

## 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. severe, 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

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