

## CASE REPORT OF MARMA CHIKITSA FOR ANXIETY NEUROSIS: A MENTAL DISORDER

Dr. Prashant Nishad\*, M. D. Rachana Sharir, Prof. (Dr.) G.R. Chaturvedi

HOD & Associate Professor, Government Ayurved College And Hospital, Bilaspur, Chhattisgarh.

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\*Corresponding Author: Dr. Prashant Nishad

HOD & Associate Professor, Government Ayurved College and Hospital, Bilaspur, Chhattisgarh.

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### ABSTRACT

This case report explores the therapeutic impact of Marma Chikitsa on anxiety neurosis (chittodvega). A 32-year-old female with moderate-to-severe anxiety received a structured four-week marma therapy protocol. Clinical outcomes demonstrated substantial improvement in anxiety scoring, sleep quality, and autonomic regulation. Marma chikitsa plays a unique role in mental health disorder. According to the WHO, 4.4% of the global population currently lives with an anxiety disorder. The National Mental Health Survey of India (2015–16) found that the lifetime prevalence of neurotic and stress-related disorders (which includes anxiety) was 3.7%, and current prevalence was 3.5%. Anxiety neurosis has higher prevalence rate at present in India and marma chikitsa can subside and diminish this complicated mental disease.

**KEYWORDS:** Marma Chikitsa, Anxiety neurosis, Sankh, Hridaya, Tala Hridaya.

### INTRODUCTION

Anxiety neurosis is a neuropsychological condition marked by persistent worry, somatic tension, and disturbed sleep. In Ayurveda, such manifestations resemble 'Chittodvega', described under Manasika Vikaras. This condition primarily arises from aggravated Vata dosha and heightened rajasa guna. Marma Chikitsa, derived from classical works like Sushruta Samhita, focuses on stimulating vital energy points to regulate pranic flow.

“प्राणो हि जीवितं नित्यं सर्वेन्द्रियमनःप्रसूतिः।”

Prana is the sustaining force of life controlling both the senses and the mind.

## MATERIAL AND METHODS

### 1. Study Design

This is a **single-case interventional study** conducted to evaluate the therapeutic effect of *Marma Chikitsa* on a diagnosed case of **Anxiety Neurosis (Chittodvega)**. The study followed a pre–post assessment model without a control group.

### 2. Study Setting

The intervention was carried out in the **Panchakarma IPD**, where marma therapy procedures were administered by a qualified Ayurvedic physician trained in Marma Chikitsa techniques.

### 3. Patient Selection

#### 3.1 Inclusion Criteria

- Patient aged between **18–60 years**
- Diagnosed case of **Anxiety Neurosis** based on clinical symptoms
- HAM-A score indicating **moderate to severe** anxiety
- Willing to participate and comply with treatment for 4 weeks

#### 3.2 Exclusion Criteria

- Any history of major psychiatric illness (psychosis, bipolar disorder)
- Chronic systemic diseases (cardiac, renal, endocrine disorders)
- Pregnancy or lactation
- Current use of anxiolytic medications or psychotherapy

### 4. Diagnostic Tools

- Hamilton Anxiety Rating Scale (HAM-A) **for objective scoring**
- Sleep Quality Assessment (PSQI scoring framework)
- Subjective Symptom Diary (**restlessness, palpitations, worry levels**)
- Ayurvedic Assessment:
  - *Prakriti, Vikriti, Manasika Dosha, Manovaha Srotas* involvement
  - *Vata* and *Rajas* imbalance noted based on lakshanas

## CASE PRESENTATION

A 32-year-old female software engineer presented with persistent worry, palpitations, restlessness, and disturbed sleep for 6 months. On Ayurvedic assessment, Vata aggravation with rajasa predominance was observed. Baseline clinical assessment used the HAM-A scale (score: 26).

**Table 1: Baseline Assessment.**

Clinical Parameter	Finding
Anxiety Level (HAM-A)	Moderate to Severe (Score 26)
Sleep Quality	Poor
Palpitations	Present
Restlessness	Frequent
Prakriti	Vata-Pitta

**Intervention (Marma Chikitsa Protocol)**

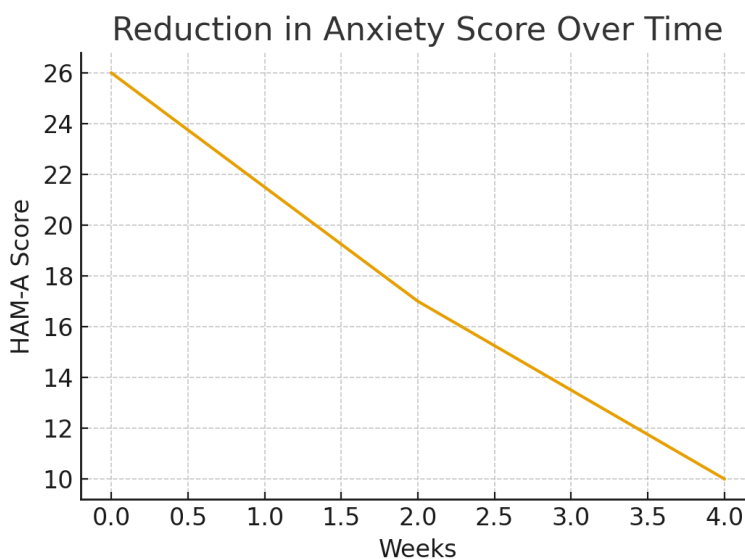
The patient underwent a structured four-week Marma Chikitsa protocol with 5 sessions per week. Each session lasted approximately 30 minutes. Gentle fingertip pressure was applied on selected marma points for 1–3 minutes each.

**Table 2: Marma Points Used and Therapeutic Role.**

Marma	Location	Therapeutic Role
Shankha	Temporal region	Calms mind, reduces stress
Apanga	Outer canthus	Reduces emotional agitation
Sthapani	Between eyebrows	Balances Manas, improves focus
Hridaya	Cardiac region	Regulates autonomic activity
Tala Hridaya	Center of palm	Relieves anxiety
Kshipra	Between thumb and index finger	Vata pacification
Indrabasti	Mid-calf	Improves sleep

**Table 3: Progress Over 4 Weeks.**

Parameter	Baseline	Week 2	Week 4
HAM-A Score	26	17	10
Sleep Quality	Poor	Fair	Good
Palpitations	Frequent	Occasional	None
Restlessness	High	Moderate	Minimal



**Figure 1: HAM-A Score Trend.**

**RESULT**

Clinical improvement was observed throughout the treatment.

**DISCUSSION**

Based on textual references, marma stimulation influences pranic circulation and regulates Vata dosha, ultimately calming the nervous system. Modern interpretations suggest autonomic modulation and altered neuromuscular signaling as mechanisms. The patient's improved anxiety and sleep quality correlate with these theoretical frameworks.

**CONCLUSION**

Marma Chikitsa demonstrated meaningful clinical improvement in anxiety neurosis over four weeks. The therapy was safe, effective, and compatible with standard anxiety management.

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