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Ayurvedic Management of Acute Calcaneal spur pain with Agnikarma and viddha karma

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Abstract: Calcaneal spur is an osteophyte growth on the calcaneus (the heel bone), caused due to deposition of calcium on its underside over a long duration and triggered by repeated strain on the foot causing stretching of the plantar fascia and tearing of the membrane over heel. Long term consumption of NSAID's, steroidal injections, causes hazardous effect on body. The patient male, 72 years of age, presented with localized, severe and intermittent heel pain which increased with physical activities such as walking or running. A lateral X-ray revealed a large, well-defined bony projection at the base of calcaneus in both the heels. *Shalaka*, made up of five metals. Viddha karma performed with needle no.26 twice in a week. In the present case, *Agnikarma* treatment was administered in five sitting the heel pain was rated on the VAS score 8, Womac Score was 54 follow-up for up to years. Shaman chikitsa like *Kaishor guggul* BD along with *ashwangandha Kshirpaka* 20ml BD started for 3 months. The patient reported a decrease in pain at each follow-up. Vas Scale score reduced 8 to 4, womac score reduced to 30 and symptomatic relief to patient heel pain was relieve. There is significant result of *viddha- agni* karma in the treatment of Calcaneal spur and gives relief in pain and other symptoms of this condition. *Agnikarma* can have incredible benefits in the management of acute or chronic disorders of joints, ligaments and bones. Further, *Agnikarma* therapy is cost-effective and does not require hospitalization of the patient.

Keywords: Womac, VAS, *Shalaka*, *Viddha*

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Introduction:

Calcaneal spur is the growth of calcium around the ligaments and tendons of the foot, growth will be from the bone into the flesh of the foot. This mainly occur due to the anatomical changes of heel bone. Mainly this will be localized, main cause for the origin is stress at the heel bone calcifying the soft tissue attachments. *Ayurveda* describes this condition as **vatakantaka**, condition resulting due to kapha vata vitiation, *Ayurveda* clearly mention this condition as treatable. In *Ayurveda* this condition occur due to the excessive *kapha* vitiation resulting in the enlargement of bone and this enlargement or obstruction in the path of *vata* dosha which mainly controls the sensory and motor activities resulting in severe pain along with some burning sensation on some cases. In *Ayurveda* Calcaneal spur can be correlated with *vatakantaka*, which is common *vata* vyadhi. In which *vata* is vitiated due to excessive walking or walking in irregular surface, excessive pressure exerted over ankle region and *vata* accumulated in ankle region causing heel pain.^[1] The main symptoms which is present is pain around the spur region. Patient may complain heel pain more severe after awakening in morning and after excessive walking. On the side of heel pain, bearing weight not so comfortable. This condition may be aggravated by walking, running and lifting heavy weights.^[2] *Agnikarma* has been described as the most effective therapy in the management of all painful conditions especially for musculo-skeletal disorders. *Vidha karma* is one of the eight *Shashtrakarma* mentioned by Acharya

Sushruta.^[3] wherein in a sterile procedure hollow needle are pierced at specific points on the body for pain relief by releasing endorphins. The Experimental amalgamation of these two procedures has provided rapid relief in the pain caused due to calcaneal spur in this study. *Agnikarma* is done by different methods like *Bindu*, *Vilekha*, *Pratisaran* and *Valay*^[4] and different materials like *Pipali*, *Aja Shakrut*, *Madhu*, *Tail*, *Panchadhatu shalaka*, *Suvarna shalaka*, *Loha shalaka* So, in the patient of Calcaneal spur we decided to do *agnikarma* with *Panchdhatu shalaka* by bindu with oral medicine ^[5,6]

Aim:

To assess the efficacy of *Vidha agni Karma* in Pain Management in Calcaneal spur.

Objective:

- To study available literature and latest research done in *vidha-agni karma*.
- To analyse the mechanism of action of *vidha-agni karma* in pain relief of Calcaneal spur.

MATERIAL AND METHOD:**1. History of Present illness**

A 72 years male having complaints of pain in left heel region, difficulty in walking and tenderness over B/L heel region for six months without having any major illness condition visited to Kayachikitsa OPD of our Hospital. The patient developed pain in B/L heel after awakening in morning and pain aggravated after standing long time and after excessive walking. He had taken analgesics drug for 3 months from private hospital for this problem, but was not completely relieved. So, he came to our hospital for further treatment.

2. History of Past illness: NAD .

3. Family History: Not Significant

4 Chief complaints and its duration: heel pain, difficulty in walking and tenderness over left heel for 3months.

5 .General Examination of Patient:

BP - 130/80 mm of Hg,

P - 86/min,

Sleep – Normal,

Bowel and Bladder Habit – Normal.

6. Systemic Examination

◆ CVS - S1 S2 normal

◆ CNS - conscious and oriented

◆ RS – AEBE, clear

◆ P/A - Soft, not tender, no organomegaly

◆ X-ray of left foot: Calcaneal spur extended

7. TREATMENT

The diagnosis was confirmed as Calcaneal spur on the basis of sign and symptoms and x-ray finding of B/L heel. Patient treated with *agnikarma* with *Panchdhatu shalaka* by bindu method without giving oral medication. Five sitting of *agnikarma* given to the patient continue for year on the maximum tender point at left heel. *Viddha karma* procedure was performed with needle No. 26 twice in a week for 5 week .

Shaman Aushadi:

Sr.no	Drug name	Dose	Kala
1.	<i>Kaishor guggul</i>	500mg	Vyanoudane
2.	<i>Ashwagandha Kshirpaka</i>	40ml	Apane

8. CRITERIA FOR ASSESSMENT

Visual Analog Scale was used to get an assessment of pain relief after each sitting.

Table 1 : Pain Gradation

Grade	Grade No.
No pain	0
Mild pain	1-3
Moderate pain	4-7
Severe pain	8-10

VISUAL ANALOG SCALE

are rated as 0-----1----- 2----- 3-----
4----- 5----- 6----- 7----- 8----- 9---
--- 10

- No pain, 1-3: Mild pain, 4-7: Moderate pain, 8-10: Severe pain

Table 2: Sign And syptoms gradation before and after Agnikarma and Viddha

Sr. No	Sign And Symptoms	Before Agnikarma	1 st sitting	2 nd sitting	3 rd sitting	4 th sitting	5 th sitting
1.	Heel pain	8	7	5	3	1	0

2.	Tenderness over heel	5	4	3	5	1	0
3.	Difficulty in walking	6	6	5	5	3	2

Womac Score 54 to 30

Result:

VAS score was 8 to 4 and WOMAC score 54 to 30. Viddh-agni karma blocks pain by activating a variety of bioactive chemicals through peripheral, spinal, and supraspinal mechanisms.^[7] According to *Ayurveda*, *vatakantaka* produced due to vitiation of *vata* with *anubandha* of kapha dosha which responsible for shool (pain), stambha (stiffness) and shotha (inflammation) in the heel. *Acharya Charaka* described *agni* is best management for decrease

Assessment was done before and after treatment by relief of the Pain, Tenderness over heel region and Walking capacity. Table 1 shows Pain Gradation.

Table 2 shows sign and symptoms gradation before and after agnikarma. After first sitting of *agnikarma* heel pain relieved partially and complete reduction in heel pain after fifth sitting and similarly gradual decrease in the symptoms of tenderness and difficulty in walking after fifth sitting

In *Agnikarma*, *Agni* is introduced to the affected area by hot *shalaka*. External/ physical heat is transferred to *twak dhatu* by hot *shalaka* producing *samyak dagdha vrana*. The *Ushna*, *Tikshna*, *Laghu*, *Sukshma*, *Vyavayi*, *Vikasi* and *Aashukari* properties of *Agni* helps to remove strotavarodha, pacifies the vitiated vata-kapha dosha and break the pathogenesis and reduces pain and inflammation^[6].

◆ After *Agnikarma*, the *Ushna guna* of *Agni* pacifies the *Shita guna* of *vayu* and reduces pain. It reduces *Kaphanubandha* thereby relieving the inflammation and also causes *pachan of ama*.^[8]

◆ The *Agni* increase blood circulation at the heel region, leading to the proper nutrition of the tissue. This increase circulation helps to flush out toxins material from blood and reduce pain and local inflammation.^[9]

◆ Therapeutic heat stimulates the lateral Spinothalamic tract, leading to stimulation of descending pain inhibitory fibres, causing release of endogenous opioid peptide, which blocks the transmission of pains pathway, the temperature at the applied site is increased which reduces nerve reflexes resulting in relaxation of muscle thereby causing reduction of stiffness.

Discussion:

When patient came to OPD, patient was suffering from the disease almost for 6 months. Pain at bilateral heel region & Difficulty in walking. After the *Agnikarma* therapy of one month no pain at B/L heel & patient walk without difficulty. There is no other complains. In this study conventional *Agnikarma* therapy has done with the help of panchlohdathu *shalaka*. Calcaneal spur is *Asthisnayugata ashrita vyadhi* and *sushruta* indicated *Agnikarma* in this disease. The cardinal symptom of

Calcaneal spur is pain at heel. According Ayurveda, basic humor responsible for pain is Vata. Vata Dosha is predominantly having sheeta guna which is exactly opposite to Ushna Guna of Agni. So Agni is capable of producing relief of pain by virtue of its ushna guna. In Agnikarma the temperature at the applied site is increased which reduces nerve reflexes resulting in relaxation of muscle. The use of local heat (thermotherapy) may provide relief of pain and painful muscle spasm by acceleration of metabolic processes whereby the concentration of pain including toxic metabolites is reduced. This is accomplished by increase in local circulation. Viddhagni karma blocks pain by activating a variety of bioactive chemicals through peripheral, spinal, and supraspinal mechanisms. These include opioids, which desensitize peripheral nociceptors and reduce pro-inflammatory cytokines peripherally and in the spinal cord, and serotonin and norepinephrine, which decrease spinal n-methyl-d-aspartate receptor subunit GluN1 phosphorylation to inhibit pain. Shaman aushadi like *ashwagandha*, *Kshirpaka*, *Kaishor guggul* play important role in pain Management.

Conclusion:

On the basis of the clinical observation and discussion, it may be concluded that there is significant result of *Viddh-agni karma* in the treatment of Calcaneal spur and gives relief in pain and other symptoms of this condition. On the basis of this study it can be concluded that the trial treatment therapy i.e. *Viddh-agni Karma* can be used as a way of treatment in the pain

management of patients of Calcaneal spur who are trying to get treated by modern ways without effect. There was no adverse treatment reaction seen during the period of trial and it is a safe, convenient and effective measure for the treatment of patients suffering from Calcaneal spur that can be performed by health professionals on OPD basis.

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