli	Sandhi marma Sadyah pranahara marma	Sudden death	-

### The Number of Petals for each Chakra<sup>[10]</sup>

The Number of Petals for each Chakra The relationship between the number of chakra petals and the human body is much more fundamental - physically concrete,

chakras is to show how the number of chakra petals is not just 'some number' but rather that that number is specifically related to and depending on a series of physical internal components within the human body, e.g. its skeletal and peripheral nervous system parts as well as some specific physical structures within the brain

The lower chakras thus appear to be directly related to the nerve pairs that emanate from the spinal column. Their petal count corresponds - although not exactly - to the current convention of anatomical identification and numbering of the vertebrae and nerve pair

Sr.no	Marma	Chakra	No of petals	In relation to vertebral
1)	Guda	Muladhara	4	L4, L5
2)	Vasti	Swadhisthana	6	L1,L2,L3
3)	Nabhi	Manipura	10	T8,T9,T10,T11,T12
4)	Hridaya	Anahata	12	T2,T3,T4,T5,T6,T7
5)	Matrika	Vishuddhi	16	C1,C2,C3,C4,C5,C6,C7,T1
6)	Sthapni	Agya	2or 96	
7)	Adhipati	Sahasrara	1000	

### DISCUSSION AND CONCLUSION

Marma can be correlated with Chakra on the basis of location, for example at Guda marma there is location of Muladhara chakra, at basti marma there is location of Swadisthana chakra.

If we analysis the chakras and relation between marma there are 6 Marmas associated with chakras Sadyah pranahar marma only Sthapani marma is Vishalyghna marma.

Nabhi(Manipur chakra), Hridaya (Anahat chakra), Matrika (vishuddha chakras), sthapani ( agya chakra) are Sira marmas, guda is Mamsa marma, basti is snayu marma. Adhipati is sandhi marma.

When one concentrated on chakras the marma at that place get stimulation and marmas are nothing but vital points as stated by Sushruta in sharir sthan that Som, Maruta and Teja along with Satva, Raja, Tama and Bhutatma reside at marmas hence the vitality of chakras can be explained through vitality of marma.

Thus, it may be understood that working on marma points, the Prana may be controlled.

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