



MARMA CHIKITSA : A BOON AS NON INVASIVE THERAPY IN DIABETIC RETINOPATHY (LIFESTYLE DISORDER)

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ABSTRACT

Ayurveda is a Upveda of Atharvaveda and knowledge of Sharir is described lucidly in it. In Atharvaveda, Marmas are described for therapeutic and surgical purposes. Among all the body structures described in Ayurveda classics, Marma Sthana is a specific area on the body that has relation through Pranic channels to various internal organs, doshas and srotas, these are the seat of Prana. Acharya Charak has mentioned 10 Pranayatana in which Marma is also included. Prana is nothing but a source of Urja (energy). Marma therapy is a precise art of touching an individual in exactly the right place at a critical moment of time, for the purpose of healing and bringing flawless results in a lot of disorders that are creating hindrances in healthy life of an individual. One of such lifestyle related disorders is diabetes mellitus which if not controlled later on leads to neuropathy, nephropathy and retinopathy. Today diabetic retinopathy has become one of the leading causes of blindness worldwide. Treatment involves laser, photocoagulation, vitrectomy etc. They are effective for short time, but on the other side, having high recurrence rates and discomfort to an individual. Here hidden treasures of Ayurveda can be explored to help mankind. One of such hidden asset is Marma Chikitsa. Marma Chikitsa involves pressing Marma points which causes release of blockage of energy, removes excess Ama, facilitates digestion, facilitates easy flow of energy, nourishes the tissues, produces endorphins and cortisol like hormones in-turn induces calm shut off FFF response and improves blood circulation. Some of the Marma points stimulation that are related to eyes and some that helps in better metabolism like **Apanga, Avarta, Sthapni, Vidhura, Kurcha, Kurchshira, Indravasti and Nabhi** can play a good role in checking progression of retinopathy with pathya Ahara, healthy lifestyle, exercises and proper medication.. Marma Chikitsa can be a safe, convenient, cost-effective adjuvant remedy in dealing with diabetic retinopathy.

KEYWORDS : Diabetes, Diabetic retinopathy, Marma Chikitsa, Prameha

INTRODUCTION:

Ayurveda is India's traditional healing system it's a profound system of mind-body medicine and natural living. Ayurveda, which means "the science of life," has become recognized today for its wonderful dietary, herbal, lifestyle, and yogic therapies. Ayurveda strives to keep the body healthy and prevent illness. Illness is the condition when the body gets tired excessively or weak and this condition affects the normal physiological functions of the body. Diabetes mellitus is a syndrome with disordered metabolism and inappropriate hyperglycemia due to either deficiency of insulin or a combination of insulin resistance and inadequate insulin secretion. Generally it is of two types i.e. Type-1 and Type -2 diabetes mellitus. Majority of people suffer from Type-2 DM (>90%). Uncontrolled diabetes mellitus eventually gives rise to a lot of micro vascular and macro vascular complications- Neuropathy, Nephropathy, Retinopathies, cerebrovascular diseases.⁽¹⁾ Diabetic Retinopathy (DR) is one of the most common chronic complications seen in patients with diabetes mellitus⁽²⁾ It is the leading cause of new onset blindness in industrialized countries and more frequent cause of blindness in middle income countries. WHO estimated that diabetic retinopathy is responsible for 4.8% of the 37 million cases of blindness. Incidence of DR after 10 years is 50% and after 30 years 90%.⁽³⁾

⁽⁴⁻⁵⁾ PATHOLOGY

Diabetic Retinopathy is a result of micro angiopathy which affects the retinal pre capillary arterioles, capillaries and venules. This micro angiopathy causes:

- (1) Micro vascular leakage
- (2) Micro vascular occlusion

1. Micro Vascular Leakage

Normally capillaries are lined by single layer of endothelial cells and basement membrane. But in retinal capillaries, they are also lined by Pericytes. These Pericytes are specifically lost early in diabetic retinopathy forming micro aneurysms.

2. Micro Vascular Occlusion

Prolonged diabetes mellitus causes thickening of capillary basement membrane, capillary endothelial cell damage and proliferation, changes in R.B.C's and increased stickiness and aggregation of platelets. All together leads to micro vascular occlusion which in turn lead to retinal hypoxia. Appearance of ischemic areas due to occlusion of capillaries manifest as "cotton wool spots" or soft exudates.

Ayurvedic Review

There is no such description of diabetic retinopathy in our texts. But

Acharyas have mentioned effect of diabetes on eyes in Poorva Roopa of Prameha as "Netra Updeha"⁽⁶⁾ and also Prameha Janya Netra Rogas are mentioned by Pujyapada Mahamuni in their text Netra Prakashika⁽⁷⁾

Samprapti of Diabetes on modern parameters can be well understood by Agnimandha or weak Chayapchaya Kriya causing improper metabolism that leads to increased glucose level. Uncontrolled diabetes than steps out to cause complications like diabetic retinopathy. Samprapti of diabetic retinopathy can be understood hypothetically by these Srotodushti types as. Kleda (Kapha Dosha) which is the main causative factor in Prameha and Netras which are seat of Pitta Dosha having fear of Kapha Dosha. Increased Kleda and Kapha Dosha along with Pratiloma Gati of Vyan Vayu reach eyes travelling through Rasayanis (micro capillaries) and causes Srotorodha there, which can be understood with micro vascular occlusion. Due to prolonged Srotorodha there occurs Vimargagamna and Atipravrti of the Doshas in later stages that can be indicative of hemorrhages and neovascularisation respectively. Also micro aneurysms that are formed first are reflective of Siragranthi. This is how vitiated Doshas cause Srotodushti in retinopathy.⁽⁸⁾

AIM & OBJECTIVE:

To study affect of Apanga, Avarta, Sthapni, Vidhura, Kurcha, Kurchshira, Indravasti and Nabhi marma chikitsa in Lifestyle Disorders (Diabetic Retinopathy).

DISCUSSION :

If we think about the treatment, Ayurveda talks about Samprapti Vighatan and Nidaan Parivarjan as treatment of every disease. Ayurveda the holistic science introduces a lot of non- invasive techniques to tackle diseases. One such remedy is Marma Chikitsa.

Marma Chikitsa is the understanding and therapeutic use of Marmani- The energy points - to balance the body, mind, and spirit. It is an ancient non-invasive practice whose focus is the manipulation of subtle energy (Prana) in the body for the purpose of supporting the healing process. It is based on the utilization of 107 points in the body which are considered to be access points to body, mind and consciousness.

It is the art of touching an individual at exactly the same point so that energy blocked over there can be released. It is being proved scientifically that in acupuncture and acupressure on pressing the vital energy points there is stimulation of the nerve fibers there and causes

Hypothalamic-pituitary adrenocortical axis that releases endorphins, cortisol and serotonin like hormone which in turn release anxiety, reduces pain, improves blood circulation and causes a relaxation response.

So, Marma Chikitsa can be helpful to deal with diabetic retinopathy. Marma points that can be used will work in two ways - firstly, control diabetes and maintain metabolic process. Secondly, maintain vision.

Acharya Sushruta and **David Frawley** have mention certain Marma points that work on both of these postulates. Kurchashira, Indrabasti and Nabhi Marmas of upper extremity and trunk are the points that control metabolism and action of Pachaka Pitta which will in turn help to maintain glucose level and prevent individual to face complication soon. Apanga, Avarta, Sthapni, Vidhura and Kurcha are the Marma points that enhance working of Alochaka Pitta and are directly related to vision which in turn maintain visual status of eye having retinopathy.⁽⁹⁾ On applying pressure on these points also there is release of Srotorodha and easy flow of blood resulting in proper nourishment of eyes. These marma points can be stimulated by pressing each point 20 times in one shift and twice a day.

CONCLUSION :

Diabetic retinopathy which is now a day's a current topic as it is being counted in one of the cause of avoidable blindness. In modern sciences, the only ways are laser, photocoagulation and surgery. In fact they too recommend prevention through diet, exercise and tight glycemic control through medicines. Here Ayurveda can hunt their hidden non invasive techniques like Marma Chikitsa that is so easy to do, consume no time and is milestone in medical science. Marma Chikitsa helps in maintaining equilibrium between Tridosha at physical level and Trigunas at mental level.

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