

MARMANI OF THE HEAD, NECK AND SHOULDERS

MARMA	INDICATIONS
1. Adhipati	Pineal gland, cardiac plexus, pyloric valve, grounding
2. Brahmarandhra	(where a baby's soft spot is) Pituitary gland, pressure headache, regulate cerebro-spinal fluid
3. Stapani Ajnya	Lower legs, pineal-pituitary, eyes, stomach, kundalini, coordination. Seat of prana
4. Bhruha	R: liver/gallbladder L: spleen
5. Kaninaka	Stomach, eyestrain, kledaka kapha and pachaka pitta
6. Ganda	Allergies, pneumonia, bronchitis, lungs, maxillary sinuses
7. Nasa	Allergies, respiratory issues, bronchii, lungs, door of prana
8. Oshta	Cerebral circulation, paralysis, convulsions, prana, anterior pituitary, strengthens prana, sneeze control, allergies, anti-seizure
9. Hanu	Posterior pituitary, head cold, testicular and cervical pain
10. Shankha	Headache, acid stomach colon, glaucoma, regulate intra-orbital pressure, cerebro-spinal fluid
11. Apanga	Kidney, colon, lacrimation, apana vayu
12. Skandha	(midpoint of trapezius): Tension, regulation of energy flow, insomnia, diabetes, stress, regulate vyana, prana, udana
13. Kantha	(on adam's apple) Vocal cord, larynx, udana vayu
14. Kanthanadi	Trachea, bronchi, bronchial asthma, thyroid, metabolism, heart palpitations
15. Jatru	Thymus, stimulates T-lymphocytes by tapping, immunity
16. Mantha	Cervical lymphatic circulation, palpitations, cervical plexus
17. Siramantha	Carotid artery, cervical plexus, cardiac spasm
18. Akshaka	R: rt side of heart, angina, rt arm, spleen. L: left side of the heart, angina, left arm, gall bladder, liver, digestion, metabolism and jathara agni, all along the clavicle.
19. Kapola	Bridge between prana and vyana, eustacian tube, cardiac pain, arteriosclerosis, angina, coronary vaso-dilator, hypertension
20. Shivarandra	Posterior fontanelle, pituitary & pineal balance, top of

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	sushumna, cerebro-spinal fluid, edema,
21.Manyamulam	Posterior cranial fossa, pancreas, sigmoid colon, posterior cerebral artery, stroke, indigestion, via sadhaka p. regs: samana v., apana, vyana and pachaka
22.Kriphatika	Axis/C2. Occipital h/a, nosebleeds, splenic pain, disequilibrium, visual disturbances. Samana governs alochaka from here.
23.Karnapala	(at center of the red blood vessels in the lobe) Cervical lymph nodes, orbital h/a, occipital h/a, sahasrara, rasa dhatu,
24.Karnamulam	(base of mastoid):, ears, intestines, facial paralysis, amnesia, spots in vision.
25.Karnapali	Lumbo sacral joint, kundalini, muladhara
26.Vidhuram	Atlas/ C1: Occipital h/a, nosebleeds, splenic pain, disequilibrium, visual disturbances. Samana governs alochaka from here.
27.Griva	(on the transverse processes) C3: thoracic duct, vocal cord, udana. C4: thyroid, parathyroid, udana. C5: parathyroid, intestines, samana and apana. C6: intestines, samana and apana
28.Manyamani	C7 (strong protuberance): Pituitary, thyroid, thymus, heart, spinal cord, spinal nerves. If shifted to R side-pingala-pitta provocation. If shifted to L side-ida-kapha provocation. If more protruded=Vata provocation. Migraine. Sahdaka P governs samana vayu, pachaka p and apana v via here.
29.Amsa	Shoulder pain, stress
30.Apastambha	(2nd ic space) bronchus, bronchi, pulmonary valve
31.Hrud	(3, 4, 5 ic spaces): heart, pericardium, regulate avalambaka, vyana, prana, sadhaka

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Shamana (Palliative Treatment) Oils

Base oils			
Vata	Pitta	Kapha	Tridoshic
Sesame Almond Vata Massage	Coconut Sunflower Pitta massage	Sesame Sunflower Kapha massage	Shirodhara oil Tridoshic oil
Essential Oils to add to base oils for Marma Therapy			
<ul style="list-style-type: none"> • Amber • Blue Chamomile • Blue Lotus • Champa • Dawn-blooming jasmine • Geranium Sur Fleur • Rose • Ginger** • Gingergrass • Hina • Jatamamsi • Khus • Lavender • Lemon-balm • Rose • Tulsi • Saffron (from India) • Sandalwood • Ylang ylang 	<ul style="list-style-type: none"> • Blue Lotus • Blue Chamomile • Champa • Dawn-blooming jasmine (with care) • Helichrysum • Jatamamsi • Khus, very good • Lavender • Lemon-balm • Peppermint • Rose • Saffron (from India) (especially good for P) • Sandalwood • Ylang ylang 	<ul style="list-style-type: none"> • Amber • Blue Chamomile (in moderation) • Champa • Cinnamon • Geranium • Ginger** • Gingergrass • Hina • Jatamamsi • Lavender • Lemon • Orange • Rose (in moderation) • Saffron (from India) • Sandalwood • Tulsi, very good 	<ul style="list-style-type: none"> • *Lavender • Blue Chamomile (in moderation for K) • Champa • Jatamamsi (esp. for Vata) • Rose (in moderation for K) • Sandalwood (especially good for P)

*especially nice for the steam **especially nice for marma points on the abdomen or for steam.

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Essential Oils for Swedana			
Vata	Pitta	Kapha	Tridoshic
Ginger Gingergrass		Ginger Gingergrass	<ul style="list-style-type: none"> • Ylang ylang (not traditional Ayurveda) • Cedar (in moderation for V) • Eucalyptus (especially good for K) • Frankincense • Lavender • Silver fir (in moderation for V)

Medicinal Oils	Therapeutic Indications
Ashwagandha/bala	Physical sense of weakness
Bhringraj	Early graying hair, hair loss, baldness
Brahmi	Headaches due to high pitta
Mahanarayana	Sore, aching, cracking joints
Neem	Red, inflamed, irritated, sunburned skin

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Base Oils				
Oil	Rasa	Vir ya	Gunas	Indications
Almond	Sw	H	Heavy	-V
Avocado	Sw	C		
Canola	Ast	C	Dry, rough light	
Castor	Sw Bi	H	Heavy	Cools externally, heats internally
Coconut	Sw	C	Heavy	
Corn	Sw ast	H	Dry rough	
Ghee	Sw	C	Heavy	Kindles digestive fire
Mustard	Pu	H	Sharp	Strong smelling
Olive	Sw	C	Heavy	Causes cellulite
Safflower	Sw Ast	H	Light, sharp	
Sesame	Sw Bi	H		Strengthens, lubricates
Sunflower	Sw Ast	C		Soothing

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Essential Oils				
Oil	Rasa	Virya	Gunas	Indications
Amber				-VK
Blue chamomile	Sw	cool		-VP (K in moderation)
Cedar	Pu, sw	cool		-PK (V in moderation)
Champa				-VPK
Dawn-blooming jasmine	sw	N		-VP (=K in moderation)
Eucalyptus	Sw, pu, ast, bi	warm		-VPK, esp. -K
Frankinsense (boswelia serrata)	Bi, pu	neutral	drying	-VPK
Geranium sur fleur rose	Pu, sw	w		-VK
Ginger	pu	H		-VK
Gingergrass		H		-VK (ok for P in moderation)
Helichryssum	Pu, sw	Cool		-P
Hina		H		-VK
Jatamamsi	bi	C		-VPK
Lavendar	Sw, bi, pu	C		-VPK
Lemon balm	Bi, sw	cool		-VP
Rose otto				-VP (=K in moderation)
Ruh khus	Pu, bi	C		-VP +K esp good for -P
Sandalwood	Pu, bi	C		-VPK, esp. -P
Silver fir	Sw	C		-PK (v in moderation)
tulsi	Pu, sw	H		-VK, esp. -K
Ylang ylang	Sw	Cool		-VP

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Qualities of sneha:

- **unctuous**
- **heavy**
- **cool**
- **soft**
- **slimy**
- **spreading**
- **slow**
- **subtle**
- **liquid**
- **takes on the gunas of drugs with which it is cooked**

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