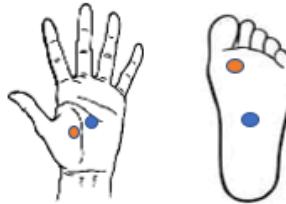
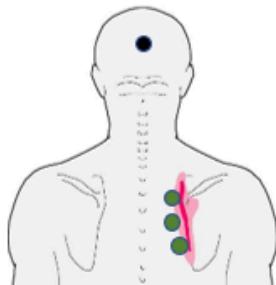
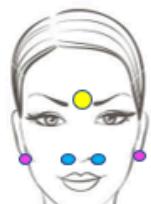


### **Marma Chikitsa:**

#### **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** ●

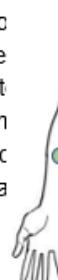


#### **Sthapani marma**

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

#### **Vidura & Phana marma**

Place thumbs over root c ears & little fingers at the base of the nose. Activat together to find relief from Sinusitis, nasal congestive Relief from distress, eara



#### **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

#### **Indrabasti marma**

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



For the eyes, these 4 points



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.