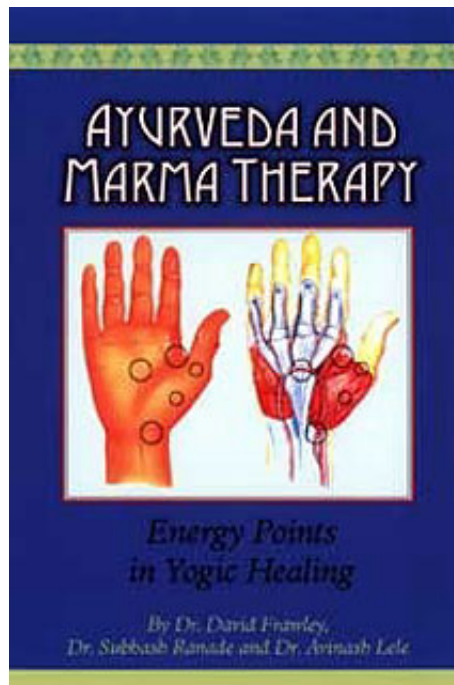


Lele, A./ Ranade, S./ Frawley, D. Ayurveda and Marma Therapy

Reading excerpt
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Preface

The science of Yoga, which has become very popular all over the world in recent decades, is intimately connected to Ayurveda as its corresponding system of natural medicine. As Yoga and Ayurveda become better known, more interest is developing in their specific healing modalities as well. A new Yoga and Ayurveda therapy is arising, integrating their renewed mutual application using yogic tools like asana according to Ayurvedic guidelines as well as applying Ayurvedic therapies to aid in yogic healing.

The use of pressure points, called marmas in Sanskrit, is an important part of this Yoga/Ayurveda interface. Marmas are a common topic in classical Ayurvedic texts and are referred to in modern books as well. They are also frequently mentioned in yogic teachings. But up to this present volume— *Ayurveda and Marma Therapy* —there is no single book that attempts to make this subject easily accessible and readable in the West. This book is meant to help fill in that gap.

Ayurveda and Marma Therapy has three authors: Dr. David Frawley (Pandit Vamadeva Shastri) of the USA along with Dr. Subhash Ranade and Dr. Avinash Lele both of Pune, India. Dr. Frawley is one of the leading western Ayurvedic experts, having authored half a dozen books on the subject as well as developed extensive course material for Ayurvedic programs. He has taken the main lead in shaping the book. Dr. Ranade is one of the most important Indian Ayurvedic doctors teaching in the western world as well as in India. He has written many books, including textbooks used in Ayurvedic colleges. Dr. Ranade and Dr. Frawley co-authored the book *Ayurveda: Nature's Medicine*. Dr. Lele, a colleague of Dr. Ranade, is another important Ayurvedic doctor who has specialized in marma therapy. He is trained in traditional Ayurvedic methods of surgery, which carefully considers the use of marmas. Dr. Ranade and Dr. Lele have collaborated on several Ayurvedic books published in India.

Dr. Frawley wrote the greater portion of the material in the book, including the explanations of Ayurvedic principles and treatments in the first section, as well as most of the information on the treatment of marmas in the Table of Marmas in the second section. He specifically developed the material explaining the use of marmas relative to the practice of Yoga and meditation, including their treatment with gem and color therapy, drawing on various yogic teachings and other related Vedic sciences. Dr. Ranade

and Dr. Lele provided the illustrations and most of the information on the description of marma points, as well as the initial outline of the book.

The book aims both at identifying marmas and indicating the appropriate methods to treat them effectively. Such methods include massage with special oils, herbs and aromas as well as acupressure, acupuncture and various herbal remedies. While classical Ayurvedic herbs and massage oils are presented for those who have access to these, we have also offered commonly available herbs and oils so that any interested reader can begin to use marma therapy for self-care purposes. The treatment of marmas with aroma therapy, which is quick and easy to do, has been a major topic.

We would like to offer a special thanks to Dr. Frank Ros, author of *The Lost Secrets of Ayurvedic Acupuncture* for his chapter on 'Marmapuncture', explaining Ayurvedic acupuncture in detail. Dr. Ros is perhaps the western world's foremost expert on this important topic.

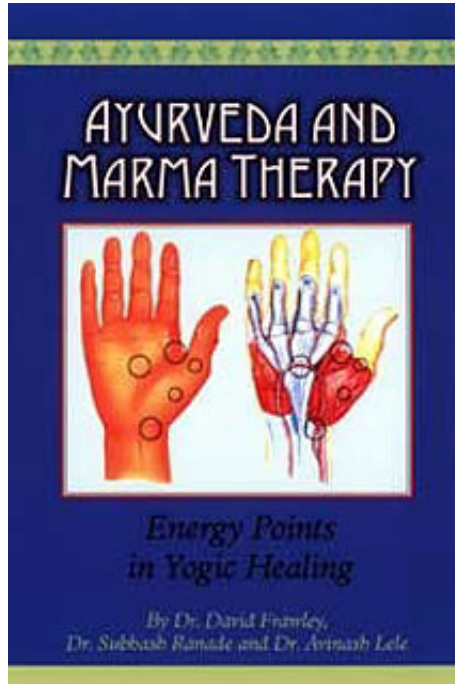
We would like to emphasize that this book is not meant to present the last word on the number of marmas, their location or their manner of treatment. The book emphasizes the main classical Ayurvedic marmas, which are 107 in number, but many other such sensitive points can also be used. While it introduces various methods of treating marmas, particularly oil massage and aroma therapy, such methods can be delineated in greater detail and adapted relative to various treatment strategies and a comprehensive Ayurvedic therapy. The book is a good place to start working with marmas, but still only an introduction to this profound topic. It should be supplemented by a further study of Ayurveda for its full application and integration with the entire range of Ayurvedic modalities.

We have not dealt a great deal with how Ayurvedic marma therapy interfaces with the many forms of bodywork and massage that are practiced today. That is another vast field for research which, hopefully, other therapists will take up in time. We have included several references in the bibliography for those who wish to take up related forms of Ayurvedic healing, energy healing or bodywork. We welcome any feedback from our readers, in order to improve any future editions of this book in light of their suggestions.

Ayurveda remains a vast ocean and we are still but getting acquainted with its waves and currents. May we gain the power to sail into its endless horizons and enter new universes of healing and self-transformation!

Dr. David Frawley, Dr. Subhash Remade & Dr. Avinash Lele

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