

Application of Janu Marma Therapy in Knee Joint Pains*Dr. Anil Balasaheb Bidve*

Associate Professor, Rachana Sharir, HSPMS Ayurvedic Medical College Pethvadgaon
Tal. Hatkanagale, Dist. : Kolhapur, State : Maharashtra

Email ID- bidanilb63@gmail.com**ABSTRACT**

After reviewing Acharya Sushrut's description on Janu Marma and its pariman and prognosis after injury it can be compared with Knee Joint Nowadays knee joint pain is become common troublesome problem at any age of life, due to lack of exercise or overuse by athletes, prolonged sitting positions and it becomes necessary to go to orthopedic doctors. But it becomes very easy and suitable by applying Marma Therapy on knee joint. Marmas are vital points on body and they are classified according to dominance of structure present at that region. Janu Marma is Sandhi and Vaikalykur Marma. Janu Marma lies at the junction of thigh and Leg in poplital fossa. Applying regular massage and pressure over this region of marma knee pains can be reduced / Cured.

Key Words : Janu Sandhi, Vaikalykar, Knee Joint, Janu Marma, Pariman.

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