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## ***Durvadi Lepa- A hope in the management of Ankle Sprain***

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### **ABSTRACT**

Ankle injuries, especially ankle sprains, are a common problem in sports and medical care and accounting for 75%. Ankle sprains result in pain and absenteeism from work and/ or sports participation, and can lead to physical restrictions such as ankle instability. Treatment includes PRICE (pain killers, rest, icepack, compression and elevation) in allied science. In United States it is estimated that 23,000 people per day require medical care for ankle sprains. According to *Acharya Sushruta*, *Marma* point is an anatomical site where *Mamsa* (muscles), *Sira* (blood vessels), *Snayu* (tendons), *Asthi* (bones), *Sandhi* (joints) confluence. *Gulpha marma* (ankle joint) is one among 20 *Sandhi marma* (vital point related joints) and one of the 8 *Rujakara marma* (causing pain) according to its traumatic effect of pain. The *Gulpha* (ankle joint) is located at the junction of *Paada* (foot) and *Jangha* (leg), the trauma in this region will leads to pain, restriction of movement and limping is classified under *Rujakara marma* ( causing pain). *Acharya Sushruta* in the context of *Abhigataja shotha* explained *Durvadi Lepa* to combat pain and swelling.

**Key words:** *Ankle sprain, Durvadi Lepa, Abhigataja Shotha, Gulpha Marmabhogata.*

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