

Application of Gulf and Kurchshir Marma in The Management of Ankle and Heel Pains. (Plantar Fasciitis)

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Abstract

Gulf Marma and Kurchshira marma of lower limbs are both rujakar marmas. According to structure Gulf is Sandhi Marma and Kurch Shira is Snayu Marma Involment of Sandhi and Snayu marma in injury or in strain produces sever Pains. So the overall effect of Injury to both Gulf and Kurchshira marma is "Ruja" i.e. sevre, stabbing, intolerable pains. These pains are similar to sprain or injury to ankle Joint and plantar fasciitis. Most common cause of heel pain is plantar fasciitis. So the purpose of this study is to know the structure of these marmas and Ankle Joint and Plantar aponeurosis and to see the correlation between these marmas and Ankle Joint. This application of Marma becomes helpful especially in the management of plantar fasciitis which is a common disease now a days and a cause of heel pains

Key words :- Marma, Snayu, Sandhi, Gulf, Kurchshir, plantar

Introduction :-

Marma Vidnyan is a specialized field of

Auryed. Marmas are the vital parts of the body Acharya Sushrut defines Marmas as a site of junction of Ashti, Sandhi, Snayu, Sira and Mansa. There are 107 marmas in body.

Types of Marma :-

1) According to the dominance of the structure present in marma. It is classified into five types.

Sr. No.	Type	Number
1)	Asthi	8
2)	Sandhi	20
3)	Sira	41
4)	Mansa	11
5)	Snayu	27

2) According to effects of traumatic injury to marma, it is classified into five types.

Sr. No.	Types	Number	Effects / Parinam
1)	Sadyapranhar	19	Death- Sudden or within 7 days
2)	Kalantar pranhar	33	Death- Within 15 days to 1 month

3)	Vaikalykar	44	Disability
4)	Vishalyghna	3	Death -After removal of foreign body (Shalya)
5)	Rujakar	8	Severe and stabbing pains

According to Acharya Sushrut discriptions of Gulf and Kurchshir marma is as below.

Name	Type	Situation	Pariman	Effects
Gulf	Sandhi / Rujakar	Junction of foot and leg	2 digits	Pains Khanjata disability
Kurchshira	Snayu Rujakar	Below Gulf on both sides	1 digits	Pains, Oedema

From above description we came to know that Gulf and Kurchshir marma of Lower limb lye in the foot in ankle area and this area contains the ligaments of ankle joint including deltoid ligament, talofibular, calcaneofibular and the muscles surrounding the Ankle Joint including Tibialis anterior, Tibialis posterior. Peroneus group, flexor muscles of digits and Tendo acchilis. This area of these 2 marmas also contain intertarsal joints of foot and its ligaments.

Ankle Joint :- It formed by Tibia, fibula and Talus bone and Transverse tibiofebular ligament. It is

hinge joint and structurally it is a very strong joint as there is close interlocking of articular surfaces and strong collateral ligaments. So it is a stable joint and there is less possibility of dislocation. Sprain of Ankle is commonly happened by forced plantar flexion and it results into severe pains and oedema.

Planter fascia :- It is a thick deep fascia of the sole of foot. It joins the fascia on the dorsum of foot at the border of foot. It is externally strong. It is divided into central, medial and lateral parts. Central part is thick and strong. Apex of central part is attached to medial process of calcaneal tuberosity.

Planter fasciitis is Chronic local inflammation due to degenerative irritation of the attachment of plantar fascia on the medial process of calcaneal tuberosity. This plantar fasciitis produces severe stubbing pains (Ruja) in heel and Ankle area. Pains become worst in morning and after prolonged. Standing, running or jumping. It commonly affects posterior bony attachment and causes pain in the heel region.

So from above description it is clear that the area of Gulf and kurchshira marma contains the ligaments of Ankle joint (Deltoid, talotibular, calcanofibular) and the joints of foot, Tendo achillis and muscles.

Practically the location of Gulf Marma is at the junction of foot and leg from medial malleolus to lateral malleolus. The locations of kurchshira marma is below Ankle joint on both sides. So it covers the dorsum of foot and heel area.

Material and methods :- Literatures on marma sharir Sushrut Samhita Sharir Sthan, Human Anatomy Vol.-2 B.D.Chaurasia. Cunningham’s manual of practical anatomy Dissection hall of our college.

Methods :-

1) Dissection of cadaver present in the dissection hall of Ayu. Medical college of pethvadgaon on the permission of the principal. Dissection method is followed as per cunningham’s book. “Removed the extensor and flexor retinaculum. The tendons the muscles which are in contact with ankle joint are cut to expose the fibrous capsule. Removed the parts of capsule to see the strong ligaments of the joint and defined its attachments. Then removed all the muscles and tendons from the tarsal and metatarsal bones. Seen the ligaments between the bones cut

across the ligaments which hold Talus to Calcaneus. Other ligaments of tarsometatarsal and intermetatarsal joints are seen and cut.” After going through this dissection method. We come to know the area of Gulf and Kurchshira Marma contains the ligaments of the Ankle and joints of foot and the muscles related with those joint.

2) **Result :-** The above study confirms the relation between Gulf marma and Kurchshira marma with Ankle joint and plantar aponeurosis. The ligaments of ankle joint and joints of foot, the plantar fascia lie in the area of Gulf and kurchshira Marma.

3) **Discussion :-** The Gulf and kurchshira marmas are correlated with Ankle and foot joints and plantar aponeurosis.

The effect of injury to Gulf is pain - (Ruja)

The effect of injury to kurchshira is – pain (Ruja)

The effect of sprain or injury to Ankle Joint – pain

The effect of planter fasciitis is – heel pain.

So severe pain (Ruja) is a common and important symptom of the injury to these four structures. In any disease or injury to ankle or other joints of foot and plantar fasciitis ‘pain’ is a important manifestation. Planter fasciitis is a common cause of heel pains.

So these pains can be relieved by stimulation of the area of Gulf and Kurchshira marma. This stimulation is done by applying regular massage and pressure over the area of marmas.

Conclusion :-

The Gulf and Kurchshira marma are related to ankle joint, joints of foot and plantar fascia of Sole. The pains of plantar fasciitis are cured by marma therapy of Gulf and kurchshira marma. This principle should be used in clinics to cure plantar fasciitis.

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