

# **Marma Points Of Ayurveda The Energy Pathways For Healing Body Mind And Consciousness With A Comparison To Traditional Chinese Medicine**

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in ayurvedic medicine marma points are anatomical locations in your body where a concentration of life energy exists marma points are said to contain the three doshas vata air and space kapha

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healing

marma points are an important element of ayurveda 39 s healing power developed in india centuries ago these energy points profoundly affect the body mind and spirit and facilitate the deepest levels of healing prana is the current of energy that infuses every cell within the body stimulating marmani energy points directly taps into this

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4 68 77 ratings2 reviews marma points the mystical doors of perception in ancient vedic times marma points were called bindu a dot secret dot or mystic point like a door or pathway activating a marma point opens into the inner pharmacy of the body the body is a silent universal biochemical laboratory operating every moment to interpret

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