



A CASE STUDY OF AGNIKARMA IN THE MANAGEMENT OF SANDHIGAT VATA

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ABSTRACT

Pain is most important factor, if there is pain then it is very important to subside it as early possible nobody wants pain throughout life, everyone wants pain free life but in some conditions modern medicines does not have complete solution such as chronic joint pain, some modalities are either expensive or not available for common people in developing countries. As per *Acharya Sushruta* has advised *Agnikarma* for disorders of *snayu* (ligaments and tendons), *asthi* (bones), *sandhi* (joints) etc. In this study a case of *sandhigat vata* was treated by *Agnikarma* followed by the application of *goghrita* gives instant and miraculous relief to the patient.

Keywords *Agnikarma*, pain, *sandhigat vata*.

INTRODUCTION: *Shoola* (pain), *sandhi nigraha* (restricted movements), *shoth* (inflammation), *akunchan prasaran sandhi vedana* (Painful movements) are the common sign seen in *Sandhigat vata*. It is due to *vata vrudhhi* due to daily routine activities, trauma, degenerative changes.

Sandhigat vata most commonly found in middle and old age¹ due to above reasons. In female post-menopausal degenerative changes are more common cause¹.

Treatment modalities in modern medicine such as analgesics didn't give satisfactory relief and their effect stays for limited time duration. Modern medicines either expensive and cannot recommended for long time due to their side effects.

Sthanik snehan swedana, *upnaha*, *agnikarma* mostly practiced in Ayurveda line of treatment for *vata shaman*; but *Agnikarma* is the most cost effective, easy and less time consuming method.

Agnikarma gives instant relief by balancing local *vata and kapha dosha* without any untoward effects.

CASE PRESENTATION-

A 56 year old male patient came to OPD Department of Shalyatantra in Aarihant Ayurvedic medical college and research center, OPD NO-3412 Gandhinagar on 4th March 2020 complaining of both knee joint pain and backpain since 10 years, patient do not have any history of trauma. Patient was unable to walk properly and was not able to sit in crouching position (by bending knees)², patient was taking support for every bending movement related to knees and hip.

Patient has taken modern treatment for long duration but patient didn't get any satisfactory relief. So it was decided that this be treated with *Agnikarma chikitsa*.

Agnikarma procedure-

Informed consent was taken, after that patient examined for *ashtavidha*

parikshana, his Nadi was 72/min, mala-mutra was samyak, jivha-niram, shabd-ruksha, druk- samyak, akruti- madhyam, after that patient had told to sleep in prone position for backache, and maximum tender spots are identified and marked. Panchadhatu shalaka was used for Agnikarma, shalaka was heated on gas

burner till shalaka get red hot, shalaka touched at marked points in the form of bindu (dot)³ and removed it instantly after 'chat' sound⁴, samyak dagdha formed. Same procedure is continued for the Knee joint in sitting position. After Agnikarma, goghritra was applied⁵.



1) Agnikarma at Right Knee joint



2) Agnikarma at Left Knee joint



3) Agnikarma over Back

Observation and results-

After Agni karma patient asked for walking and he started walking straight without any hesitation and after that patient ask for sit in crouching position without any support and patient started sits up 5-6 times without any support.

Patient has no pain and tenderness during movement.

DISCUSSION: As per Ayurvedic texts due to vata dosha anubandha with kapha dosha there is pain and stiffness in sandhi, resulting in painful movements of joints. Both vata and kapha dosha are shita guna

Pradhan and Agnikarma is *ushna, tikshna, sukshma, vyavai* and *vikasi in guna* which helps to breakdown *vata kapha anubandha* and neutralizes them, because of that pain and stiffness instantly releases and patient get relief.

CONCLUSION- *Agnikarma* is very simple, can do in OPD level and cost effective procedure, it gives instant relief, no complications and no other medications has to be taken for *Agnikarma dagdha*. Properly performed *Agnikarma* by skilled surgeon will give excellent results. On other hand improper procedure may lead to complications or no result.

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