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[Kindle Edition] By Dr. David Frawley;Dr. Subhash Ranade;Dr.
Avinash Lele**

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Abhyanga (marma abhyanga) - chakrapani ayurveda

Abhyanga is an Ayurveda way of oil massage with Marma therapy. Marma are vital points of the body which contain Prana energy. Gentle pressure on Marma while doing

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What is marma therapy? | ayurveda specialist

Marma Chikitsa (Acupressure Therapy) In Ayurvedic literature the term marma is derived from the root word varman, which means vital or hidden energy point.

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9 potential benefits of marma chikitsa - everyday

Let me offer a brief recap of what Marma therapy is: Marma therapy is the energy Here are a few potential benefits of Marma Ayurveda and energy healing in