

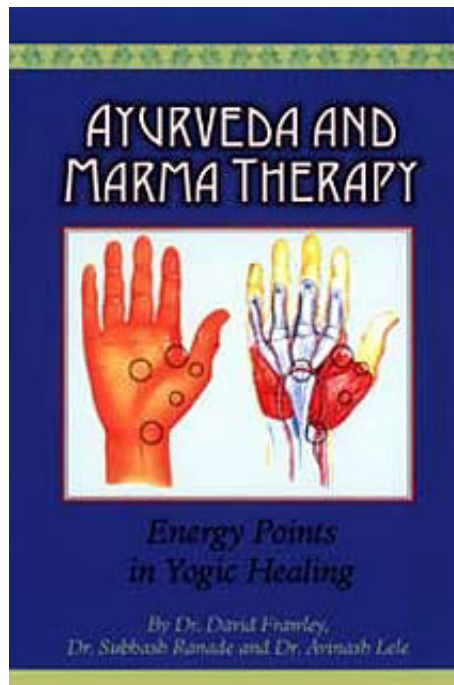
Lele, A./ Ranade, S./ Frawley, D. Ayurveda and Marma Therapy

Leseprobe

[Ayurveda and Marma Therapy](#)

von [Lele, A./ Ranade, S./ Frawley, D.](#)

Herausgeber: Lotus Press



<http://www.unimedica.de/b7173>

Sie finden bei [Unimedica](#) Bücher der innovativen Autoren [Brendan Brazier](#) und [Joel Fuhrmann](#) und [alles für gesunde Ernährung, vegane Produkte](#) und [Superfoods](#).

Das Kopieren der Leseproben ist nicht gestattet.

Unimedica im Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern

Tel. +49 7626 9749 700

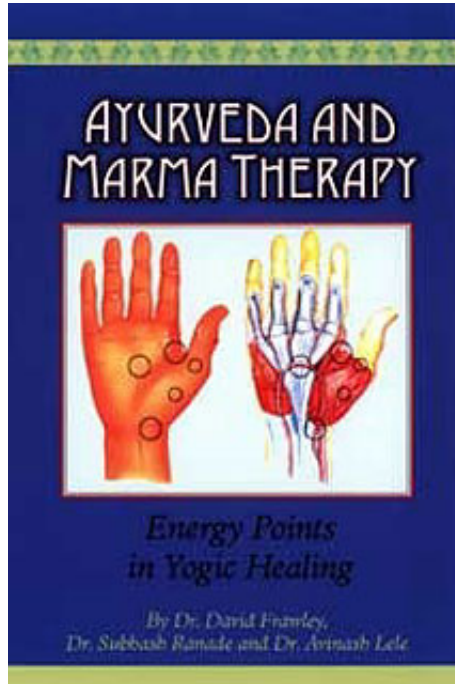
Email info@unimedica.de

<http://www.unimedica.de>



Table of Contents

Foreword by Atreya Smith	v
Preface	vii
Part I Introduction to Marmas:	
Energy Points of Yoga and Ayurveda	1
<i>Chapter 1</i> Marmas: Energy Points of Yoga and Ayurveda	3
<i>Chapter 2</i> The Ayurvedic System of Healing and Marma Therapy	11
<i>Chapter 3</i> Marmas: Their Nature and Classification	27
<i>Chapter 4</i> Marmas and the Practice of Yoga	41
<i>Chapter 5</i> The Many Methods of Marma Therapy 1: Massage, Aroma Therapy and Pranic Healing	63
<i>Chapter 6</i> The Many Methods of Marma Therapy 2: Herbal Methods	75
Part II Table of Marmas and Their Treatment	83
<i>Chapter 7</i> Overview of Table of Marmas and Marma Therapy	85
<i>Chapter 8</i> Marmas on the Arms and Hands	95
<i>Chapter 9</i> Marmas on the Legs and Feet	119
<i>Chapter 10</i> Marmas on the Abdomen and Chest	143
<i>Chapter 11</i> Marmas on the Back and Hips	161
<i>Chapter 12</i> Marmas on the Head and Neck	177
Part III Supplemental Material and Appendices	209
<i>Appendix 1</i> Use of Instruments to Treat Marmas: Blood-letting, Acupuncture, Agni-karma and Kshara-karma	211
<i>Appendix 2</i> Marmapuncture, Ayurvedic Acupuncture by Dr. Frank Ros	215
<i>Appendix 3</i> Names and Classification of Marmas	223
<i>Appendix 4</i> Sanskrit Ayurvedic Terms	229
<i>Appendix 5</i> Ayurvedic Herbs and Oils	233
<i>Appendix 6</i> Bibliography	241
Index	243
Resources	251



Lele, A./ Ranade, S./ Frawley, D.

[Ayurveda and Marma Therapy](#)

268 Seiten, kart.
erschienen 2008



bestellen

Mehr Bücher zu gesund leben und gesunder Ernährung www.unimedica.de