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. Contemperory 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 stabhdata & 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 has 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 *Amarkosh*, *Gulpha* means Padasya granthi.

**Effect of injury to *Gulpha Marma* -**

Injury to *Gulpha Marma* causes

- **Stabhdata\(^5\)** - 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 meet. 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 joint\(^6\).

**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 ardhha 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 preventative 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.

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<tr>
<th>Sushrut</th>
<th>Ruka, Stambha, Khanjata</th>
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<tr>
<td>Ashtang Samgraha</td>
<td>Ruka, Stabdha Sakthi, Shandhata</td>
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<td>Ashtang Hridaya</td>
<td>Ruka, Stambha, Andhyakrita</td>
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**Result-**

After dissection on Cadaver the observations at the site of Ankle joint or Gulpha Marma are seen and correlated as follows:

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

**CONCLUSION-**

The vital points on our body after injury that causes debility, deformity, enormous 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 realated 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.

REFERENCES-


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