

# A Literary Review of Vatakantaka and its Management

**Dr. Pranjali Sanjay Narwade<sup>1</sup> and Dr. Shilpa Premchand Badhe<sup>2</sup>**

PG Scholar Shalyatantra Dept., SMBT Ayurved College and Hospital, Dhamangaon, Igatpuri, Nashik  
HOD and Guide, Shalyatantra Dept., SMBT Ayurved College and Hospital, Dhamangaon, Igatpuri, Nashik

**Abstract:** Pain is that one feature which can interfere with daily activities such as working, having a social life, taking care of Oneself and others. Several problems can cause pain to develop in the back of the heel. Plantar fasciitis is one of the most Common causes of heel pain. Plantar fasciitis is estimated to affect 1 in 10 people at some point during their lifetime and most commonly affects people between 40 and 60 years of age. Vatakantaka is a Sanskrit compound consisting of the terms vata and kantaka which means a particular pain in the ankle. Walking in irregular or uneven ground, the structural deformity of foot or excessive strain on foot lead to provocation of vata and brings about severe pain in ankle joint which I referred to as Vatakantaka. Through this article an attempt is made to understand the nidana, samprapti, purvarupa, Lakshana of vatakantaka which contributes in its manifestation. Snehana, swedana, virechana, raktamokshana, agnikarma are line of treatment explained in ayurveda.

**Keywords:** Plantar fasciitis; Vatakantaka; Snehana; Swedana; Agnikarma; Raktamokshana

