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Exploring the Role of *Marma Avacharana* on *Phana Marma* in Restoring the Sense of Smell: A Review

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ABSTRACT

Introduction : In Ayurveda, Marma refers to vital energy points in the body where Māṃsa (muscle), Sirā (vessel), Snāyu (tubular structures), Asthi (bone), and Sandhi (joint) meet. These points are centers of Prāṇa (life force) and play a crucial role in maintaining health. Phana Marma, a Vaikalyakara Marma, is significant, and injury to it can lead to loss of Gandha Jñāna (smell perception). This study explores the therapeutic potential of Marma Parisheka on Phana Marma, specifically its impact on anosmia caused by trauma.


Methods : The treatment protocol includes Ghritāpana (consumption of ghee), Parisheka (continuous pouring of liquids), Lepana (application of medicated pastes), Śodhana (purification), and Śamana (pacification) therapies, as explained by Acharya Sushruta in the Bhagha Chikitsa Adhyaya. The study investigates the effect of continuous pouring of medicated liquids onto Phana Marma. Therapeutic effectiveness is assessed based on pain relief, nerve function, and restoration of Gandha Jñāna, identifying the most suitable medicated liquids for Marma-ghāta (injury to Marma).

Results : The treatment's results will be measured by improvements in sensory perception, particularly the restoration of Gandha Jñāna. Changes in pain and nerve function will be documented, providing insights into Marma Parisheka's efficacy in treating anosmia and its broader impact on respiratory and cognitive health.


Discussion

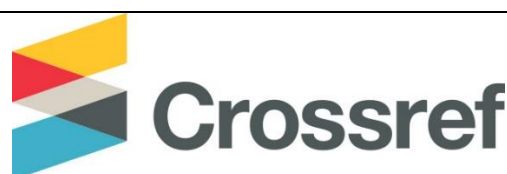
This study will enhance the understanding of Phana Marma's anatomical and physiological significance. The findings will contribute evidence-based recommendations for Marma Parisheka in Ayurvedic practice, refining Marma therapy in Marma-ghāta.

Keywords: Phana Marma, Marma Parisheka, Gandha Jnana, Anosmia

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