EFFECT OF AGNIKARMA ON CALCANEAL SPUR IN AYURVEDA-A CASE STUDY

Sachin B. Ban* and Jyoti D. Giri

1P.G. Scholor, Shalyatantra, CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad.
2P.G. Scholor, Streerog-Prasutitantra, Government Ayurvedic College, Osmanabad.

ABSTRACT

Ayurveda is the everlasting supreme science of medicine because it deals with promotion of health and curing the diseases. The aim of Medical Science is to provide better health to every human being. To achieve this goal the pathy should be able to eliminate the disease and that to be without any side effects. Agnikarma[1] considered as best for pain relief & management in Ayurveda. The most common form of heel pain is mainly due to Calcaneal Spur. Calcaneal spurs are highly prevalent in Middle age people and causes lot of pain of excruciating type and disability. Agnikarma is done on painful heels (calcaneal spur) by Agni shalaka (Thermal cautery instrument) where temperature can be controlled in between 0-200 degrees and shalaka gets heated up from electricity. In ayurveda calcaneal spur co-related with Vatkantaka.[2] Vata Kantak is one of the Vata Vyadhi[3] which occurs in Gulpha sandhi[4] region. It is characterized by shool (pain) and shoth (Inflammation) in khudak (Heel). In modern science there are injection therapy, Surgical correction etc seen but which have many side effects as well as recurrence. In ayurvedic literature Kapha vata dushti can be treated by Agnikarma. So, in Vatkantaka I have kept the patient under Agnikarma therapy upto satisfactory level of relief from pain. I have given 5 sittings at the interval of 5 days and the patient got complete relief from pain. Follow up kept for next 2 months.

KEYWORDS: Agnikarma, Calcaneal spur, Vat-kantaka, Kaphavata Dushti, Ayurvedic-Para Surgical Procedure.
INTRODUCTION

Agnikarma is an ancient pain treatment tool that has been practiced and documented for at least 3000 yrs\textsuperscript{[5,6]} It is most popular Ayurvedic Para-surgical procedure in Pain management\textsuperscript{[7]} When compared with its counterparts, Agnikarm stands out with its efficacy\textsuperscript{[8-11]} Pain healing\textsuperscript{[12]} can be observed. Calcaneal spur\textsuperscript{[13]} is a condition in which Osteophytes (bone spur) are formed on calcaneus bone\textsuperscript{[14]} and is characterized by pain during walking, swelling and tenderness over heel region treatment of vatkantaka include:

1. RaktaMokshana (Blood-letting)
2. Eranda tail pana (Drinking of Castor oil)
3. Suchibhirev (Niddle pricking)

\textit{Agnikarma}. (Thermal Cauterization)

In this context Agnikarma is used at different temperatures by instrument where temperatures can be controlled and shalaka gets heated through electricity.

Calcaneal spur is very common problem in middle age overweight person due to sedentary life and use of fashion foot ware with hard sole. In the case of planter heel pain, the characteristic feature include pain in the ball of the heel, especially when standing or walking for a long period of time that causes tenderness on the heel felt as pain distinctly at the attachment of the planter fascia to the medial tubercle of the calcaneus in addition to slight swelling at the attachment of the fascia as externally observable symptoms. Typical modern treatment regimen\textsuperscript{[12]} for treating the heel-pain includes prescription of oral non-steroidal anti-inflammatory drugs, extensive bed rest, insole rubber heel cup-pads, radiant heat or diathermy\textsuperscript{[15]} or the injection of hydrocortisone acetate and lignocaine into the tender area. This is usually revealed in X-ray and is a bony projection forwards from under surface of the calcaneal tuberosity. Agnikarma has been described as the most effective therapy in the management\textsuperscript{[16]} of all painful conditions especially for musculo-skeletal disorders. Hence, the present study was carried out based on the literature research. In this study, we found that Agnikarm is very effective in reducing symptoms such as heel pain, swelling and tenderness of heel. Disease can be compared with Vatkantaka. Agnikarma is treatment indicated for Kaphavata dushti in asthi dhatu.
A Case

In this case study a 37 years aged male patient working as Teacher since 10 years. (every day 6-7 hours teaching in standing position) was selected for Agnikarma in management of calcaneal spur who visited to OPD, with complaints of painful heel, tenderness, restricted movements at the Both heels. The history suggested that he had received analgesic, anti-inflammatory from last 3-4 months but without any significant and satisfactory relief, hence Routine Blood investigation and X-ray examination of heel were done and X-ray shows presence of calcaneal spur. After careful assessment and examinations patient was diagnosed with calcaneal spur and it was decided that this be treated with Agnikarma Chikitsa only at an interval of five days upto complete relief from pain. Patient got relief from pain after completion of first sitting. After the completion of 2nd sitting patient got relief from tenderness and restricted movement And all symptoms were relieved after the completion of 3rd sitting. no any adverse effects being observed throughout the entire sittings. To observe any recurrence of symptoms patient was followed upto 2 month but recurrence of symptoms were not observed. Patient was fully satisfied and Happy with Agnikarma Chikitsa.

Age: 37 yr

Sex: Male

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

No H/o any drug allergies

Afebrile

P- 82/min

B.P-120/70 mm of hg

Systemic examination

AEBE clear

CVS- S1S2 normal

CNS- conscious & oriented

Per abdomen soft

Investigations

All routine investigations such as CBC, BSL were in normal Range. X-Ray shows both heels calcaneal spur.
Assessment criteria

1) Pain in both heel region

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Nature of Pain</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>No Pain</td>
<td>0</td>
</tr>
<tr>
<td>2.</td>
<td>Mild Pain</td>
<td>1</td>
</tr>
<tr>
<td>3.</td>
<td>Moderate Pain</td>
<td>2</td>
</tr>
<tr>
<td>4.</td>
<td>Severe Pain</td>
<td>3</td>
</tr>
</tbody>
</table>

2) Distance walked by patients within 10 minutes

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Distance in feet</th>
<th>Grading</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>90 Feet</td>
<td>0</td>
</tr>
<tr>
<td>2.</td>
<td>60 Feet</td>
<td>1</td>
</tr>
<tr>
<td>3.</td>
<td>30 Feet</td>
<td>2</td>
</tr>
<tr>
<td>4.</td>
<td>Less than 30 Feet</td>
<td>3</td>
</tr>
</tbody>
</table>

Treatment

Agnikarma in form of bindu(point) with panchlohdathu shalaka has done.

Type of agnikarma

Agnikarma in the form of bindu at maximum tenderness point at calcaneal region, multiple bindu are formed.

Time

Morning hrs 11:00am to 12:00pm.

Instruments (shalaka) used

Panchlohdathu Shalaka

MATERIALS AND METHODS

- Betadine And Spirit
- Panchloha dhatu Shalaka
- Aloe vera for local application
- Match box
- Candle
- Trifala Churna for after Agnikarma (after application)
- Cotton Bandage.
Method

The procedures performed in three stages as Purva Karma, Pradhan Karm, and Pashat karma mentioned by Acharya Sushruta\[^{17}\]

**PurvaKarma (Pre-procedure of agnikarma)**

**Pre agnikarma diet:**\[^{18}\] In all diseases and during all seasons, the *AgniKarma* can be done after feeding the patient with *pichhila* diet, and on an empty stomach in case of Mal-presentation of foetus, Calculus diseases, Fistula in ano, abdominal diseases, Piles and diseases of Oral Cavity.

1. **Pradhanaka karma (Principal procedure of agnikarma)**\[^{19}\]

First clean the heel area with Betadine and spirit. Then mark more painful points. Before doing the procedure of *AgniKarma*, *swasthikvachan* should be done; the patient kept in suitable position by keeping head in the East direction and held by expert assistants to avoid movement. After this the surgeon should make the different shapes of *AgniKarma* viz.: *Valaya, Ardhchandra, Swastika*, etc. as per need by heated *Shalaka* During this period if patients feel discomfort then keep them satisfies by courageous, consolations talks, give cold water for drink and sprinkle cold water. But procedure of *AgniKarma* should be done till production of complete cauterisation. Repeat the procedure after 5 days for 2 to 3 times.
Agnikarma procedure by using panchdhatu shalaka

2. *Paschyat karma* (Post *agnikarma* management)[20]

After completion of *AgniKarma Trifala ghruta* apply on the part where *AgniKarma* has done for *Ropana* of Dagdha Varna.

**Observations in present case**

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Examination</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pain in both heel region</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>2.</td>
<td>Distance walked by patient in 10 minutes</td>
<td>3</td>
<td>0</td>
</tr>
</tbody>
</table>

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.
Mode of action of agnikarma\textsuperscript{[21]}

\begin{itemize}
  \item AgniKarma (ushanguna)
  \begin{itemize}
    \item Utkleshnamodhatu
    \begin{itemize}
      \item Activates dhatwagni
    \end{itemize}
  \end{itemize}
  \begin{itemize}
    \item Digest aama and achieve niramavastha
  \end{itemize}
  \begin{itemize}
    \item Pacifies vata and kafa
  \end{itemize}
\end{itemize}

Superiority of agnikarma

AgniKarma is superior to bheshaja, shastra & Ksharakarma as a disease burnt with Agni will never reoccur. Disease which cannot be cured with medicines, Kshara and Surgery, can be cured with Agni.\textsuperscript{[22]} There will be vaso-constriction due to heat and it will check the haemorrhage.\textsuperscript{[23]}

CONCLUSION

Agnikarma is pain management procedure described in Ayurveda. From ancient period this procedure performed in different place with different name. Nowadays modern science used cautery like instruments which is nothing but modified Agnikarma only. When patient came to OPD, 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 Panchlohdathu shalaka. Calcaneal spur is Asthisnayugata ashrita vyadhi and sushruta indicated Agnikarma in these disease.\textsuperscript{[24]}

RESULT

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.
REFERENCES