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- ▶ The *Sushruta Samhita* (c. 4th century) identifies 107 vital points on the human body of which 64 were classified as being lethal if properly struck with a fist or stick.¹ Sushruta's work formed the basis of the medical discipline ayurveda which was taught alongside various Indian martial arts, especially those that had an emphasis on vital points such as varma kalai.
 - ▶ With numerous other scattered references to vital points in Vedic and epic sources, it is certain that India's early fighters knew and practiced attacking or defending vital points.

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