

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Role of agnikarma in various painful conditions of lower extrimities.****Mahesh vaijainath Dhumale¹ Rashmi A.Kale²**

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Abstract: *Agnikarma* is a treatment given to the specific diseases and painful conditions which includes intentional diathermy. Now a day's many modified and sophisticated instruments are available by which *agnikarma* can be performed. This is a pilot study irrespective of any particular diseases which are causing lower extremities pain carried out on O.P.D. basis on 30 patient. Pain is subjective criteria and evaluation is done

on VAS scale. Results were encouraging and there were immediate complete relief of pain. Follow-up is required for recurrence of pain. Though this study was carried out irrespective of diseases deliberate efforts are taken to minimise variables for unbiased results.

Keywords: *Shalaka* (probes of different material) used by heating for *Agnikarma*.

Introduction: *Shalyatantra* is one of the eminent branch of Ayurveda, which consists of major therapies like *Bheshaja karma* (medicine), *ksharakarma* (uses of

different alkalies produced from plant, for the internal and external use), *Shastrakarma* (surgery), *Raktamokshana*.

Agnikarma is superior among all of them subject to certain conditions.

Therapeutic external use of Agni in a particular body part is called *Agnikarma*. “*Agnina Krutva Yat Karma, Agne Sambandhi Va Yat Karma, Tadagnikarma*” Diseases which are not responding to medicine, patients which are not fit for surgery can be treated by *Agnikarma*. Diseases that cured by *Agnikarma* do not recur.

There are different material (probes) can be use according to the site and severity of pain. Every material described in ancient text is having different capacity of temperature is selected for treatment of diseases.

Aim:

Study the effect of *Agnikarma* in painful conditions of lower extrimities.

Objectives:

Study of literature about *Agnikarma* in *Samhitas*.

Study efficacy of *Agnikarma* in painful conditions of lower extremities.

Heat generated by different materials(*shalakas*) on heating are as:

Literary review

The insightful authority of *Agnikarma* becomes clear from the wide descriptions in various Ayurvedic texts belonging to the Vedic, *Samhita* and *Samgraha* period. Because of its great therapeutic value it is considered superior than *Kshara*.

Site of agnikarma as per diseases:

1} In *Shirorogas* (headache, migrane, glaucoma, etc.)

Between 2 eyebrows and frontal and temporal area.

2} In painful conditions like headache, calcaneal spur, *Sandhigatavata*(cervical spondylosis), frozen shoulder, sciatica, etc.

At the site of maximum tenderness.

3} Cyst, mass, warts, tumours, piles, fistula, bleeders during surgery.

After excision at the bed of wound.

4} Inguinal hernia –

On the first toe of leg of opposite site of body and at the superficial inguinal ring.

5} In diseases of eye lids(entropion, etc,) – Roots of eye lashes.

Table no 1 showing heat generated by different materials after heating.

Sr.no	Shalaka	Temperature(in degree celsius)
1.	Gold	62
2.	Silver	350
3.	Copper	212
4.	Iron	228
5.	Pippali	57
6.	Ajashakrit	45-55

Types of Agnikarma ancient text:

- 1} Valaya (circular)– for tumours.
- 2} Bindu (dotted)- for blood vessels.
- 3} Vilekha (linear) when length of lesion is greater.
- 4} Pratisarana (scratching)
- 5} Ardhachandra (one fourth moon shaped).
- 6} Swastik
- 7} Ashtapad (star with 8 appendages)

Ajashakrit(faeces of goat), Godanta (cows tooth), Shara (arrow), Shalaka (probes).

2} For muscles diseases-

Jambaushta (seed of Eujanilia jumbolana), Kshaudra (honey).

3} For blood vessels, ligaments, joints and bones-

Madhu, Guda (jaggery).

MATERIALS AND METHODS

Sample source Study design:

Simple random preclinical pilot study was done on 30 patient.

Place of work: Sane Guruji Arogya Kendra, Hadapsar, malvadi, Pune-28.

30 patients selected having painful conditions of lower extremities.

Types of materials (Dahopakarana) explained in Samhitas :

- 1} For skin diseases-

Pippali(piper longum), Yashtimadhu(glycerrhizaglabra),

Inclusion criteria: patients having painful conditions in lower extremities.

Exclusion criteria: Foreign body causing pain.

Patients with history of compound fracture

Pathological fracture,

Non united fracture of complaining limb.

Women who are pregnant.

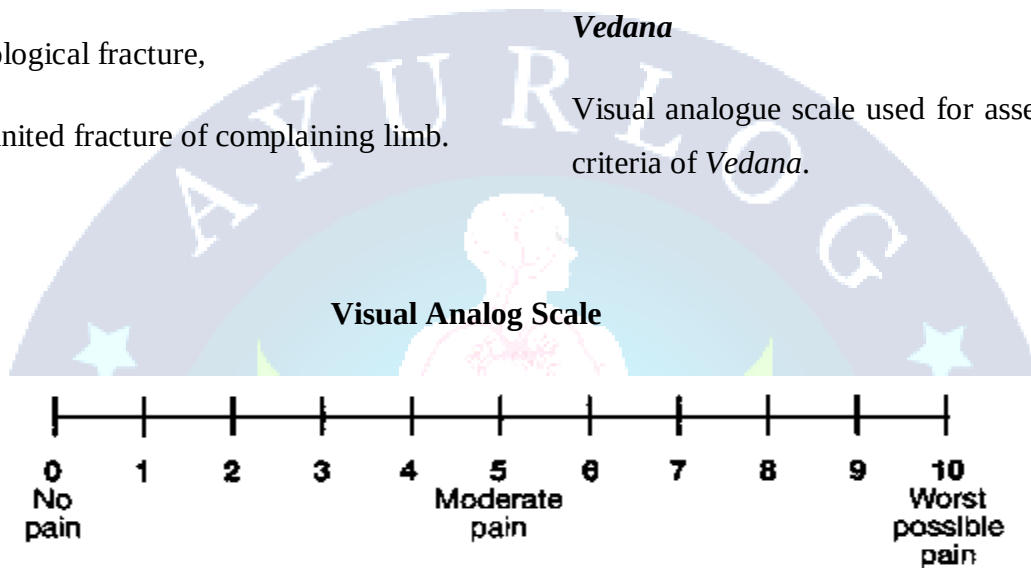
Laboratory investigations:

X-ray- of respective part to find out other pathology.

Assessment tool

Vedana

Visual analogue scale used for assessment criteria of *Vedana*.



Grade	Grade no	Signs
No pain	0	No pain on pressing or during walking.
Mild pain	1-3	Pain related to site on pressing.
Moderate pain	4-7	Disturbed daily work.
Severe pain	8-10	Intolerable and continuous pain, unable to walk.

Procedure:

Preoperative (*purvakarma*)

Patients consent to undergo *agnikarma* treatment.

Confirmation of site and marked it.

Patient is taken in confidence, assistance required.

Selected site cleaned with *triphala quath* or normal saline.

In any condition spirit should not applied.

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Main procedure (*pradhan karma*)

Intermittent, multiple heating method -
Done by giving multiple heat burns over
site of maximum tenderness.

Post operative(*paschat karma*)

Kumari pulp or *ghee* mixed with honey
applied prior to dressing. These medicines
help to reduce the burning sensation and
pain caused by heat burn also help in
healing procedure.

The site of *agnikarma* is prevented from
contact with water. follow-up taken for 8
days.

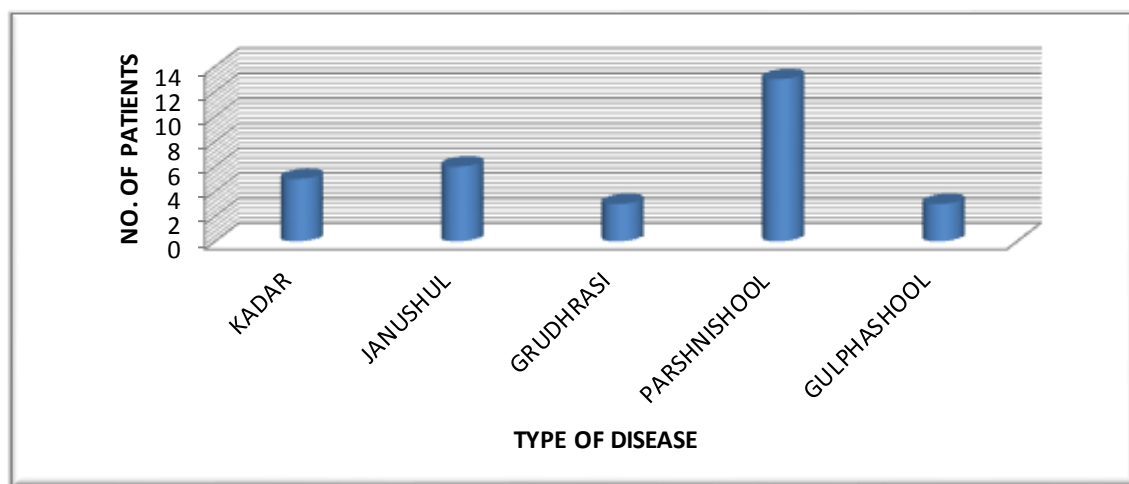
Observations & results-

Table no 1: Distribution of patient according to age and sex.

Age	Number of patient	Number of patient in percentage	Male patient	Female patient
20-40 yrs	12	40%	14	16
41-60 yrs	15	50%		
Above 60	3	10%		

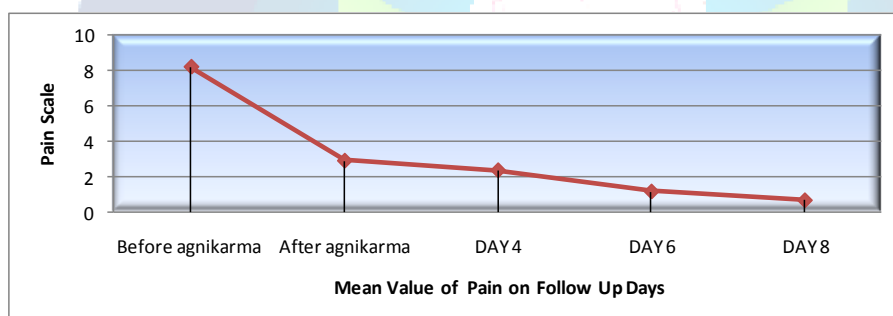
Table no 2: Distribution of patient according to disease.

Name of disease	No of patient	Percentage
<i>Parshnishool</i>	13	43.33%
<i>Janushool</i>	6	20%
<i>Kadar</i>	5	16.6%
<i>Grudhrasi</i>	3	10%
<i>Gulfashool</i>	3	10%



Graph 1: Distribution of patient found in study of painful conditions of lower extremities.

Results:



Effect of *agnikarma* in reducing pain found in study

Graph 2: Effect of *agnikarma* in reducing pain.

Discussion: pain after *agnikarma* therapy reduced immediately in almost all cases. Few of them (5%) having chronic disease require second setting after 15 days.

which leads to increased demand of oxygen and nutrient of the tissues. It also excretes the unwanted metabolites and toxins.

Probable mode of action of *agnikarma* therapy

1) Effect on metabolism-

The place where *agnikarma* is performed, the local tissue metabolism and rejuvenating changes takes place

2) Effect on pain –

Due to increased local metabolism, the waste products get excreted, which normalise the blood circulation and releases the pressure on end nerves,

thus resulting in reduction in intensity of pain.

3) Effect on muscle tissues –

Rise in temperature reduces relaxation of muscles and increase the efficiency of their action.

Conclusion: Hence *agnikarma* is an ideal treatment modality for various diseases. Till date only symptomatic treatments like analgesics, anti-inflammatory drugs and exercises, etc. are available for many diseases like spondylosis, sciatica, joint pain, migraine, headaches, warts, etc., but none of these modalities are providing satisfactory result. Long term use of these drugs are also not free from adverse effects.

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