MANAGEMENT OF VATAKANTAKA THROUGH AGNIKARMA W.S.R TO PLANTAR FASCIITIS -A CASE STUDY

Kirti J. Kotgire\textsuperscript{1*} and Vaishali H. Wankhade\textsuperscript{2}

\textsuperscript{1}P.G. Scholar, Department of Kayachikitsa Vidarbha Ayurved College, Amravati, Maharashtra India.
\textsuperscript{2}Asso. Professor, Guide and HOD of Department of Kayachikitsa Vidarbha Ayurved College, Amravati, Maharashtra India.

ABSTRACT

On the basis of clinical features pain and stiffness seen in the plantar fasciitis. It can be correlated with Vatakantaka. Planter fasciitis is an inflammation of the thick band of the tissue. Pain generally in the heel and bottom of the foot. It is the condition name derived from the plantar fascia, Which is thick tendon That connects Your heel and your toes. Causes of plantar fasciitis are long period of standing increase in exercise and obesity. due to long period of standing straining of ligament. Repeated strain causes tiny tear in the ligament leading to pain and swelling pain is usually unilateral and sharp in nature. According to modern treatment conservative management is given in the form of NSAIDs, steroid, steroid injections etc. All these treatment or management are temporary relief and sometimes it shows side effects. In ayurveda management in such cases Can give complete cure without recurrence.

KEYWORDS: Vatakantaka, plantar fasciitis, Agnikarma, Panchdhatushalaka.

INTRODUCTION

Ayurveda means the science of life. Ayurveda blends our modern lifestyle and health oriented habits using natural substances, medicines and herbs to help us lead a healthy, happy, stress free, and disease free life. Vatakantaka is included in Vatavyadhi. Hetu of Vatakantaka are working on uneven ground and improper positioning of feet. Excessive exertion, obesity. As per classical text of Ayurveda Vatakantaka is one of the common clinical condition. Sushruta highlights the importance of Agnikarma in case of highly painful
conditions precipitated by vata affected sira, snayu, asthi component. Stepping on an uneven ground and walking a long distance, doing heavy labour work can cause vitiation of vatadosha when Such a vitiated Effect’s gulf And causes pain and inflammation of joints the disease caused is known as vatakantak.¹² Some factors can increase your risk of developing this condition. Like, certain type Of exercise, age, obesity, occupations that keep you on your feet. The incidence of this condition is estimated that 1 out of 10 people suffered once with this condition during their life time period, prevalence of third condition usually manifested In middle age group between 40 to 60 yr.³ In ayurveda for vatakantaka (Plantar fasciitis) Agnikarma Is one of the best treatment.

AIM AND OBJECT
To study the role of Agnikarma in vatakantaka vyadhi.

MATERIAL AND METHOD
Panchadhatu shalaka
Panchtiktagrita guggulu 250mg, After breakfast lunch and dinner with lukewarm water. In well diagnosed patient of vatakantaka from OPD and IPD. Agnikarma is carried out 3 settings at regular time interval of 7 days

CASE REPORT
A 40 years old female patient complaining of pain in right heel from 7 to 8 months difficulty while walking pain severe in morning time.

Chief complaint
- Difficulty while walking.
- Swelling over right ankle joint.
- Tingling sensation.

General examination
BP-130/80mmhg
P-74/min
Weight-59kg
Height-165cm
No any major illness
No H/O HTN, DM
Nidan panchak

Hetu
- Heavyweight
- Continuous standing
- Housework
- Walking on uneven Ground
- Excessive exercise
- Excessive walking
- Doing heavy labour work

Aahar
- Ruksha
- Sheeta
- Bekari products
- Oily
- Non veg diet.

Purvaroopas
- Pain over ankle joint
- Difficulty for walking on cool surface
- Tingling sensation

Roopas
- Pain in right calcaneal region
- Difficulty while walking
- Swelling over right ankle region

Samprapti
Hetu sevan
Vatadosha prakop
Sthanvaigunya nirman
Gulf pradeshi stansanshraya
Gulf pradeshi shool
Vatakantaka.
Examination

X ray of right heel lateral view

Treatment

Treatment was planned in two phases. In 1\(^{st}\) phase patient was given internal medicine and in 2\(^{nd}\) phase local treatment Agnikarma was done on site of pain.

Phase 1: Internal medicine.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Drug</th>
<th>Dose</th>
<th>Anupan</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Panchtikaghrita guggulu</td>
<td>250mg TDS</td>
<td>lukewarm water</td>
<td>21 days</td>
</tr>
</tbody>
</table>

Phase 2: Local treatment

Procedure of agnikarma

Poorva karma- Procedure was explained in brief to the patient. panchdhatu shalaka was heated till its tip becomes red hot.

Pradhan karma- The patient was lie down on table in comfortable position with affected area exposed properly. Most tender points were identified and marked with marker pen. Agnikarma was done with tapta panchadhatushalaka at most painful point till samyakdagdha vrana lakshan attains.

Paaschat karma- samyakdagdha vrana was smeared, immediately aply aloe vera on it.

DISCUSSION

Agnikarma is indicated as one of the best treatment of pain in disease of asthi (bone), snayu (tendon) and sandhi (joints). In ancient classic text or samhita dahan upkarna (device) like, pippali, Ajashakrut, Godanta, Shara, Shalaka, Jambushta, Madhu, Guda, Sneha are mentioned.\(^{[4]}\) It cures disease with no recurrence ushna guna Of Agnikarma acts on sheet Gun vatadosha Helping relieving In pain and stiffness There were no side effects, the procedure was simple economical, can be done at opd level and gives instant relief to most of the patients but still to avoid the recurrence of the disease and to break the chain. The patient may need to continue on oral shaman medications.

CONCLUSION

The effect of Agnikarma is very significant in planter facilities without any adverse effect on the body.
REFERENCE


