

Marma Chikitsa

For Quick Relief in Demanding Situations

An Initiative of

NADICHIKITSA INSTITUTE FOR AYURVEDIC STUDIES



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Body Aches, Inflammation & Stiffness

On an average, the world over, 8 out of 10 people have inflammation and some kind of body ache.

Earlier, people in their seventies used to experience inflammation some kind of body ache. However, owing to stressful lives and lack of adequate physical activity, people in their mid forties have begun to experience these symptoms.

Do you experience bloating and body ache in the middle of the night?



Most people who experience inflammation and body aches have increased intensity in the middle of the night and while turning in their bed. This is caused by gas formed from improper digestion of foods. This causes inflammation in vessels, muscles, and other tissues resulting in aches, pains and stiffness.

Symptoms such as gas and bloating, lock jaw, Fibromyalgia, Multiple Sclerosis are aggravation of hyperactivity in the body are associated symptoms.

The Ageing Community

As people age, inflammation occurs causing back pain, body pain, constipation, sleep disorders and snoring become more common. Apparently, stressed middle-agers are also ailing with these symptoms.

The Problem

Your body influences the mind and mind influences your body. Inflammation in the mind is caused by restlessness and anxiety. This causes sleep disturbances, snoring and erratic dreams.

The small intestines produce gas. They bloat resulting in hair fall, lower back pain, sciatica and disc bulge.

Mental Wellbeing

Sleep is an essential part of mental wellness. Inadequate sleep can become a cause of a host of illnesses such as hypertension, diabetes, obesity, depression, heart attack, and stroke. The mind is restless and anxious.



Thinking...

The mind is a web of thoughts that constantly keeps us occupied. The quality of thoughts can either enable us or disable us. Most often than not, the quality of thoughts we get attracted to from our day to day activities, work and from browsing social media, are stressful thoughts.



Harmony is everything

Having harmony of thoughts and feelings amongst family members is a prime necessity for sound mental health. However, familiarity makes us take them for granted and we express without paying heed to how

our words, intonations and actions might affect our near and dear ones.

The Solution

Food



Food is an important part of our physical wellbeing. It helps our body stay healthy.

Pathya (appropriate diet) is an important part of wellness. Food heals. We can suggest the best diet for your health. Conveniences has led us to consuming readymade foods that fill our stomach, but do not provide any nutrition to the body and instead cause inflammation. Let's get back to good health.

Marma Chikitsa



Marma Chikitsa reduces inflammation. This is a twenty minute procedure that provides quick relief from aches and pains, sprains, muscle spasms, bloating and normalises the flow of prana in the body.

Marma Chikitsa is a non-oil based therapy and hence does not require the person to take their clothes off.

Marma Chikitsa has the potential to delay the onset of several other geriatric physical conditions such as dementia and alzheimer's disease.

Apart from Marma Chikitsa there are other practices that can help mental wellbeing that we provide at Nadichikitsa.

Nirmukt Chikitsa is one such easy to do practice that reduces the intensity of the impression of thoughts upon us. This is required to prevent us from getting consumed in thought. It's effect is maximum among individuals under stress who are lonely, irritated, frustrated, feel rejected or have experienced some kind of mental or physical abuse. Even senior citizens can benefit from this practice.



We are victims of our judgement. **Bandha Parichheda** or the practice of the figure of 8 is one such practice that helps you to stop judging others. It also stops you from getting affected by others' judging you. There are more uses of this practices which prevent us from living the past and suffering. The effect of this practice is profound in delivering mental peace and stability.

Emotional Wellbeing

Memories trigger various emotions in us. Most often, our past contains instances which we don't want to recollect. The thoughts of - we could have, should have, shouldn't have revisits us from time to time and takes a toll on our emotional health.

Did you know? Emotions are intense and their uprising with memories cause our cells to behave differently? Studies have shown how emotions trigger a host of illnesses including anxiety, depression and cancers.

Emotional breakdowns from separation from a partner, death of a loved one or trauma arising out of abuse, all take a toll on our mental and emotional health.

At Nadichikitsa, we have experience of working with individuals who are emotionally broken and bringing them out of their trauma.

Testimonials

Vinaya B - wanted to express my sincere gratitude To Sudha Mam & Dr.Mahesh of Nadi Chikitsa Wellness Pvt. Ltd.

I have been suffering with pain behind my ears since 15days, happen to consult various ENT, Dental Specialist, took many Scans and medications but there was no relief neither they were able to diagnose the problem. Today when my pain shot high i happened to visit my dentist and they suggested me to get my molar tooth removed. I luckily happen to call Sudha Mam with lot of hopes, inspite busy schedule of Dr.Mahesh, Sudha mam understood my agony and connected me instantly to Doctor. I wanted to express my sincere gratitude for your prompt assistance and invaluable guidance over the telephone earlier today. Your support during my moment of pain meant a great deal to me, and I am truly grateful for your expertise and dedication to your patients.

Your ability to assess the situation swiftly and provide me with a quick remedy by guiding my daughter with specific marma points not only eased my discomfort but also reassured me in a time of uncertainty. Your professionalism and compassion shine brightly, and I feel fortunate to have you as my doctor.

Your commitment to providing exceptional care, even over the phone, speaks volumes about your dedication to your patients' well-being. I am deeply thankful for your assistance and guidance during this challenging time. Once again, thank you for your invaluable support. Your kindness and expertise have made a significant difference.

Sharmila R - From the day I visited Nadichikista wellness life is never the same where my thoughts are stuck. Every day every morning is a new learning . Txs to Dr and the team for changing the perspective of life in a very simple and understandable way in our daily thoughts. The Free meditation sessions every Saturday is a bliss gift for life thank q Dr n Team again.

Sudha mam txs to all your support too and adding me to the wonderful group where I am learning and implementing a lot in my day to day life. Bounced back to normal life with the help of Dr and team after the big loss on my Dad where I was stuck with my emotional thoughts for more than a year.

Gratitude for life. Not a week passed by without medicines for me for almost 2 years. After Nadichikista, completed the course, and I must say, not taken a tablet for more than a month. This meditation group is a daily dose of energy for my thoughts when I get stuck or confused with my thoughts.

Txs a lot Dr n Team 🙏🙏 Gratitude 🙏🙏

Join our Mission

We cannot achieve it alone. Yes! Our mission is to help people heal and help each other heal. Much of the symptoms begin from our mind, emotion, lifestyle and food habits. Many of these conditions can be avoided or rectified and remedied with a little help. We are too few to assist such a large population.

This is why, we are wanting more people to learn Marma Chikitsa.

Learn | Practice | Certify | Share

There is a dire need for holistic health and there is no better time than now. There are so many health conditions which do not have an answer in the medical systems. However, there are ways to understand and heal many of the symptoms with traditional healing methods. These are backed by shastras (verses on health and wellbeing from ancient times).

At Nadichikitsa, we research on the shastras and their application on health, wellbeing and healing so we can share these practices with the larger population.

Primary Care must begin with You

We believe every individual has the capacity invested in him or her to overcome ailments in its initial stages. The only thing that stops a person from overcoming an illness is ignorance. Once the person is equipped with knowledge, there is nothing to stop the person from restoring health.

How you can benefit?

Marma Chikitsa, is easy to learn and practice so you can quickly bring healing to your community when needed the most.

Talk to us today!

We are eager to pass on this knowledge in our effort to revive it and make it common. So, let us engage and make it happen. A healthier community is a happier community.

**Donate
and help**

