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A conceptual study of *gulpha marma* with special reference to ankle joint and concept of *marma chikitsa*

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ABSTRACT

Aim- Study of *Gulpha Marma* and ankle joint. **Objective-** 1. Exact location of *Gulpha Marma* in limbs 2. Effect of injury to *Gulpha Marma* 3. Contemporary concept of *Gulpha Marma* and ankle joint 4. Concept of *marma chikitsa* in pain related to *Gulpha Marma*. **Observation-** *Gulpha Marma* is *sandhi marma* and *rujakar marma*. It is predominantly made up of *sandhi* i.e. the joint or components making the ankle joint. Injury to it causes *stabhdatta* & *khanjata*. The location of *Gulpha Marma* is nothing but the joint between tibia, fibula and talus and other structures related to lateral aspect of ankle joint. *Marma chikitsa* gives

tridosha triguna samanya as there is a site of prana at these points. This *chikitsa* acts as the pain reliever or preventional aspect of these vital sites or *Marma*. **Conclusion-** On dissection of ankle joint various structures were studied and were compared with *Gulpha Marma*. The injuries related to these *marma's* can be studied under tendons, ligaments, vessels and bones. These can be considered as *siravedhya* and *vatavyadhi* and treated accordingly. Based upon the above observations and study we can conclude the exact location, effect of injury, relation with ankle joint of *Gulpha Marma*.

Keywords- *Marma, Gulpha Marma, Ankle Joint, Marma Chikitsa*

INTRODUCTION

Marma being congruence of vital structures of the body are also the abodes of *prana* or life elements. This is the reason for these points or spots of the body to be vital and sensitive. When they are injured the life elements present there is damaged leading to structural and functional impairment, deformity and death. The common in all *marma's* inspite of its types, variation it troubles us when they get injured or damaged. The type of damage depends on the extent and severity of insult or injury caused to *marma*. *Marma's* are scattered all through body including vital organs and systems. The knowledge of *marma* gives us an idea and comprehensive knowledge of the vital area of body. This knowledge is essential for surgeons because they need to protect these spots while putting instruments over them. As *vata* and *prana* are held in the joints, each joint can also be viewed as potential *marma* region. Therefore, we should not look at *marma's* in a rigid way.

Taking into consideration of *Gulpha Marma*, it is located at *Gulpha Sandhi* which is one of the important *sandhi* of lower extremities. It is delicate and vital

point of body which may lead to deformities if not protected.

AIM-

Study of *Gulpha Marma* and Ankle joint

OBJECTIVE-

1. Exact location of *Gulpha Marma* in limbs
2. Effect of injury to *Gulpha Marma*
3. Contemperory concept of *Gulpha Marma* and ankle joint
4. Concept of *marma chikitsa* in pain related to *Gulpha Marma*

MATERIAL AND METHODS-

1. All classics text of *Ayurveda*, *Samhitas* its *tika's* were studied thoroughly.
2. Texts of Contemperory Science were studied.
3. Various research papers and articles are taken into consideration.

OBSERVATION-

Exact location of *Gulpha Marma* in limbs

Gulpha Marma is the counter part of *manibandha sandhi* which is located in upper limb. The *marma* is location exactly at the junction of *paad* and *jangha*. It is mainly associated with

locomotion and is weight bearing joint. Structurally it is classified under *kora sandhi* and functionally it is *Bahuchala Sandhi*. When we go through the classification of *marma* it is been considered under the heading of *sandhi marma*¹ and *rujakar marma*².

Gulpha Marma is predominantly made up of *sandhi* i.e. the joint or components making the ankle joint. The bony joint formed at the ankle joint forms the structural components of this *marma*. Therefore it is classified under *sandhi marma*. As this *marma* causes severe pain on getting damaged or injured in the ankle joint. Since it causes pain or ruja it is called *rujakar marma*³. It causes severe pain but there is no much disturbance in its structural anatomy. In case there is injury to these *rujakar marma*, if not treated wisely will lead to one or other form of deformity and will end with morbidity, so it is very essential to protect this *marma*⁴. *Gulpha* is called as ankle joint in contemporary science which includes tibio fibular and talocrural articulation. According to *Amarskosh*, *Gulpha* means *Padasya granthi*.

Effect of injury to *Gulpha Marma*-

Injury to *Gulpha Marma* causes

- *Stabhdatta*⁵- Rigidity, Stiffness

- *Khanjat*⁵- Deformity of foot or lower limb

Contemporary concept of *Gulpha Marma* and ankle joint

In Modern Literature the ankle or talocrural region, is the region where the foot and the leg meet⁷. The ankle includes three joints: Ankle joint, Subtalar joint and Inferior tibiofibular joint. The movements produced at these joints are dorsi flexion and plantar flexion of the foot. The main bone of ankle joint is talus, tibia, fibula. The Talus is also known as Ankle Bone. It is a synovial hinge joint that connects the distal ends of the tibia and fibula in the lower lower limb with proximal end of talus^{8, 9}. After comparing the *Ayurvedic* and Modern view we can conclude that the location of *Gulpha Marma* is nothing but the joint between tibia, fibula and talus and other structures related to lateral aspect of ankle joint⁶.

Concept of *marma chikitsa* in pain related to *Gulpha Marma*

Every *marma* when compared with contemporary science, definitely coincides with structures mentioned at that area causing fatal effects. As these are the sites of *marma* i.e. they are of great importance during treatment by procedures or by surgical interventions.

Marma gyan is considered as the half knowledge or *ardha chikitsa* of Surgery. *Marma chikitsa* gives *tridosha triguna samanya* as there is a site of *prana* at these points. This *chikitsa* acts as the pain reliever or preventional aspect of these vital sites or *Marma*. Considering the *Gulpha Marma*, the *sandhi kshata* is the symptoms seen in its injury which leads to swelling, severe pain, slitting type of pain in small joints, loss of strength, edema, loss of function of joint etc.

Various *Acharya's* have told some different *lakshana's* which shows the

importance of prevention of *Gulpha Marma* in all aspects.

<i>Sushrut</i>	<i>Ruka, Stambha, Khanjata</i>
<i>Ashtang Samgraha</i>	<i>Ruka, Stabdha Sakthi, Shandhata</i>
<i>Ashtang Hridaya</i>	<i>Ruka, Stambha, Andhyakrita</i>

Result-

After dissection on Cadaver the observations at the site of Ankle joint or *Gulpha Marma* are seen and correlated as follows¹⁰-

1. <i>Mamsa</i>	Peroneous longus, Peroneous brevis, Superior peroneal retinaculum
2. <i>Sira</i>	Perforating branch of fibular artery and fibular nerve
3. <i>Snayu</i>	Lateral ligament of the ankle which consists of three separate ligaments- Anterior talofibular ligament, calcaneofibular ligament, Posterior Talofibular ligament
4. <i>Asthi</i>	Tibia, lateral malleolus of fibula and talus
5. <i>Sandhi</i>	Joint between tibia, fibula and talus

The injuries related to these *marma's* can be studied under tendons, ligaments, vessels and bones. The injuries to this *marma* results into sprain, fracture, tendon rupture tendonitis, tendinopathy, dislocation, sinus tarsi syndrome, tarsal tunnel syndrome, etc. According to *Acharya Sushruta*, all these can be considered as *siravedhya* and *vatavyadhi*,

when *vata* is found affecting ligaments, joints and bone the *Snehan*, *Agnikarma*, *Bandhan*, *Unmardan Upanaha* etc. are used to cure this pain and deformities¹¹.

CONCLUSION-

The vital points on our body after injury that causes debility, deformity, immense pain on *marma* site or ultimate death that

points are called as *marma*. Its *chikitsa* is told as *Marma Chikitsa* is an emerging applied aspect. The *Gulpha Marma* is *shakhagata*, *Rujakara marma* that includes *ruja*, *shopha* and *stabhdata* on injury. The injury related to these structures can be dealt under tendons, ligaments, vessels and bones. The injuries to this *marma* results into sprain, fracture, tendon rupture tendonitis, tendinopathy, dislocation, sinus tarsi syndrome, tarsal tunnel syndrome, etc. Based upon the above observations and study we can conclude the exact location of *Gulpha Marma*.

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