

The Effect of Marma Practices on Blood Pressure Variables of Senior citizens

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Abstract: Marma is the science that has been practiced for thousands of years. It is a way of life, which can be practiced by any human being regardless of age, sex and condition of health, thus it is based on general physical and spiritual. Marma exercises can help a person to improve physical and mental health and provide firm control over body and mind especially to overcome most of dangerous diseases. The purpose of the present study was to find out the significant effects of Marma Practices on Blood pressure variables of senior citizens. 30 subjects were selected randomly from Indira Nagar colony of Gorakhpur district. Sphygmomanometer test were used for the assessment of Marma training program. To find out the significant effect of Marma training programme on blood pressure variables of senior citizens, 't-test' was used as statistical tool. The level of significance was set at 0.05 levels. The result revealed that there was significant effect of Marma practice on blood pressure variables of senior citizen.

Keywords: Marma Practice, Blood Pressure, Senior citizen, Physical health, Mental health etc.

I. Introduction :

Marma Science can be retrieved in the form of a Medical Science from our Vedas, Brahmanas, Upanishads, Puranas and Samhitas. Marmas are seats of Prana (life or vital force). The union of PanchaBhautikas viz. Mamsa, Sira, Snayu, Asthi and Sandhi in varying proportions are defined as Marma points. They are sensitive, fatal, painful and cause deformity if not properly used. The points were earlier used by kings and warriors for attacking the enemies. Also, it was restricted and taught as a Healing therapy to those engaged in Self-less service for the welfare and happiness of Humanity and to all those aspiring for Samadhi and Self-realisation. Human body is in fact a temple of Health, Courage, Power, Vigor and Vitality. Lord Brahma is seated in our Umbilicus, Lord Vishnu in the Heart and Lord Sadashiva in our Chakras. Then where from these health problems originated? It is in fact due to deviation in our style of living, behavior and thought patterns. We have lost our Godliness by exercising our Free will in an erroneous manner ignoring the 'Law of Karma'. Hence, we are entangled in the Cycle of Birth and Death. MarmaChikitsa is considered as the base of Angirasa treatment. Marma Science is a Heavenly Science. It is a Science for Preservation, Promotion, Operation, Regulation and Management of our Health. It is a communicating link between Central Nervous System, Glands and Organs of Human body. Marma points are 107 in number.

The aim of Marma therapy is – 'Preservation of Health, Prevention of disease and Awakening of Heavenly Powers' latent in us. We are ignorant of this Self-healing power of Human body. These very same 107 points can be utilised positively for treatment of various health issues and specially Pain Management achieving considerable instantaneous relief in the first instance and a permanent relief in the long run on account of regular practice. Acknowledging, recognising and implementing the urges of spontaneous human postures is the secret of Marma Science. Marmas are located in the human body in different spontaneous human postures and by measurement of one's own body parts. Stimulation of marma points is inherent in Yogasanas, Mudras and Pranayama. Marma therapy involves certain natural and non-invasive techniques like application of pressure, vibrating or pinching or application of hot and cold pastes, oils and ointments at the marma sites of oneself or another person. Methods of operation/massage are different for different points. Improper pressure application may cause vertigo, vomiting, de-sensitisation, severe pain, unconsciousness. The techniques are to be learnt properly through a trained person only. Little bit knowledge of Anatomy and Physiology will be of great help. A diseased body cannot achieve Spiritual gains in an efficient manner except in extraordinary cases (advanced souls). Marma practice bestows us health at all levels viz. Physical, Mental and Spiritual. The cleansing of 72,000 nadis through the Self Marma Therapy is a boon to humanity. The PanchaPranas and Up-pranas flowing in our body can be regulated in harmony by Marma Therapy and we all can regain our Health which is our Birthright since we are all the Divine sparks of the Almighty. By practicing Self Marma Therapy for only Ten to Fifteen minutes thrice a day our Health can be maintained in good condition at all

Health is an important concern for all human being. Health is the level of functional or metabolic efficiency of a living organism. In humans it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain. Physical health means energy, stamina and adequate strength or

resources for the requirements

of the work as well as mental health indicates strength of purpose, coordinate of efforts, steady pursuit of well chosen goals and a high degree of mental organisation and integration. Marma is the kind of bodily movement with mental concentration, it is now being realised in all over the world that Marma is not only for better development of mind, socio control and moral aspects but also a therapy. Marma is the science practiced in India since ancient times. Modern medical science tries to achieve optimum physical and mental health of the individual through preventive, curative & promotive approach. Numerous people all over the world have derived subjective benefits by practicing yoga regularly but to prove its efficiency as a health science it must be studied in the light of modern medicine. So the present study was planned to investigate the effect of 4 weeks Marma training on the blood pressure variables of senior citizens.

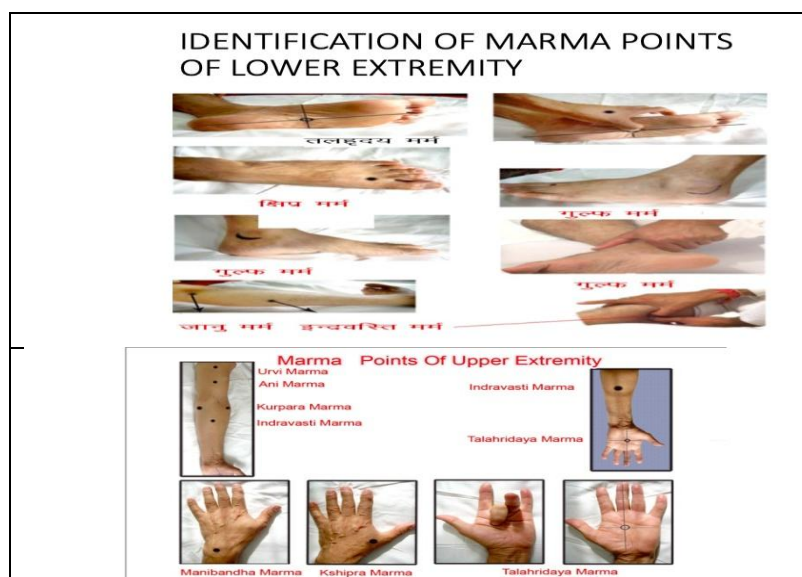
Objective of the study : To find out the effect of 4 week regular Marma training programs on the blood pressure variables of the subjects.

Hypothesis : There will be significant difference appear on senior citizen's blood pressure variables.

Sampling and Methodology : The present study was experimental. To achieve the objective of the study, 30 senior citizens were selected from Indira Nagar Colony, Gorakhpur who were suffering from blood pressure problem. Before starting of the yogic training, pre- test was conducted. The duration of Marma training was 4 weeks in which everyone receives training for 6 days per week and 45 min per day. Keeping in mind the objective of the study that Marma training program was prepared in such a way which helps to cure the selected blood pressure variables. Following yogic training were performed by the subjects for 4 weeks daily in the morning.

(Marma Training Program 4 weeks)

S.No	Day	Marma therapy	
1	Monday	Upper Extrimity (Right and left palm)	Lower Extrimity (Right and left sole of feet)
2	Tuesday		
3	Wednesday		
4	Thursday		
5	Friday		
6	Saturday		



Before starting the training we have taken pre-test on blood pressure variables by Sphygmomanometer. After 4 weeks yogic training all the blood pressure variables were recorded again and were compared using single sample group test.

II. Observation And Results :

Table -1

Variables	Group	N	Mean	Sd	df	't 'ratio
Systolic Blood Pressure	Pre test	30	117.17	4.11	29	3.17*
	Post test	30	116.07	3.21		
Diastolic BloodPressure	Pre test	30	68.54	2.73	29	4.64*
	Post test	30	67.50	2.17		

*Significant at 0.05 level

On the selected subjects pre-test with respect to measure the selected variables was conducted at very first stage of study than as far as experimental treatment is concern. The 4 weeks marma training programme was administered as per scheduled and then post test was conducted to measure same variables with the help of reliable tools of measurement to find out the significant difference and to find out the suitable marma training programmes for senior citizen. Significant differences were found in systolic blood pressure and Diastolic blood pressure which showed above in table-1 and showed the positive effects of marma training. By the pre- test and post test scores.it is evident that there is significant effect appeared after the marma training on blood pressure variables of senior citizens.

Discussion and Conclusion :It is evident from the study that significant differences were found in systolic blood pressure and diastolic blood pressure, which showed that positive effect of marma training on selected variables of senior citizens. The findings of the study are proved that daily yogic practice can be cure the blood pressure related problem of senior citizens.The objective of the study was to find out the significant difference on the effect of marma training on blood pressure variables of the subjects. The result revealed that there is a significant difference effect of marmapractices on blood pressure variable of seniorcitizens.

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