



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2020; 7(1): 153-154  
© 2020 IJPESH  
[www.kheljournal.com](http://www.kheljournal.com)  
Received: 13-11-2019  
Accepted: 15-12-2019

**Shantaram H Salve**  
Director of Physical Education &  
Sports New Arts, Commerce and  
Science College, Shevgaon,  
Ahmednagar, Maharashtra,  
India

## A study of Indian wrestling

**Shantaram H Salve**

### Abstract

Wrestling has been popular in India since ancient times, it was mainly an experience to stay physically fit and the wrestler traditionally uses to wear lion-cloth langot. In ancient India wrestling was most famously by known as Malla- yuddha. Known as Malla-yuddha in India, Wrestling is considered as one of the oldest sports in the world. It was primarily considered as a physical exercise to study fit but it is slowly evolved through the years to get its place in the world sports. The modern history of wrestling begins with the rise of popularity in the 19<sup>th</sup> century; which led the development of the modern sports of Greco-Roman wrestling on the European continent and freestyle wrestling and collegiate wrestling in Great Britain and the United States. The origins of wrestling go back 15,000 years through cave drawings Babylonian and Egyptian reliefs show wrestlers using most of the holds known in the present day sports.

**Keywords:** Study, Indian wrestling, physical

### Introduction

Wrestling in India is also known as dangal, and it is the basic from of a wrestling tournament. There are also mentions of wrestling. Since ancient periods wrestling since ancient periods. Wrestling in India most famously known as Malla yuddha. We can be found in the epic of Indian history and Maharashtra also wrestler is one of the unique game among the athletics it is considered to be one of the most physically demanding sports along with high school and college athletics wrestling was mentions one of the most favored events in the Olympic game in ancient Greece the first organized national wrestling tournament took place in New York city in 1888. Since the Athens games in 1896. The wrestling events are also an important part of the modern Olympic Games.

“The sports of wrestling has been highly developed for over five thousand years and it is believed to have begun part of the soldiers training” The ancient Greeks and the sports of wrestling started. These pictures are about five Thousand years old and show holds from both the standing positions and the ground positions. Since that time to the present wrestling turned from military skills to the sport skills.

### Scope of Indian wrestling

The Style of Indian Wrestling is also known as Pehlwani and the person referred as pehlwan Kusti. The traditional Indian wrestling take place in “Akhada”. Akhada is a place for practicing the Indian wrestling in other words the school of wrestling. Indian wrestlers or pahilwan live under some stick set of rulers made by the trainer or ustad dear these are very few hours remaining in India some dedicated peoples are still working keep active the Indian wrestling this is very popular sports in India as in neighbor countries India has won titles in Commonwealth games held at Jamaica India has hosted the world wrestling championships.

While wrestling won India its first individual Olympic medal when Kashaba. D. Jadhav bagged bronze in the 1952 Helsinki games the next medal in the sports game in 2008 the recent medals have come in path as a result of North Indian states impress synthetic mats and modern rules going to the spiritual connotations of the earth and it's there is still summaries resistance to the fine use of mats in States such as Maharashtra which has had a rich history in wrestling but wrestlers from Haryana and Delhi have shown that mats and other fields can go together the potential for wrestling in India is huge its roots run deep and there is a rich tradition to draw upon given more support from pulse and private sources and mindset change.

**Corresponding Author:**  
**Shantaram H Salve**  
Director of Physical Education &  
Sports New Arts, Commerce and  
Science College, Shevgaon,  
Ahmednagar, Maharashtra,  
India

### **Contributions of Indian Wrestler**

In Indian wrestling physically to build strength and develop muscle there are specific exercises that should do on daily basis Surya namaskar aasan the demand and baithak the freestyle type of Indian wrestling is one of the most popular and traditional sports from India Punjab is well known and famous state for its operations and its one of the best place to learn Kushti or Indian wrestling.

Before Independence of India Ghulam Muhammad is known as the great gun was born on 1878 in Amritsar Punjab of British India he was awarded with world heavyweight championship on October 19 10 and another one Dara Singh was Indian wrestler politician actor he won the Commonwealth championship in 1959 also achieved the world wrestling championship by defeating these in 1968 Kashaba Jadhav is first Indian wrestler has won first bronze medal in Olympics in 1952 at Helsinki.

#### **1. Sushil Kumar**

The famous Indian wrestler from Bhopal near Delhi the Indian world championship wrestler and winner of gold medal and bronze medal in the 66 kg freestyle competition at FILA 2010 world wrestling championships and wrestling event at the 2008 Beijing Olympics.

#### **2. Sakshi Malik**

Sakshi Malik made the country proud by winning bronze in Rio Olympics in the 58 kg category Sakshi Malik was born 1992 in mokhra village of Haryana Rohtak district she is the first India's female wrestlers to achieve a medal at the Olympics and also Geeta phogat each freestyle wrestler who won India's first ever gold medal in wrestling at the Commonwealth games in 2010

#### **3. Narsingh Pancham Yadav**

Narsingh Yadav from Eastern Uttar Pradesh Yadav has team has been raining since he was andis currently a resident of Subah Jogeshwari in Mumbai Narsingh Yadav is a DSP with the Maharashtra government at the 2010 Commonwealth games he won the gold medal in men's freestyle 74 kg category he was banned for 4 years and word from the 2016 Olympics in Rio Generio by the court of arbitration for sports after the world anti-doping agency appealed against the decision of the national anti doping agency to allow him to complete even after if there doping test by testing positive for another brick steroids.

### **Conclusion**

This research paper mainly describes the main importance and history of wrestling in India and also included scope of Indian wrestling represents one of the oldest reforms of combat wrestling introduce its own popularity front time to time and all ages now in the modern age in Olympics games and other instrument shall games Indian vessels mention their best performance and contributions for Nations.

### **References**

1. Wrestling compares encyclopedia, 1995.
2. Sports and games California Sydney, 1997.
3. The Wrestler Body publishing cdlb.org. Retrieved 2012-03-29.
4. Rudrglal Sengupta. Enter the Dangal lustre Publishing, 2012.
5. Sourabh Duggal. Akhada: The Authorized Biography of Mahavir Singh Phogat, 2017.