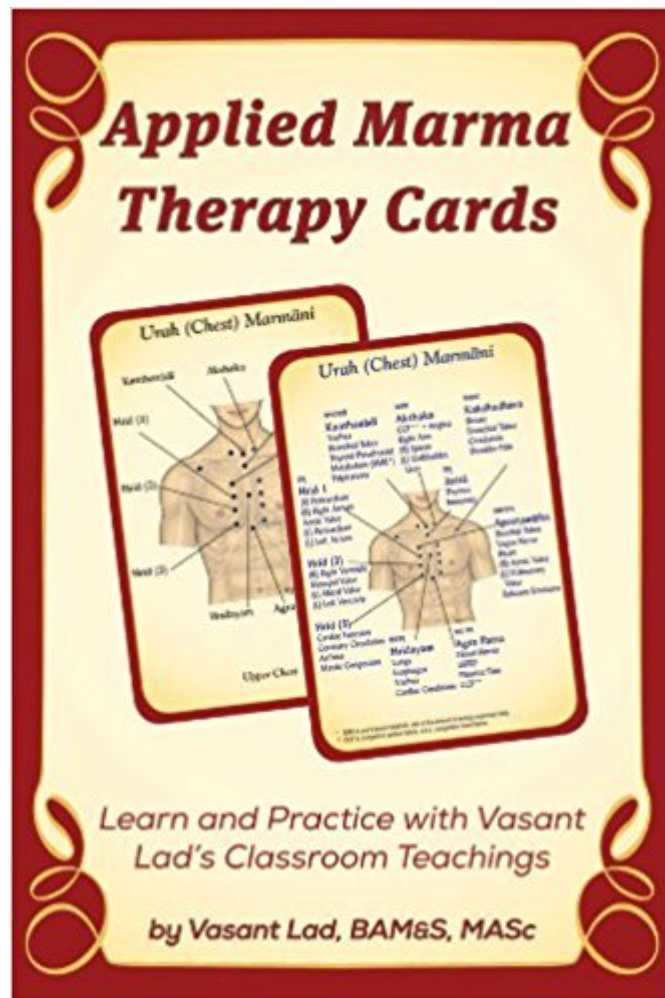




The book was found

# Applied Marma Therapy Cards



## Synopsis

Based on Dr. Lad's more than 40 years Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full color flash card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. Contents \* 23 anatomical cards with marma points \* Healing through Energy Points \* Emotions, the Organs, and Marma Points \* Chakra Breathing and Sounds \* Meditation for Self-Healing: So Hum \* Empty Bowl Meditation \* Guidelines for Touch and Pressure \* Applying Essential Oils & Oil Selection According to Dosha Included in the set are two meditations that Vasant Lad highly recommends. Additionally, instructions on sound therapy that balances the marma points according to the chakras is provided. Marma points useful for emotional healing are outlined as well as the proper essential oils for healing the doshas-vata, pitta, kapha-through marma point therapy. Flash cards are printed on a 16 pt cardstock and coated with a UV protective coating, making them quite durable.

## Book Information

Cards: 60 pages

Publisher: The Ayurvedic Press; 1 edition (July 3, 2013)

Language: English

ISBN-10: 1883725186

ISBN-13: 978-1883725181

Product Dimensions: 5.2 x 0.6 x 7.7 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #222,293 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #20399 in Books > Medical Books

## Customer Reviews

Vasant Lad brings a wealth of classroom and practical experience to the United States. A native of India, he served for three years as Medical Director of the Ayurveda Hospital in Pune, India. He was Professor of Clinical Medicine at the Pune University College of Ayurvedic Medicine for 15 years. He holds a Bachelor's of Ayurvedic Medicine and Surgery (BAM&S) degree from the University of Pune and a Master's of Ayurvedic Science (MASc) degree from Tilak Ayurved Mahavidyalaya. Vasant Lad's academic and practical training include the study of Allopathy (Western medicine) and surgery as well as traditional Ayurveda. Beginning in 1979, he has traveled throughout the United

States sharing his knowledge of Ayurveda. In 1984 he came to Albuquerque as Director, principal instructor and founder of the Ayurvedic Institute. Vasant Lad is the author of numerous books and respected throughout the world for his knowledge of Ayurveda. He is the author of 11 books on Ayurveda as well as hundreds of articles and other writings. With over 500,000 copies of his books in print in the US, his work has been translated into more than 20 languages.

Terrific, helpful cards. Easy reference. The Dr. Lad's Marma Points of Ayurveda book is far more detailed, but it's not as handy. The cards are heavy-duty and are either plastic or plastic coated. Whatever they are, they are sturdy and resist stains/smudges/oils. I use these points for myself. Am currently dealing with a torn rotator cuff. The points really help get rid of the pain within minutes. While my range of motion isn't better yet, the pain is much better thanks to the points around the shoulder. I can actually sleep at night and work on the computer again, which is amazing. And, if the shoulder is sore at night before I go to bed, I work the points and the pain is completely gone by the time I'm done with the points. Pretty miraculous. I've also used the marma points to help with mood, energy, mental clarity, calming the mind and digestion and they all work great. The ancient Rishis were obviously very gracious in bringing this knowledge to the world. My thanks to them and to those who continue sharing this tradition of healing, wellness and spirituality.

Presents a nice alternative options when looking up particular issues however some of the cards are in another language which can be a turn off.

Such a handy, useful resource! A fuller text is useful for more complete information, but these are a great abbreviation and reminder.

Great study cards. One side with Marma points and the other side blank.

Marma book satisfied my expectations

These cards are extremely helpful on finding Marma points, which are part of Ayurveda.

I love these! they are beautiful and useful. My fav combo!

Good

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