



ROLE OF MARMA THERAPY IN SPORTS INJURIES WITH SPECIAL REFERENCE TO ADHAH SHAKHA GATA MARMAS

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INTRODUCTION: -

A sports injury is any stress exerted on your body while participating in an athletic activity that limits how well it can function and necessitates a period of rest so that your body can heal. It typically impacts your musculoskeletal system, which includes your bones, muscles, tendons, and cartilage. Common symptoms include pain, swelling, discomfort, and the inability to use or put weight on the affected area. Acute or "traumatic" injuries, which happen as a result of a singular impact or traumatic incident, and chronic, or "overuse" injuries, which come about as a result of body wear and tear and happen over time, are the two categories into which sports injuries can be categorised. Bone fractures, muscle and tendon strains, ligament sprains, and bruises are all examples of acute injuries.

MARMA: -

The three syllables Ma, R, and Ma combine to form the word, *Marma*. 'Ra' stands for Agni, or fire, and 'Ma' for *Soma*, or moon. Thus, *Marma* refers to locations where the *Agni* is covered by the *Soma*, enveloped by it, or otherwise safeguarded. According to *Ayurveda*, the body is a functional balance of the three *Dosa*, which are also derivatives of *Agni* and *Soma* (the duality of hot and cold), which are balanced by *Vayu*. According to *Acharya Vagbhata*, the five components of the human body—*Mamsa* (muscles and flesh), *Sira* (blood vessels, arteries, and veins), *Snayu* (ligaments, tendons, and nerves), *Asthi* (bones), and *Sandhi* (joints)—combine to form *Marma*. The *Pranas* (life element) are situated at these locations of aggregation as a natural phenomenon. Therefore, depending on the structure or structures primarily involved in the *Marma*, any damage to these locations has catastrophic repercussions.

TYPES OF MARMAS: -

There are total 107 *Marma*, in which 11 in each *Shakha* (44), 3 in *Kostha*, 9 in *Uras*, 14 in *Pristha* and 37 in *Jatru urdhva* are present.

मर्मशतम् तेषामेकादशादिशेत्।

पृथक्सक्थोस्तथा बाह्वोस्त्रीणि कोष्ठे नवोरसि॥

पृष्ठे चतुर्दशोर्ध्वं तु जत्रोस्तिंशच्च सप्त च।

(A.H.Shareer 4/1-2)

Marmas are important body parts. These injuries may result in discomfort, disfigurement, or even death. It is incorrect to refer to the *Marma* as crucial spots because each *Marma* has a location. They are not spots used in acupuncture or acupressure. In order to prevent damaging the underlying structures including arteries, veins, and nerves, areas of *Marma* should be avoided in surgery as much as possible. Injury cases involving these regions demand further care.

MOST COMMON CAUSES OF SPORTS INJURY: -

- Lack of warm-up time makes your muscles less flexible and more prone to injury.
- Overtraining, which continuously puts strain on your body, raises your risk of developing a chronic injury.
- Excessive body loading places forces on your tissues that they are not able to withstand.
- Taking no safety procedures or breaking the rules of a sport increases the possibility of an accident.
- Accidents typically happen suddenly and are the result of impact or collision.
- Improper equipment, which could result in insufficient body support or shock protection.
- Poor exercise technique causes bodily tissues to become overloaded, especially if repeated.
- Your body may become weaker and more vulnerable to further harm if you sustain repeated injuries.
- Genetic variables, which are intrinsic to you and affect how your joints are shaped and constructed.
- Muscle imbalance or weakness can cause your body to lose strength.
- Lack of flexibility, which will restrict some of your body's capabilities and reduce your range of motion.

SPORTS INJURIES RELATED TO LOWER LIMB: -**1. COMMON SPORTS INJURIES OF FOOT: -****a) Plantar Fasciitis: -**

Usually, plantar fasciitis causes a stabbing pain near the heel on the bottom of your foot.

Structures Involved: - Achilles tendon, Calf muscles.

Marmas Involved: - Direct Involvement: *Kurcha*, *Kurchashira*, *Gulpha*

Marma Therapy: - Along with local *Marma* Massage, stimulation of *Gulpha*,

Kurcha, *Kurchasira*, and *Pada Tala Hradaya* should be performed. This will aid in

the relieving of pain in that area as well as the recovery of function and general fitness.

2. COMMON SPORTS INJURIES OF *GULPH MARMA*: -

- a) **Acute ankle sprain:** - Following an ankle twist, patients experience pain. Inversion injuries, where the foot rolls beneath the leg, are frequently to blame for this. **Marmas Involved:** Direct Involvement of *Marmas: Gulpha, Kurchashira*

Associated Involvement of *Marmas: All the Adhah Shakhagata Marmas*

Structures Involved: The ATFL (Anterior Talo fibular ligament)

The CFL (Calcaneo fibular ligament)

The PTFL (Posterior talo fibular ligament)

- b) **Ankle Impingement:** - Anterior ankle impingement, also referred to as "footballer's ankle," is brought on by the development of bone spurs (protrusions along the bone margins) near the front of the ankle. The primary symptoms are usually a reduction in dorsiflexion range of motion and total ankle range of motion.

Structures Involved: -Anterior inferior tibiofibular ligament, and Meniscoid lesions

Affected Marmas in Ankle impingement: Direct Involvement of *Marmas Gulpha, Kuchashira*

Associated involvement of *Marmas: All Adhah Shakhagata Marmas*

MARMA THERAPY: -To alleviate the severe pain, local abhyanga (massage) and stimulation of the *Gulpha* and *Kurchasira* marmas, as well as the *Kurcha*, *Kshipra*, and *Pada Talahrdaya*, should be performed.

3. COMMON SPORTS INJURIES OF *JANU MARMA* / **KNEE JOINT**:-

- a) **Chondromalacia Patella or Patellofemoral Pain Syndrome:** - The term "runner's knee" is frequently used to refer to any of a number of conditions that produce pain at the patella, commonly known as the kneecap. These conditions include chondromalacia patella, patellofemoral misalignment, anterior knee discomfort syndrome, and iliotibial band syndrome.

Structure Involved: Patellofemoral joint, Patellar ligaments, Bursa and Tendons

Marmas Involved: Direct Involvement of *Marma: Janu*.

Associated involvement of *Marma*: all *Adhah Shakhagata Marmas*

b) **ACL Tear (Anterior Cruciate Ligament): -**

- Severe pain and inability to continue activity.
- Rapid swelling
- Loss of range of motion

Structure Involved: Anterior Cruciate Ligament

Marmas Involved: Direct involvement of *Marmas: Janu*

Associated involvement of *Marma*: All the *Adhah Shakhagata Marmas*

c) **MCL Tear (Medial collateral ligament): -**

- Pain over knee region.
- Having tenderness along the inner side of your knee.
- Stiffness and swelling.

MARMA THERAPY: - Stimulation of the *Janu & Gulpha Marma*

CONCLUSION: -

Sports refer to any kind of competitive physical activity or game that focuses on using, preserving, or enhancing one's physical skills and abilities. Injury is an inevitable possibility of participation and a serious issue for public health. Sports affiliation, level of engagement, gender, and player position all affect the frequency and distribution of injuries sustained when participating in sports. Young athletes are more prone to numerous types of injuries than adults, including damage to the growth plates, apophysis, and cartilage. Sport is an enjoyable kind of exercise that improves health and career development for young people. Adolescent athletes frequently sustain sprains, growth plate fractures, overuse injuries, wounds, epiphyseal injuries, stress fractures, and dislocations. Football and basketball are the sports that cause the most injuries in boys, and hockey and basketball in girls. Injuries to the lower extremities are more frequent in youth sports. An increased risk of osteoarthritis in later life may occur from sports injuries, particularly the knee and ankle injuries that are relatively common among female athletes. The human body has seven *Dhatus* that give it shape and form. The main *Dhatus* in sports medicine are *Mamsa* (muscles), *Asthi* (bones), and *Snayu* (ligaments) and *Kandara* (tendons), which deal with sports injuries. *Marma*, which has to do with trauma and how it affects the body, is a crucial issue in ayurveda. As was already noted, according to *Sushruta Samhita*, the site of a *Rujakar Marma* injury produces agonising pain. Sports injuries are frequently characterised by routine pain that interferes with normal activities. Trauma is a significant barrier in sports because it can risk a player's entire career. For eg: Physical contact between players in a demanding activity like football can result in contusion, excruciating pain, and it immediately affects the joints ligaments and muscles in the extremities. Therefore, it is essential to investigate the *Marma Shareera* from the perspective of sports medicine, and it would be beneficial to safeguard the *Marma* sites from any trauma

or injury. *Ayurvedic* ideas, diets, and medications all have a significant and helpful place in this area of medicine.

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