



A CASE STUDY ON AGNIKARMA IN CALCANEAL SPUR (ASTHISNAYUGATA – VATA)

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ABSTRACT

In day today life pain in heel is very common problem in society. It is caused mainly due affection of calcaneum. Among the all disease of calcaneum the most troublesome common problem seen is calcaneal spur. Usually it affect badly people routine life, and once it is manifested very difficult to cure. The calcaneal spur is a pointed bony outgrowth of bone over the heel. A large percentage of people suffer from this disease. Although initially considered to be an abnormal finding inextricably linked to heel pain. Calcaneal Spur is a small Osteophytes (bone spur) located on the calcaneus (heel bone), Calcaneal spur are typically detected by radiological examination (X-Ray). It causes due to deposition of calcium on underside of heel bone, a process occurs over the periods of many months. These are often caused by strain on foot muscle and ligaments, stretching of plantar fascia and repeated tearing of membrane that covers the heel bone. Patient usually complaints of pain in a morning after getting up to stand or walk. There is no safe cost effective treatment in modern medicine. Till date the treatment are available like NSAID'S, analgesic drugs, Steroid injections, and Exercise. The surgical treatment plantar fascia release and excision of calcaneal spur are available, but complications like incomplete relief of pain and nerve damage. *Ayurvedic* treatment is one of the best for management of calcaneal spur. In *Ayurvedic* view pain in calcaneal spur due to Asthisanyugata vata. *Agnikarma* (Skin Branding) therapy is mostly used in treatment of calcaneal spur by treating vata . In *Agnikarma*, heat is applied to particular part of body to reduce inflammation and hence reduce underlying pain. A patient successfully treated with *Agnikarma* therapy is presented in case study.

KEYWORDS: Calcaneal spur, Asthisanyugata vata, *Agnikarma*.

INTRODUCTION

In present day of practice there are set of disorders which do not respond to medicinal treatment. If they respond, palliative relief is found and after sometime chance of recurrence does not exist. In surgery many minor parasurgical procedures are prescribed in substitute for major surgical procedure.

In day today life pain in heel is very common problem in society. Among the all disease of calcaneum the most troublesome common problem seen is calcaneal spur. The calcaneal spur is a pointed bony outgrowth of bone over the heel.^[1] A large percentage of people suffer from this disease. Although initially considered to be an abnormal finding inextricably linked to heel pain. More recent studies have reported that between 11% to 15% of general population has radiographic evidence of calcaneal spur.^[2] Calcaneal Spur is a small Osteophytes (bone spur) located on the calcaneus (heel bone), Calcaneal spur are typically detected by radiological examination (X-Ray). It causes due to deposition of calcium on underside of heel bone, a

process occurs over the periods of many months. These are often caused by strain on foot muscle and ligaments, stretching of plantar fascia and repeated tearing of membrane that covers the heel bone.^[3] Patient usually complaints of pain in a morning after getting up to stand or walk. There is no safe cost effective treatment in modern medicine. Till date the treatment are available like NSAID'S, analgesic drugs, Steroid injections, and Exercise. The surgical treatment plantar fascia release and excision of calcaneal spur are available, But complications like incomplete relief of pain and nerve damage.^[4]

As per *Ayurvedic* view calcanial spur is correlate with asthi-snayugat vata and main symptoms pain is due to vata. As per achrya shushruta parshni shula (pain in heel) is due to localization of variously aggravated vayas in bones produces degeneration of bone which crackbegin a spontaneously burst attend with the characteristic bone ache and patitent usually presents with pain and localized tenderness under heel. Pain may occur in posterior aspect of heel during standing or walking. aggraivation of pain

in morning due to Aggravation of vata. Shushruta has advised Agnikarma for disorders of asthi (bone) and Sanyu(Tendon).^[5]

Agnikarma is noninvasive method of treating surgical disease in different vataj diseases.^[6] While describing agnikarma chikista shushrut has said that those diseases which are not curable by medicine, surgery, kshar karma can be beneficially be treated by Agnikarma. such successfully treated diseases have no recurrence or has rare complications.^[7] Shushruta indicated agnikarman in Asthi(bone) and snayugata(ligament) vata.^[8]

As calcanial spur is astisanyugata vata and main symptom which worsen the patient is pain at bilateral heel region. Agnikarma is selected as choice of treatment in and patient of calcaneum spur is treated successfully with ayurvedic treatment and presented in this case study.

Here I present the case of 40 year old female patient, whose diagnosis of calcaneal spur (Asthsnayugata –vata) permitted successful management according to ayurvedic principle.

CASE REPORT

Patitent name : ABC

A 40 yr female patitent came to us in OPD with complaint of pain and localized tenderness to both heel. Since 6 months Difficulty in walking Pain may worsens in posterior aspect of heel during standing or walking.

Severe pain in morning.

Age: 40 yr

Sex: Female

OPD no:***

Date: 7 / 3/ 2017

No k/c/o HTN,DM,Kochs,Epilepsy or major illness in past

No h/o any drug allergies

L/E-tenderness over bilateral heel region

O/E- G.C fair

Afebrile

P-86/min

B.P-110/70 mm of hg

S/E-

RS-AEBE clear

CVS-S1S2 normal

CNS- conscious oriented

P/A-

Soft

Non tender

Investigations

All routine investigations such as CBC ,BSL® were in normal Range.

X-Ray Booth Heel (AP) – X-Ray shows bilateral calcanial spur.

Assesment criteria

1) Pain at booth heel region

Nature of pain	Grading
No pain	0
Mild Pain	1
Moderate pain	2
Severe pain	3

2)Distance Walked by Patient within 10 minutes.

Distance in feet	Grading
90 feet	0
60 feet	1
30 feet	2
Less than 30feet	3

Treatment

Agnikarma in form of bindu(point) with *Mruttika*(soil) *shalaka* has done.

Type of agnikarma

Agnikarma in the form of bindu at maximum tenderness point at calcanial region, Total 6 bindu.

Agnikarma i.e one bindu(point) at center and five bindu all around in1 cm diameter has done.

Time: Morning hrs 10.30 am to 11.30 am.

Instruments (*shalaka*) used: *Mruttika Shalaka*

Duration: Total 4 sitting once a week in one month.

Post *Agnikarma* : *Yashtimadhu* powder was sprinkled on wounds and advised to apply *Madhu* and *Ghrita* from next day.The same procedure was adopted at 7 days interval for 3 times.

Following instructions were given to the patients.

-Give proper rest.

-Use proper fitted footwear with having heel arch and support.

-Avoid bare foot walk especially in hard floor.

-Avoid standing for long time.

Follow Up: After 24 hrs. of *Agnikarma*,7th day,14th day and 21st day.

Follow up after 7th days

O/E: Pain during standing for a long time.

Tenderness over affected area – Reduced.

Pain during Walking – Reduced.

From above symptoms.

Follow up After 21 st day

O/E: No pain during walking, standing for a long time.

No tenderness on affected area.

Observations in present case

Examinations	Before treatment	After treatment
Pain at booth heel region	3	1
Distance walked by patient in 10 minute	3	1

Post Agnikarma Vrana the wound made by Agnikarma completely healed within a week without any complication and the scar disappeared within 15 days of Post-Agnikarma period.

DISCUSSION

Initially when patient came to us, patient was suffering from the disease almost since 6 months. Pain at bilateral heel region & Difficulty in walking. After the *Agnikarma* therapy of one month no pain at B/L heel & patient walk without difficulty. There is no other complains.

In this study conventional *Agnikarma* therapy has done with the help of *Mrutika shalaka*. Calcaneal spur is *Asthinayugata ashrita vyadhi* and *sushruta* indicated *Agnikarma* in these disease.^[9] The cardinal symptom of Calcaneal spur is pain at heel. According *Ayurveda*, basic humor responsible for pain is *Vata*. *Vata Dosha* is predominantly having *sheeta guna* which is exactly opposite to *Ushna Guna* of *Agni*. So *Agni* is capable of producing relief of pain by virtue of its *ushna guna*. In *Agnikarma* the temperature at the applied site is increased which reduces nerve reflexes resulting in relaxation of muscle.

The use of local heat (thermotherapy) may provide relief of pain and painful muscle spasm by acceleration of metabolic processes whereby the concentration of pain including toxic metabolites is reduced. This is accomplished by increase in local circulation.^[10]

CONCLUSION

The case highlight the fact that confidence can be placed in *Ayurvedic* treatment principles even in case where modern medicine progress is poor. The patient was diagnosed in *Ayurvedic* term and treated by *Agnikarma* therapy in case of calcaneal spur. *Agnikarma* is simple, cheap, safe, effective and alternative management in calcaneal spur without any complications. In *Ayurveda*, it can cure successfully and can avoid injections, surgery and other proceeding complications.

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