

**EFFECT OF AGNIKARMA WITH PANCHADHATU SHALAKA IN VATAVYADHI****Dr. Shubhangi Masugade<sup>1\*</sup>, Dr. Jyoti Meghdamber<sup>2</sup> and Dr S. R. Saley Sir<sup>3</sup>**<sup>1</sup>P.G. Scholar, Department of Rognidan avum Vikrutivigyan, Government Ayurved College, Nanded, Maharashtra.<sup>2</sup>Assistant Professor, Department of Rognidan avum Vikrutivigyan, Government Ayurved College, Nanded, Maharashtra.<sup>3</sup>H.O.D, Department of Rognidan avum Vikrutivigyan, Government Ayurved College, Nanded, Maharashtra.**Corresponding Author: Dr. Shubhangi Masugade**

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**ABSTRACT**

Agnikarma is an ancient medical technique of treatment derived from Indian medicine in ayurveda. It is designed to provide relief from various muscular and joint disorder. The word Agnikarma is made up of Agni and karma, which means application of heat, which involve procedure using a metal rod i.e. shalaka in aseptic manner. Almost all ayurvedic text has described agnikarma as anushastra. This agnikarma can be utilized as preventive measure, as post-operative procedure, and as a haemostatic manner. Agnikarma technique has effect on disorder of asthi (bone), sandhi (joint's), snayu (ligament and tendon) as told by Vedic Indian surgeon, Sushrutacharya. Agnikarma shows effect on condition's of chronic pain, back ache, Sciatica (Grudhrasi), Cervical spondylosis (Manyagatavata), Osteoarthritis (Sandhigatavata), frozen shoulder etc. The incidence of Osteoarthritis (sandhigatavata) in India is 12 % and that of person suffering from Sciatica found is 80 – 90 % in life-time. Incidence rate of cervical spondylosis was 10 %, Lumbar spondylosis is seen in 15- 45 % of population. Almost all the person by age of 40 have these health problems. Agnikarma done by panchadhatu shalaka showed significant relief in pain, restricted movement, improvement in their gait.

**KEYWORD:** Sandhigatavata, Manyagatavata, Grudhrasi.**INTRODUCTION**

Agnikarma is a procedure described in vedic period by many of acharyas, especially in vata-kapha disorders. Agnikarma is also called as dahan karma, daha karma, dagdha karma, jalana karma and pachan karma. Agnikarma has the ability to cure the diseases which cannot be cured by all other karma like bsheshaja, shastra and kshara karma. It is said that recurrence of disease is decreased by using agnikarma, it is mentioned in almost all samhitas. It is used for therapeutic burn created by metal rod (agnikarma shalaka). Sciatica (Gridhrasi) is characterised by cardinal symptom i.e. radiating pain which makes the patient difficult to walk. There is no specific remedy given in modern medicine, patients have to depend on pain killer for relief. Lumbar spondylosis (Kati sandhigata vata) and Cervical spondylosis (Manya sandhigata vata) is common found due sedentary life style, structural as well as functional changes takes place at L4-L5 and C5-C6. Even in this condition chronic use of anti-inflammatory shows adverse effect, which is prevented in management by agnikarma. Frozen shoulder (Avabahuka) causes pain and restricted movement of shoulder joint which is used most in daily activities.

**MATERIAL AND METHODOLOGY**

- 20 patient's having complaint of Vatavyadhi.

- Panchadhatu shalaka, it's component:

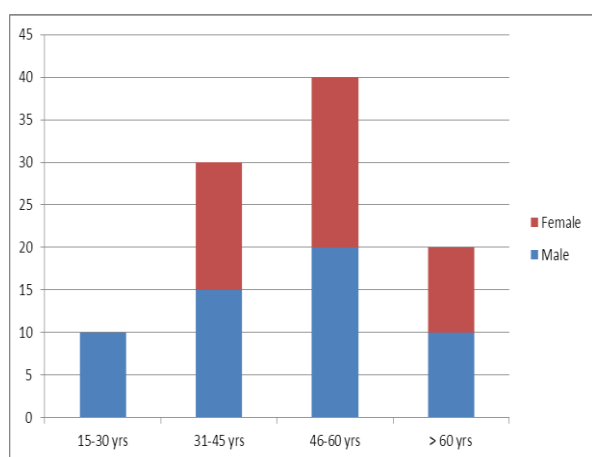
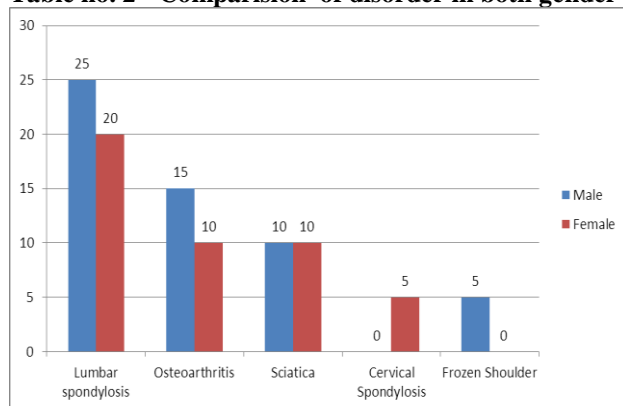
1. Tamra (Copper) – 40 %
2. Loha (Iron)– 30 %
3. Yashada (Zinc) – 10 %
4. Rajata (Silver) - 10 %
5. Vanga (Tin) – 10 %

The patient's having sign and symptom of vatavyadhi is selected. Sign and symptoms were noted. Agnikarma with panchadhtu shalaka is performed and again sign and symptom were observed regarding pain, stiffness, change in gait, SLR Test and joint examination.

**Inclusion criteria:** 1) Patient's of both gender  
2) Patients's of vatavyadhi  
3) Known case of Oesteo-arthritis, cervical and lumbar spondylosis, Sciatica.**Exclusion criteria:** 1) Diabetes  
2) Tuberculosis or Leprosy  
3) Anemia  
4) Cancerous condition

## 5) Unconscious patient's

Criteria	No change	Mild	Moderate	Severe
Change in gait	0	1	2	3
Stiffness	0	1	2	3
Joint pain	0	1	2	3

**OBSERVATIONS****Table no. 1 – Musculoskeletal disorder found in both gender in percentage.****Table no. 2 - Comparison of disorder in both gender****DISCUSSION**

Mode of action of agnikarma- The hot (ushna) quality of agni pacifies cold (shita) quality of vayu which reduces joint pain and stabilize movement of vata. Acharya Charak has described agni as best treatment for pain (shoola). According to modern science, the therapeutic heat increases blood circulation and provides nutrition to knee joint. This induces circulation to remove pain producing substances from circulation and reduces local inflammation. Osteophytes are structural deformity which cannot be healed and difficult to correlate with action of agnikarma. Heat is indicated in chronic inflammation, it removes muscle spasm hence helpful in flexion and extension of knee joint. Acharyas has

described agnikarma has significant role in stiffness (stambha).

**CONCLUSION**

Vatavyadhi disorders are mostly seen age of 46 -60 years of age, in which agnikarma shows significant changes. Agnikarma is effective in vatavyadhi, as significant result were found in pain and stiffness of joint, hence there was improvement in gait of the patients. Agnikarma is effective non-pharmacological, parasurgical procedure in musculoskeletal disease management.

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