
**ROLE OF AGNIKARMA IN MANAGEMENT OF CALCANEAL SPUR PAIN
WITH PANCHADHATU SHALAKA**

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ABSTRACT

Shayla tantra is the branch of Ayurveda which deals with various treatment of various disease. Many human being in day today life suffers from pain in various diseases. getting cured from these pain is the main aim of the patient. Calcaneal spur is the disorder which cause very bad pain in the sole region and its management are fundamental to practice. Majority of the population suffer from heeling disorders because of many reasons such as use lifting high weight, Obesity, wearing high heel shoes. Mostly it is seen in the women. Calcaneal spur is the deposition of calcium, a bony protrusion on underside of heal bone. They are frequently associated with plantar fasciitis, a painful inflammation of fibrous band of connective tissue that run along the bottom of the foot and connect the heal bone to the ball of foot. It is somewhat painless in some people but in many people it is painful which affect the daily work of the people. Agnikarma is the karma described by Acharya Sushruta in their SushrutSamhita. According to Sushruta agnikarma is the Shrestha karma which is useful in many diseases. The diseases which are not curable by kshar karma, medicine and many kalpas that diseases is treated by agnikarma. In day today life people want fast relief from their diseases and pain, agnikarma makes it possible to get rid from many diseases and pain. Many diseases like Piles, Fissure, Kadar etc. are treated by agnikarma.

INTRODUCTION

The term calcinum spur comes under the disorder of snayu sooth and mainly deal with shool, pain in heel region difficulty in walking, morning stiffness tenderness at calcaneal bone. In modern science calcaneus spur is correlated with plantar fasciitis, a painful swelling to the plantar fascia. In Ayurveda Acharya's has mention about the snayu but its vikruti is not been described. In modern science it is said to be plantar fasciitis or calcaneal spur. In modern science it is treated by giving soft heel pad, local injection of steroid, Analgesic and anti-inflammatory drugs. In many cases it was seen that after taking all these treatment many patient were not getting cured and the complain were increased. With the help of agnikarma it was observed that the patient was having recurrence of complain and decrease in their complain. In Ayurvedic granthas SushrutSamhita Acharya's has described the types, use, and importance of agnikarma in many diseases.

AIM

Role of agnikarma in management of calcaneal spur pain with panchadhatushalaka

OBJECTIVE

To study the literature regarding panchadhatushalaka and agnikarma and Calcaneal spur.

MATERIAL AND METHOD

These is the observational study done in 20 patient suffering from calcaneal spur with the help of panchadhatushalaka.

Panchadhatushalaka

METHODOLOGY

- The shalak was burn on the fire till it become hot red in colour.

- The temperature of the shalaka was measured with the help of pyrometer.
- The highest temperature measured was 240degree Celsius.

INCLUSIVE CERITERIA

- Patient of age 25 to 60 of age.
- Patient suffering from calcinium spur.

EXCLUSIVE CERITERIA

- Patient suffering from diabetes
- Patient suffering from HIV HbSAG HCG
- Pregnant women
- Hypertension
- Congenital anomalies

PROCEDURE

- Patient diagnosed with calcaneal spur is taken on table.
- Foot of the patient is stretched with left hand.
- The pain point of the patient is marked with the pen.
- Shalaka is heated on the gas till it becomes red.
- The hot shalaka is taken and agnikarma is done at point of pain.
- Application of triphalaghruta.

RESULT

Graded and the result was analysed with the statistical test as Average was found using mean and standard deviation and Pre- test and Post-test data was compared by using Paired ‘t’ test.

Mean BT	Mean AT	Mean Diff	% Relief	SD	SE	Paired t	P value	
1.6	AT-D1	0.6	1	63	0.152	0.034	11.429	P < 0.001
1.6	D-3	0.25	1.35	84	0.152	0.034	15.429	P < 0.001

No. of patient treated in percentage

Relief	No. of patient	%
Major	16	80
Moderate	4	20
Minor	0	00

Effect of treatment on 80% patient got major relief whereas 20% got moderately relief and not a single patient got who had received no effects or minor change.

DISCUSSION

According to Ayurveda agni is Ushna, Tikshna and AshukariGuna, pain is caused due to vatadushti in a particular area.

Agnikkarma is the most useful therapy for removing vataavarodh.

The heat increases the blood circulation of the area and due to the increase in blood circulation the patient get relief from the pain.

Accordingly to Ayurveda agni does the pachan of Aam present in the pain area and also the vataavrodh is removed and due to these patient get relief from the pain.

CONCLUSION

Agnikarmatherepy is effective in the patient having calcaneal spur pain.
Most effective therapy for pain management.

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