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**“DETAILED STUDY OF GULPHA MARMA  
WITH SPECIAL REFERENCE TO SPORTS INJURY.”**

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**ABSTRACT**

Gulpha Marma is a vital point in Ayurvedic medicine that is often used for treating various conditions, including sports injuries. In Ayurveda, as explained by Sushrutacharya ; Author of Sushrut Samhita, Marma points are considered to be vital energy centres in the body, similar to acupuncture points in traditional Chinese medicine. Gulpha Marma specifically refers to the Marma point located around the ankle joint. The Gulpha Marma viddha lakshana's Ruja, Shopha, Stambha, Khanjata etc, are identical to the symptoms which are produced due to the sports injuries at the ankle jointi .e. pain, swelling, stiffness, disability etc Sports injuries at the Gulpha Sandhi causes various structural abnormalities which were confirmed by the radiological findings. The Gulpha marma viddha lakshana's if not treated properly may leads of the vaikalyata of the Gulpha Sandhi.

**KEY WORDS:**

Gulpha Marma, Gulpha Sandhi, Sports injury, Marma.

## INTRODUCTION:

In the Modern world, there is increasing importance given to the sports, as it is the index of National pride. Thus every country and every sport- person strives hard for being best in the sports he or she is playing. This has led to the raised ratio of sports injuries which are specially related to the various joints. We observe that pain is the prominent feature in most of the sports injuries. In a game like football, hockey basketball, kabbadi injury to the Ankle joint is very common. This is because, the Ankle joint has to perform more movements which are stressful.

Sushrutacharya who was the best shalya chikitsa and the author of Sushrut Samhita has explained, along with other acharyas like Charakacharya, Vagbhatacharya etc., the human anatomy.<sup>1</sup>

To show the importance of the study of Rachana Sharir, Sushrutacharya has rightly quoted that

More becomes a good physician without having the knowledge of Rachana Sharir.<sup>2</sup>

Gulpha Marma

As the trees are supported by the hard cord inside their trunks, body is supported by the firm bones. Since these bones form the saar of human organism, they are not destroyed tall. Thus its function as Sharira Dharana. Ashti's are joined

together with the help of mamsa, Sira, Snayu to form the Sandhi's. Gulpha Sandhi is a joint of the lower limb and it may be considered as the ankle joint.<sup>3</sup> The proper functioning of the ankle joint is a must in the field of sports, performing dance etc. Acharya Sushruta include Gulpha Marma in Adho-Shakhagata Marma. Gulpha Marma is 2 anguli pramana and is a variety of Rujakara marma.<sup>4</sup> The location of marma is very important to understand the structures involved during its trauma.<sup>5</sup>

Relation with modern terminologies:

According to Rachana Sharir, which is the branch of Ayurvedic anatomy, Gulpha Marma refers to the anatomical and physiological aspects of the ankle joint.<sup>6</sup>

The ankle joint is composed of several bones, including the tibia, fibula, and talus. It is supported by ligaments, such as the anterior talofibular ligament, posterior talofibular ligament, and calcaneo fibular ligament. Tendons of muscles like the gastrocnemius, soleus, and tibialis posterior pass through the ankle joint, enabling movement and stability.<sup>7</sup>

### Information Of Gulpha Marma

Name Of The Marma	Gulpha
Location	Joint Between Paada (Foot) And Jangha ( Leg)
Number	2

Rachnatmak	Sandhi Marma
Prinam	Rujakar Marma
Marma	Ruja (Pain), Stabdha
Viddha	Paadata (Restricted
Lakshan	Movement) Khanjata (Functional Deformity)

### MATERIALS AND METHODS:

#### Materials:-

30 Patients of sports injuries of the Gulpha Sandhi will be considered for study.

#### Criteria For Inclusion:-

1. Patients of sports injuries to any one of the Gulpha Sandhi.
2. Age Group – 15 to 35 Yrs.
3. Patients were selected irrespective of sex, marital status & socio-economic status.

#### Criteria For Exclusion:-

1. Any injuries other than sports injuries.
2. Patients suffering from Amavata, Vatarakta etc.
3. Patients suffering from congenital Gulpha Sandhi disorder

#### Research Stool:-

1. Cadaveric Dissection:-
2. Cadavers Minimum 2.
3. Dissection Kit.
4. Surgical gloves
5. Camera
6. Radiological findings- X ray

### DISCUSSION:

1. According to Acharya's Sandhi is union of two or more Asthiparvabounded by Sandhi Bandha. Sushruta has mentioned 210 number of Sandhi's in human body. The Sandhi's are mainly two types, Cheshtavanta and Sthira. Sushrutacharya has mentioned Eight types of Sandhi's.

There are two numbers of Gulpha Sandhi. Functionally it is Bahuchala type of Sandhi and Anatomically it is Korat type of Sandhi. According to modern view Ankle joint is hinge variety of synovial joint.

2. Marma is a vital point in the human body. Sushruta has described 107 marma situated at the typical places of the body. Gulpha marma is situated between the Pada and Jangha. It is Rujakara type of marma. It is included in Sandhi Marma. It is two in number. Gulpha marma is Dwaya Angulapramana. The exact site of the Gulpha marma is the ankle joint.

3. In human body the point of marma is vulnerable. If this point is hurt, ultimately leads to death of the person; injured or causes at least, certain disability or pain in the respective part.

According to all Samhitas, any injury on Gulpha marma there may be symptoms

- 1) Ruja.
- 2) Stabdhatata.

3) Khanjata.

Ruja means sensation of pain. Any injury to Gulpha marma also causes severe pain. Ankle sprain is the most common during the sport activity. Painful ankle is the main symptom of ankle sprain.

Stabdhatta means stiffness. During the ankle injury, there is inflammation of tendons, ligaments capsular tissue takes place. Hence it causes restriction of movements of ankle joint, which is similar to stabdhatta.

Khanjata means disability of walking or limping. Ankle injuries can damage the tendons of the muscles, ligaments which causes the Khanjata.

The study includes the marma vidhhalakshana's described by the Samhitas were correlated in the light of modern anatomy.

In this study 30 number of patients, who suffering from sports injuries at Gulpha Sandhi were selected.

1. Age:-

In this study 60% of patients were with 20 to 25 years. There were students in this group, this may be reason for the incidence of more cases with sports injuries. Students build up their sports carrier usually during this age.

2. Sex :-

In the study 77% of patients were male; because they spent more time at the play ground.

3. Affected Leg:-

Injury at left leg was more than right leg.

4. Distribution of Sport:-

In the study 23% of patients were Basketball players and 27% Football players. In these two games, ankle injury was more than other games.

5. Shopha:-

Out of 30 patients, 40% were having mild shopha, 33% patients with moderate shopha. While 27% patients were having severe shopha. This was due to the inflammation of these of tissue. Games.

**CONCLUSION:**

1. The Gulpha Marma vidhhalakshana's Ruja, Shopha, Stambha, Khanjata etc, are identical to the symptoms which are produced due to the sports injuries at the ankle joint i.e. pain, swelling, stiffness, disability etc,
2. Sports injuries at the Gulpha Sandhi causes various structural abnormalities which were confirmed by the radiological findings.
3. The Gulpha marma vidhhalakshana's if not treated properly may leads to the vaikalyata of the Gulpha Sandhi.
4. As Ruja symptom observed prominently in all patients of Gulpha

Marmaghat it confirms ayurvedic concept of Rujakara Marma.

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