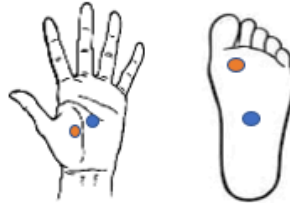


## Marma Chikitsa:

### Daily Routine

Activate each marma by applying pressure and releasing, atleast 15 times. You could apply a drop of sesame oil, turmeric and activate the marmas.

1. Kshipra ●
2. Talahridaya ●
3. Indrabasti ●
4. Sthapani ●
5. Vidura & Phana ● ●
6. Adhipati ●
7. Amsaphalaka ●



#### Kshipra marma

Between the thumb & index finger. Improves lubrication to heart & lungs. Relieves headache

#### Talahridaya marma

Center of palm/sole of foot. Controls skin health & its normal complexion, respiratory system

#### Sthapani marma

Inbetween eyebrows. Controls the 5 senses, intuition, memory, mental stability.



#### Vidura & Phana marma

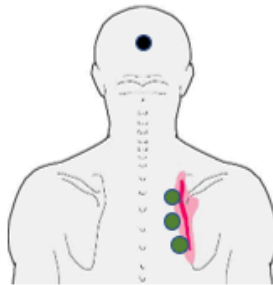
Place thumbs over root of ears & little fingers at the base of the nose. Activate together to find relief from Sinusitis, nasal congestion. Relief from distress, earache

#### Indrabasti marma

4 fingers downward elbow, 4 fingers downward calf muscles. Controls Digestive system entirely, improves Agni (Digestive capacity)



Bringing the finger tips together, activate Adhipati marma gently. Controls the pineal gland, Nervous system, entire Brain, Ojas



#### Amsaphalaka marma

Using middle 3 fingers of the left hand, activate the points of the right shoulder blade; & vice-versa. Improves lubrication in knee joints, relief from shoulder pain.



For the eyes, these 4 points