

Role of *Agnikarma* in the Management of *Vatakantaka W.S.R. to Calcaneal Spur*

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Abstract: *Ayurveda* is the science which deals with the various principles and treatment modalities which helps to cure the diseases. The main aim of *Ayurveda* is prevention is better than cure i.e. prevention as well as cure for the diseases. *Shalya tantra* is one among the *Ashtanga Ayurveda* which deals with the various disorders related with the surgical procedures in various diseases. There are various unique concepts are described in the *Shalya Chikitsa* of *Ayurveda*. *Vatakantaka* is one of the common and major problem in today's era. It can be correlated with the Calcaneal spur in modern science. Calcaneal spur it is presenting with painful heel, which is highly prevalent clinical condition. *Agnikarma* is one of the best treatment for the *Vatakantaka*.

Keywords: *Agnikarma*, *Vatakantaka*, Calcaneal spur

I. INTRODUCTION

Ayurveda is the science which deals with the various principles and treatment modalities which helps to cure the diseases. The main aim of *Ayurveda* is prevention is better than cure i.e. prevention as well as cure for the diseases¹. *Shalya tantra* is one among the *Ashtanga Ayurveda* which deals with the various disorders related with the surgical procedures in various diseases².

Vatakantaka is one of the common and major problem in today's era. It can be correlated with the Calcaneal spur in modern science. Calcaneal spur it is presenting with painful heel, which is highly prevalent clinical condition.

Acharya Sushruta mentioned *Vatakantaka* under the *Vatavyadhi* in which it develops due to the excessive exertion and walking on uneven surfaces which leads to severe pain in the foot region³. There are several interventions for Calcaneal spur, which includes surgical excision or extracorporeal shock wave therapy.

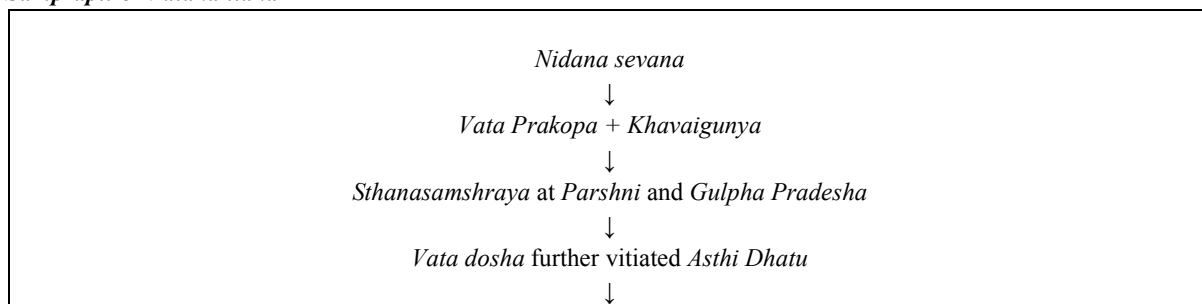
In *Ayurveda*, *Agnikarma* is mentioned among the *Anushastra karma*⁴. It is indicated for various diseases related with the *Sira*, *Snayu*, *Asthi* and *Sandhi Pradesha*. *Vatakantaka* is one of the *Vatavyadhi* which forms due to the vitiation of *Vata dosha*.

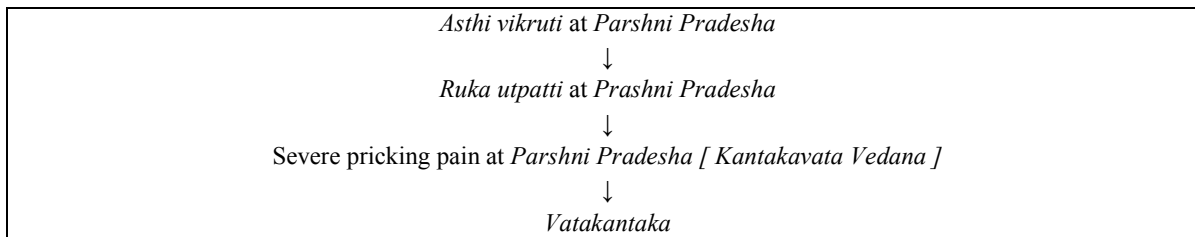
*Nidana of Vatakantaka*⁶ -

Vishama Sthana Gamana [Walking on uneven surfaces]

Ati Shrama [Excessive exertion] - Develops *Khavaigunya*.

Samprapti of Vatakantaka^{7,8} -





As *Vatakantaka* is one of the *Vatavyadhi* so the general treatment protocol for the *Vatavyadhi* is advised for the *Vatakantaka* disease. In which the specific treatment for *Vatakantaka* includes ; *Abhyanga, Agnikarma, Shamana Chikitsa, Raktamokshana* etc⁹.

Agnikarma is one of the *Anushastra* which is elaborately described by *Acharya Sushruta* in his *Sushruta Samhita*. He stated that the diseases which cannot be cured by *Aushadha / Bhesaja, Shastra karma* and *Kshara karma* ; they can be treated with *Agnikarma*, which further prevented recurrence of the diseases¹⁰.

Agnikarma is indicated for the diseases of *Snayu, Sira, Sandhi, Asthigata Vata*, which helps to relives the pain instantly⁵. There are various types of *Agnikarma* mentioned. For *Vatakantaka Bindu* type of *Agnikarma* is used with the help of *Panchloha Nirmita Shalaka*.

Chief complaints –

- Pain in heel region
- Pain while walking

Ashtavidha Parikshana –

Nadi = 74/min, *Mala* = *Samyaka*, *Mutra* = *Samyaka*, *Jivha* = *Nirama*, *Shabda* = *Spashta*, *Sparsha* = *Sheeta*, *Druka* = *Prakruta*, *Aakruti* = *Madhyam*.

- **Past history** – No any H/O DM, HTN, etc.
- **Family history** – No ant H/O Maternal, paternal history.
- **Treatment history** – NAD

Surgical history – No history.

General examination –

- PR = 74/min
- BP = 120/70 mm of Hg
- RR = 18/min
- Weight = 60 kg
- Height = 150 cm
- CNS = Conscious, oriented
- CVS = NAD
- RS = NAD

Management

Agnikarma procedure -

Poorva Karma	Proper clinical diagnosis. Written informed consent. Necessary laboratory investigations.
Pradhana Karma	Patient is made to lie in comfortable position. Then the Red hot <i>Panchaloha Shalaka</i> is applied to the most tender



	part of the <i>Parshni Pradesha</i> with the <i>Bindu</i> type of <i>Akruti</i> . Precautions are taken for any <i>Asamyaka</i> of <i>Agnidagdha</i> .
<i>Pashchata Karma</i>	After the completion of <i>Agnikarma</i> procedure, it is dressed up with the application of <i>Shatadhauta Ghrita</i> for <i>Vranadagdha Karma</i> .

Mode of action of *Agnikarma*¹¹ -

In Modern science, the pain inhibiting system having Gate control system, which includes pain signals to the brain

↓

Heat stimulates the lateral spinophthalmic tract, which further inhibits the blockage of pain sensation

↓

Thus *Agnikarma* is effective in *Vatakantaka*

II. CONCLUSION

Agnikarma is very effective in the management of *Vatakantaka*. *Agnikarma* helps to provide relief in the heel pain and avoid recurrence of Calcaneal spur. It is one the safe, cheap, comfortable procedure. *Agnikarma* can be performed according to various Chronic disorders and stages. Thus *Agnikarma* is very useful for the pain management of *Vatakantaka*.

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