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Review Article

EFFECT OF *TALAHRIDAYA MARMA* ON BLOOD PRESSURE: AN AYURVEDIC APPROACH

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ABSTRACT

The term "*Marma*" describes 107 crucial body regions identified in ancient Ayurvedic texts, believed to be the seat of *Prana* (life force). *Marma Chikitsa*, or *Marma* therapy, is increasingly popular among clinicians for treating various ailments. **Problem Statement:** Hypertension is a major risk factor for cardiovascular morbidity and mortality. Despite its significance, the prevalence of hypertension in India is not well-documented. Cardiovascular diseases are the leading cause of death globally, with 17.9 million deaths (31% of all deaths) in 2016. Hypertension is associated with severe conditions such as ischemic heart disease, heart failure, stroke, and chronic renal disease, contributing to 57% of stroke fatalities and 24% of deaths from coronary artery disease. **Aim and Objective:** The purpose of this review is to examine *Talahridaya Marma's* function in blood pressure management from both an Ayurvedic and contemporary scientific standpoint. It aims to investigate *Talahridaya Marma's* physiological and clinical relevance as well as its potential as a treatment for hypertension. **Materials and Methods:** Classical Ayurvedic scriptures and contemporary medical literature were used in a thorough literature study. In regard to blood pressure control and cardiovascular health, the study investigates *Talahridaya Marma's* anatomical, physiological, and therapeutic significance. **Discussion:** Ayurveda states that *Vyana Vata*, *Prana Vata*, and *Avalambaka Kapha* control blood circulation. Unbalances in these *Doshas* are thought to be a contributing factor in hypertension. Being an important energy point, *Talahridaya Marma* is thought to affect the autonomic nervous system and cardiovascular system. According to recent studies, activating particular *Marma* points can regulate blood pressure and heart rate. It has been observed that *Talahridaya Marma* treatment helps with circulatory diseases, hypertension, and palpitations.

INTRODUCTION

Anatomically, *Marma* is the place where muscles, veins, ligaments, bones, and joints are connected.[1] A total of 107 *Marmas* (vital spots) are found in the body: 37 in the head and neck region, 26 in the trunk, and 11 in each limb[2]. Along with *Tridosha*, they are also the locations of *Sattva*, *Raja*, and *Tama*, as well as their more subtle versions *Prana*, *Ojus*, and *Tejas*.[3]

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According to *Vagbhata*, *Marma* is where *Prana* is found and where *Mamsa*, *Asthi*, *Sira*, *Snayu*, *Damani*, and *Sandhi* assemble. Nonetheless, it is also thought that *Marma* can consist of any or all of the previously stated components.[4]

AIM AND OBJECTIVE

The purpose of this review is to investigate *Talahridaya Marma's* physiological and anatomical importance in connection to blood pressure regulation. It also assesses the Ayurvedic view of blood pressure and how *Tridosha*, *Dhatus,* and *Srotas* relate to it, highlighting the possible use of Marma treatment to treat hypertension.

MATERIALS AND METHODS

The study's foundation is a thorough analysis of the literature on *Talahridaya Marma* and blood pressure regulation, contemporary medical research, and historical Ayurvedic scriptures. Through the perspective of Ayurveda, the physiological mechanisms of blood pressure are investigated, emphasizing the functions of the neurological and cardiovascular systems as well as the *Vata, Pitta,* and *Kapha doshas*.

The Role of *Doshas* in Cardiovascular Health

***Vyana Vata*:** This sub-type of *Vata* is responsible for circulation and the movement of blood throughout the body. It supports heart function and ensures proper distribution of nutrients and oxygen. When *Vyana Vata* is imbalanced, it can cause fluctuations in blood pressure, leading to hypertension or hypotension.[5]

***Prana Vayu*:** It governs respiration, mental function, and heart regulation. It directly influences heart rate and blood vessel function. Any disturbances in *Prana Vayu* can contribute to stress-related hypertension and anxiety-induced blood pressure fluctuations.[6]

***Avalambaka Kapha*:** This sub-type of *Kapha* is found in the chest region and provides stability, nourishment, and lubrication to the heart and lungs. It ensures the structural integrity of the heart and prevents excessive exertion. Imbalances can lead to fluid retention, increased cardiac workload, and arterial stiffness, further contributing to hypertension.[7]

Talahridaya Marma

Talahridaya Marma is classified as a type of *Mamsa Marma*, two in the upper limbs and two in the lower limbs make up the body's four *Talahridaya Marma.* The line that connects the middle finger in the middle of the palm is the upper limb's *Talahridaya Marma*. Measurement of this *Marma* is a ½ *Angula*. The region where a person's palm roughly resembles their middle finger when they create a fist is another way to identify this, *Marma. Talahridaya Marma* (fig. 1) is situated in the center of the lower limb's sole and can be traced in a straight line from the root of the middle finger. Ayurvedic literature suggests that the traumatic consequences of this *Marma* site could lead to severe pain or even death.[8,9]

Anatomical site/surface anatomy [10]

It can be found in the midsole of the foot or at the root of the middle toe if a straight line is drawn from that point to the centre of the foot. When injured, this *Marma*, which is classified as *Kalantara Pranhara Marma*, results in excruciating pain that may ultimately result in death. It is easier to see this *Marma* when people are sitting or lying down on a bed with their legs outstretched. Consider the healing process to be a straight, vertical line that starts at the middle finger's base. Use both thumbs to simultaneously check for the *Marma* in the sole. It is important to carefully pinpoint the area of mild pain on deep palpation above the palm and sole aponeurosis. Directly above it is the anastomosis of the blood vessel's arch.

Injury results

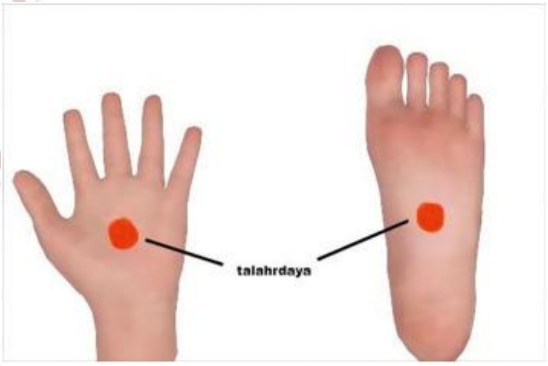
Extreme agony upon injury to this *Marma* is the cause of death. The function of phalangeal flexion and extension as well as great toe adduction may be compromised by injury. Plantar arch damage may result in severe bleeding.

Regional anatomy[11]

Knowing how important anatomical structures are applied

The following anatomical features, based on the description given above, would most likely be covered by this *Marma*:

1. The flexor digitorum brevis, quadratus plantae, and oblique head of the adductor hallucis (from the bottom up) are among the muscles at the sole of the foot.
2. The deep branch of the lateral plantar nerve (which runs alongside the plantar arch).
3. The plantar arch of arteries
4. The long plantar ligament
5. The planter aponeurosis



Introduction of Blood Pressure

His psychologically trying conditions and poor lifestyle are the cause of his diseases. By influencing mental health and physical homeostasis through a range of psychosomatic processes, these factors contribute to a number of lifestyle-related diseases, including high blood pressure and diabetes. About 40% of those over 25 had hypertension in 2008, according to a World Health Organisation survey.[12] In India, hypertension is directly to blame for 24% of all deaths from coronary heart disease (CHD) and 57% of all stroke deaths.[13] The most powerful risk factor for conditions affecting the brain, kidney, heart, and peripheral arteries, it can be lethal if left untreated.[14] The majority of people with hypertension (85%) do not exhibit any symptoms, making it a silent killer.[15]

According to Ayurveda, hypertension cannot be regarded as a *Vyadhi* (illness); rather, it can be comprehended by evaluating the relevant *Doshas, Dooshyas* (entities impacted by morbid *Dosha*), *Srotas,* etc. There is no standardised and generally acknowledged opinion regarding the Ayurvedic pathogenesis of hypertension, although numerous Ayurvedic scholars have put forth various views regarding how this ailment might be understood in Ayurveda. In Ayurveda, there are still a lot of disputes around this illness.[16]

Talahridaya Marma and its Role in Blood Pressure Regulation

Talahridaya Marma is classified as a type of *Mamsa Marma*, located at the center of the palms and soles. It is associated with *Prana Vayu*, *Vyana Vayu*, and *Avalambaka Kapha*, which are fundamental for circulatory and cardiac function.

1. ***Prana Vayu*:** Governs respiration, heart function, and mental clarity. An imbalance in *Prana Vayu* can lead to disturbed autonomic functions, contributing to hypertension.
2. ***Vyana Vayu*:** Controls circulation and the rhythmic contractions of the heart. It ensures the even distribution of blood, and its dysfunction can cause irregular blood pressure.
3. ***Avalambaka Kapha*:** Provides stability and lubrication to the heart and lungs. It helps maintain cardiac muscle function and prevents excessive stress on the heart. An imbalance can lead to fluid retention, contributing to hypertension.

Stimulating *Talahridaya Marma* helps balance these three *Dosha*, improving cardiovascular health and potentially reducing hypertension. This can be achieved through acupressure, massage, or specific yoga postures that activate *Marma* points.

Self-*Marma* therapy

Use the middle finger to press this important spot five to ten times. To perform *Talahridaya Marma*, flex the middle finger in the open palm and attempt to touch the area above the ear prominence; *Talahridaya Marma* is the depressed area in the middle finger's line above the ear eminence. The thumb and index finger of the other hand can likewise be used to press this *Marma*.

Mechanism of Action of *Marma* Therapy in Blood Pressure Regulation

Marma therapy stimulates energy flow and lowers stress, which affects the autonomic nervous system. It operates as follows:

1. **Neurophysiological Response:** *Talahridaya Marma's* activation triggers the neurological system, which in turn triggers parasympathetic activation, which can reduce blood pressure.
2. **Hormonal Regulation:** By balancing biological secretions such as cortisol and adrenaline, stimulation of the Marma point might lessen hypertension brought on by stress.
3. **Better Circulation**: *Talahridaya Marma* maximises blood flow by promoting cardiac output and vascular resistance.
4. **Reduction of Oxidative Stress**: It is thought that regular *Marma* therapy contributes to better vascular health by lowering inflammation and oxidative stress in artery walls.

DISCUSSION

According to Ayurveda, *Marma* is a crucial energy point where many anatomical systems come together. Located in the middle of the palms and soles, *Talahridaya Marma* is linked to *Prana Vata* and is important for controlling the heart. According to *Ayurveda, Vata,* and *Pitta* imbalances are linked to hypertension, a serious global health concern. The functioning of *Vyana Vata, Prana Vata*, and *Avalambaka Kapha* is used to analyze the physiological mechanisms of blood pressure. These mechanisms relate to contemporary ideas of arterial resistance, cardiac output, and autonomic nervous system regulation. It has been noted that *Marma* therapy, especially the activation of *Talahridaya Marma*, has a favourable impact on cardiovascular parameters and may help regulate blood pressure.

CONCLUSION

The *Talahridaya* According to Ayurveda, *Marma* is very important for cardiovascular health. Its activation could be used as a supplemental treatment for circulatory diseases, including hypertension. To establish standardized therapeutic regimens and confirm the effectiveness of *Marma* therapy in blood pressure management, more clinical research is required.

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