



Role of Agni karma in the management of Planter Fasciitis

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Abstract:

Planter fasciitis is commonly found in 80% population in the society which is caused due to the affection of calcaneum. It is often seen in females and individuals over 35 years. It is one of the most troublesome complaints affecting the individuals in their routine work. Acharya Sushruta suggests the disease planter fasciitis can be correlated with Vatakantaka which is caused by vitiated Vata dosha due to constant standing and walking. Planter fasciitis can develop due to walking on uneven roads with ill fitting footwear which causes silent and repeated injury resulting into inflammation of planter fascia which results into painful heel, tenderness, early morning stiffness & restricted movements of heel. Sushruta has mentioned different methods of management of diseases, such as Bhashajama karma, Kshara karma, Agni karma, Shastrakarma and Raktamokshana. **Aim-**

To study the role of Agnikarma in the management of Planter Fasciitis.

Objectives: To study planter fasciitis. To study the role of Agnikarma in planter fasciitis. **Results and Discussion:** Chronic Planter fasciitis can develop due to use of walking on uneven roads with ill fitting footwear which causes silent and repeated injury resulting into inflammation of planter fascia which results into painful heel, tenderness, restricted movements of heel, During the use of Agnikarma chikitsa, we take the Agni in the shalaka by making it Red Hot on fire. The Agni from shalaka is to be transferred to the diseased part, the dhatoo (twacha). The Dhatu Agni gets utkleshit (Activated). The activated dhatoo Agni use to produce Dosh Pachan.

Keywords: Vatakantaka, Vata-dosha, Agni karma, Sandhigata vata, Asthi, Ushna, Vyavayi.

Introduction:

An inflammation of a thick band of tissue that connects the heel bone to the toes. It is also called as Policeman's Heel. It occurs as a result of inflammation of the planter aponeurosis at its attachment on the tuberosity of the calcaneum. The pain is early in the morning & often improves with activity. On examination, there is marked tenderness over the medial aspect of the calcaneal tuberosity, at the site of attachment of planter fascia. ^[1] It affects both sedentary and athletic people & is thought to result from chronic overload either from lifestyle or exercise. Planter fasciitis triggers by the first few steps after awakening and also by getting up from a seated position after a long period of activity. The origin of this disease is traced to anatomical abnormalities of the foot leading to biomechanical stress on the joints and supporting soft tissue structures, which fail to adjust due to either long standing or supraphysiological loads on them. The foot bears all the weight of the body. This requires the foot to be soft & flexible when bearing weight and rigid & tense during push off. This function cannot be carried out if the planter fascia gets inflamed. Pain may be experienced during running or dancing. It has also been suggested that those who spend most of their work hours walking or standing on hard surfaces are at risk of planter fasciitis.

According to Acharya Sushruta chronic planter fasciitis can be correlated with Vata Kantaka which is caused by vitiated Vata Dosha due to constant standing and walking on uneven surface resulting into pain in foot (heel)^[2]

Panchakarma has been given a special place in all the ancient Ayurvedic texts. Acharya Charaka has mentioned the extensive use of Panchakarma therapy for almost all the major diseases. It is used in all 8 branches of Ayurveda as major supportive or preparatory therapy. Agnikarma is an ancient pain treatment tool that has been practiced and documented for at least 3000 years^[3,4]

Describing Agnikarma chikitsa Sushruta said that diseases which are not curable by Shastrakarma, Kshara Karma or Bhesaja Karma can be beneficially treated by Agnikarma chikitsa. And diseases successfully treated by Agnikarma have no recurrences. To overcome the difficulties regarding Agnikarma the proper instrument should be manufactured & the method to produce 'Samyaka Dagdha Vrana' is needed.^[5] Sushruta indicated Agnikarma in Asthi (bone) and snayugata (ligament) vata.^[6]

Objectives:

- 1) To study planter fasciitis
- 2) To study the role of Agnikarma in planter fasciitis.

Pathogenesis and changes (Methodology):

At the time of the production of the disease, the dosha due to kha-vaigunya use to be collected in the dushya (diseased tissue). Then the dosha used to give its guna (properties) to the dushya (skin). The transfer of properties is termed as “Dosha-dushya sammurchana”(Pathogenesis).

During the treatment by Agnikarma chikitsa the Agni from gas flames is taken in the shalaka which becomes red hot. Then this Agni (heat) is transferred from shalaka to dushya (i.e. skin). The properties of Agni are opposite to that of Kapha & Vata dosha. By Agni the guna of Kapha & Vata dosha are neutralised. Thus the nirama kapha and vata dosha are treated. Secondly the transferred Agni use to do utkleshana (activation) of the dhatwagni (digestive enzymes). This utkleshita dhatwagni use to do the ama-pachan of ama-kapha dosha & ama-vata dosha which are the causes of the disease. This is the way how the dosha are neutralised & the samprapti use to be breakdown. Disorders produced by Kapha or Vata dosha are treated beneficially by this treatment.^[7]

Diagnosis: Planter Fasciitis is diagnosed on the basis of medical history and physical examination. Radiography may reveal the presence of bony spur on the calcaneum.

Results and Discussion: Chronic Planter fasciitis can develop due to use of walking on uneven roads with ill fitting footwear which causes silent and repeats injury resulting into inflammation of planter fascia which results into painful heel, tenderness, restricted movements of heel, During the use of Agnikarma chikitsa, we take the Agni in the shalaka by making it Red Hot on fire. The Agni from shalaka is to be transferred to the diseased part, the dhatoo (twacha). The Dhatoo Agni gets utkleshit (Activated). The activated dhatoo Agni use to produce Dosh Pachan.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Ayurlog: National Journal of Research in Ayurved Science- 2020; (8) (2): 01-04