

## ROLE OF AGNIKARMA IN VATAKANTAKA

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### ABSTRACT

Acharya Sushruta is known as the father of Surgery has described various surgical as well as para surgical procedures. Agnikarma is one of the para surgical procedure described. Agni-Karma that is agni is been used for the karma. In Agnikarma therapeutic burning is done with special instruments like shalaka etc. In Sushruta samhita agnikarma treated diseases has special place as it has never shown any recurrence making it more better measure as compared to other measures. In modern science Agnikarma is used under the name of cauterization or therapeutics burn.

**KEYWORDS:** Agnikarma, Sushruta, Vatakantaka, Plantar fasciitis.

### INTRODUCTION

Vata among the tridoshas described in Ayurveda is responsible for all the movements of the body. The most common disorders related to the foot or the movements of the leg particularly during the age between 30 to 50 years is calcaneal pain and around 1/3<sup>rd</sup> of the cases turns to be vatakantaka.

In Ayurveda, Acharya Sushruta has mentioned the disease in nidansthana (Su. Nid 1/79) in vatavyadhinidana adhyaay. He stated the causes as improper walking, walking barefoot, excessive walking. Same pathology is mentioned by Acharya Vagbhat in Vagbhatnidana adhyaay (Vg. Ni. 15/53).

Plantar fasciitis is a commonly encountered disorder in orthopedic OPD's. It is an enthesopathy causing pain at medial plantar aspect of the heel pain. After the recent research updates shows that the it is due to the chronic degenerative changes occurring due to repetitive stress and not due to the inflammation of the plantar fascia.

### Agnikarma

Agnikarma are used by various methods that is for skin diseases pipalli (Piper longum), aja shakrit (Faeces of goat), godanta(teeth of cow), shara(arrow), shalaka(probes), varti (wicks), suryakanta (variety of stone) etc. likewise for diseases of muscles loha(iron), suvarna(gold), tamra(copper) and kamsya(bronze) are used. For bones, ligaments, tendons, vessels etc

madhu(honey), guda(jaggery), vasa(fat), ghrita(ghee), taila(oil), madhucchishta(beewax) are used.

Panchdhatu shalaka is mainly used irrespective of the pathology involved. Panchdhatu consists of copper, brass, bronze, lead and tin in equal quantity.

In this concept i.e., "Agni krita karma"- the Agni is used directly i.e., direct manner of application of Agni. And in this concept 'Agni' Sambandhi Karma', the Agni related things / media are used i.e., indirect manner of application of 'Agni'.

1. Snigdha Agnikarma- It is performed by madhu, ghrit, tailam which is used for agnikarma, and it is applied in the disease of sira, snayu, asthi.

2. Ruksha Agnikarma- This type of agnikarma is performed by pippali, shara, Shalaka, godanta used for agnikarma to treat the disease which is in twak and mamsa dhatu

1. Sthanik Karma-local action

2. Saarvadaihih Karma- Action takes place all over the body

3. Vishista Karma- Special kind of actions.

In Bhaishajy Ratnavali in the context of the vata vyadhi chikitsa in the reference of the vatakantak chikitsa.

स्नाय्वादिगतवातचिकित्सास्नेहोपनाहाग्निर्मबन्धनोन्मर्दनानिच।

स्नायुसन्ध्यस्थिसम्प्राप्ते कुर्याद्वाते विचक्षणः ॥१४॥

If vāyu afflicts ligaments, joints and bones, then the patient should be administered fomentation, upanaha (application of hot ointment), agni karma (cauterization), bandhana (binding), and mardana (kneading therapies).

#### Probable mode of action

Vatakantaka is produced by vitiated vata dosha. So, agnikarma is considered as best therapy to pacify the doshas due to its tikshna (quick action), ushna (hot), sookshma (subtle), vyavayi (quick spreading), vikashi (work without being metabolised) guna (properties), it also can clear srotorodha (obstruction in channels of the

body) and maintains equilibrium. More blood circulation flushes away the pain producing substances and patient gets relief from symptoms. Therapeutic heat increase the Dhatwagni, so metabolism of Dhatu becomes proper and digest the Amadosa from the affected site and promotes proper nutrition from Purva Dhatu and in this way, Asthi and Majja Dhatu become more stable thus result precipitated in the form of relief from all symptoms.

#### Study Material

Classical textbooks of Ayurveda like Sushruta Samhita, Charak Samhita, Bhaishajya Ratnavali etc were studied.



**Panchaloha shalaka**



**Panchadhatu shalaka**

#### CONCLUSION

Vatakantaka has been considered as the major problem since long time mainly affecting the age of 30 – 50 years. It can be equated in modern view as the Plantar fasciitis. Modern treatment involves NSAID's or steroid injection which leads to many side effects affecting kidney etc. Sushrut mentioned Agnikarma as one of the best local treatment as it is oriented to local vataj disorders. It is cost effective treatment and easily available.

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