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Healing Cervical Spondylosis Naturally: "Self-Stimulation-Use of *Amsa Marma* Point Therapy"

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Abstract: ***Before assessing the capabilities of the human body it is importent to know that this body is the best creation of God.All the Mundane and supernatural capabilities siddhis can be attained through this.This body is the door to salvation.Marma chikitsa is a thousands of years old vedic medical system. Regarding fighting techniques, Marma is mentioned in the majority of ancient literature, the Vedas, and Ayurvedic writings. Marma points were considered crucial or critical regions because of their connection to Prana (life energy) and the resulting crippling injury. Since Marma points are seen to be significant intersections across the networks of the psycho-neuro-endocrine-immunological system, the idea of Prana strengthens its link to an individual's mental, physical, social, and spiritual aspects of existence.***

These locations can be protected, activated, or concealed to control different mental and physical processes and enhance overall health. In a sense, "occupational health" is a branch of public health that addresses preserving and advancing health in.

Degenerative alterations in the cervical spine on the components inside the spinal canal as well as the vertebral and intervertebral discs of the neck are the hallmark of cervical spondylosis, a chronic disorder. It is characterized by head and neck pain with radiation to the shoulders and arms, making normal chores difficult for the patient.

Self-Marma Amsa Marma Point Therapy Managing Cervical Spondylitis without medication.

Keywords: Ayurveda, Marma, Vaikalyakara, Amsa Pradesha, Cervical spondylitis.

I. INTRODUCTION

Marma chikitsa is a system of treatment which by a little practice in a short time one can effortlessiy get all the benifites that are available to a being through any type of popular exercise method. Many incurable diseases can be easily cured by *Marma chikitsa* by any other system human Known as the "Science of Life," *Ayurveda* is one of the oldest traditional medical systems. *Sharir Rachana*, a foundational work of *Ayurveda*, provides a thorough description of the human body's anatomy.

One of the earliest *Auyrvedic* medical texts is *Sharir Rachana*, also referred to as the "Science of Life." According to the *Atharvaveda*, soldiers wore armor to protect their *Marmas* or other vital bodily parts. These regions were thought to be crucial for both health and survival. It is said that these substances contain energy that moves through the body through what are known as *Marma* points. The Indian alternative medicine system known as *Ayurveda* has a long and illustrious history. According to *Ayurvedic* viewpoints, a person's health is determined by the five components found in nature. *Marma* points are reported to be facilitated by *massage* or rub applied to them.

A. Aim

To investigate and assess the efficacy of self-stimulation of the *Amsa Marma* point as a natural, non-invasive treatment for improving neck mobility, reducing cervical spondylitis symptoms, and fostering general musculoskeletal health.

B. Objective

Natural remedies for cervical spondylosis *Amsa Marma* point activation methods.

C. Self-Stimuation on the Amsa Marma

Any position that permits hyper flexion and hyper extension may enable activation of the *Marma* at the back. For the upper limb, the palm can rest on the opposite shoulder at the lower cervical region.

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The *Amsa Marma* is located at the point that the middle finger's tip touches the shoulder. To activate this *Marma,* you may assume *sukhasana,* or a chair, but ensure the upper arm is parallel to the thorax. Place the palm of the hand on the opposite side of the shoulder and apply pressure at the point where the tip of the middle finger rests. At this position, the *Amsa Marma* will be located.
The subscapular vessels can be activated by placing the arms behind the opposite side of the body, just under the glenohumeral joint .While maintaining this position, notice that the thumb supports.

II. DISCUSSION

The science of *Marma* is one of the distinctive ideas of *Ayurveda* that has been thoroughly investigated via a great deal of research, especially in surgical procedures. These superficial regions, which can be found anywhere on the body, are important and distinct. They are especially significant because they are the sites of *'Prana*' (life energy). Cervical spondylosis can also be treated holistically with *Amsa Marma* therapy, which is based on *Ayurvedic* principles. By activating certain *Marma* points, particularly the *Amsa Marma* at the shoulder joint, this technique seeks to reduce discomfort and improve mobility.

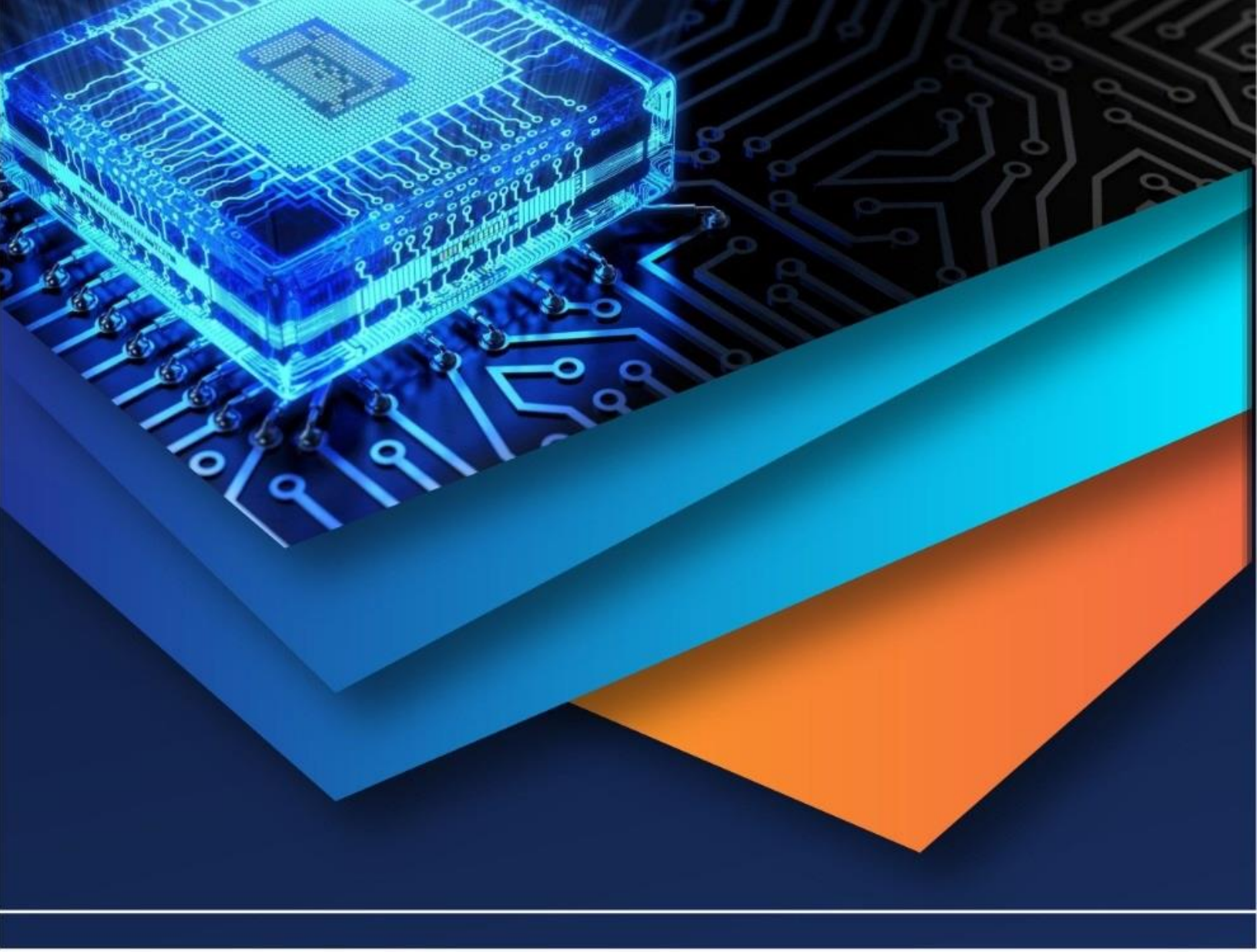
III. CONCLUSION

Marma points are the foundation of *Ayurveda's* understanding of anatomy and healing. They act as energy centers that stand for both physical and mental well-being. Self-stimulation of important *Marma* sites, such as *Marma,* offers a mild, all-encompassing option for ailments like cervical spondylitis, where contemporary treatments may provide little comfort or result in adverse effects. Frequent practice may improve mobility, lessen discomfort, and advance general health by balancing the body's vital energies.*Marma chikitsa* provides physical emotional and spiritual benefits.

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