

POSTER PRESENTATION

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## PA03.05. Masha taila as a preventive measure in gulpha marma injuries.

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### Purpose:

In Basketball game Gulpha Marma injuries are common. Wrong landing causes inflammation & tearing of ligament resulting into sprain. Prevention can be carried out by protective wears like Ankelet, crape bandage which gives temporary recovery. Assessment and evaluation of the application of Masha Taila as a Snehana and Avagaha Sweda as a preventive measure for Gulpha Marma injuries.

### Method:

30 players with Normal ankle joint (Group A) & 30 players with Ankle sprain (1st degree) of Basketball players (Group B) were taken with age group 13 to 25 yrs. Goniometer to measure Range of motion (R.O.M.), pain analog scale for pain gradation.

### Result:

Group A and B were compared with their control groups. The statistical result for normal dorsiflexion was 0.0007 degree, plantar flexion 0.001 degree, dorsi flexion of ankle sprain players 0.002 degree, plantar flexion 0.03 degree. The measurement of ROM of all players increased by 510 times indicating increased joint flexibility, based on ROM Mash taila proved to be a preventive measure. Pain analog scale for group B players indicated moderate pain at 0 day, reduced by 50% on 15th day and completely reduced on 30th day.

### Conclusion:

"Prevention is better than cure". As a preventive aspect the application of Masha Taila in normal ankle joint as Snehan & Swedan with warm water increases flexibility of joint and muscle strength. In sprained joint the same Taila application relieves pain and regains its movements, this recovery and strength of joints happens because of reduce adhesion & influence the direction of new collage fibres in the healing process. It eliminates toxic accumulation from secondary muscle spasm. These Marma being the vital points must be prevented by applying Snehan & Swedan before starting the game just as warm up.

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