



Agnikarma – Quick Approach to Heal Neck Pain

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ABSTRACT

The most common people geriatric age group more vulnerable to many ailments. The world while more people geriatric. Vatavyadhi are more common in geriatric population. Cervical spondylosis, osteoarthritis are more pain full condition in geriatric age group. Modern most common NSAIDs medication used most of gastric most common complication. Agnikarma is mainly in rujapradhana, vata and kaphajavyadi Snigdhaagnikarma (performed with oily /sticky substances) Panchdhatushalaka has been used on a regular basis for purpose of agnikarma irrespective of the structure involved or level of the pathology. But according to the medication most of NSAIDs medication used geriatric patients. The dhanopakarana mentioned for the disease of these location are snigdhadavyas such as kshaudra, guda, taila, vasa, madhuchista etc.as they have the deep heat penetrative. The agnikarma is a well-known para- surgical procedure and has been advised by sushruta for disorder of asthi, sandhi, snayugatavyadhi. Acharya shushruta has explained vayu entrapped in snayu, sandhi, and ashthi that should be treated with snehana, swedan, upnaha, Agnikarma, bandhan, and mardan. Agnikarma is widely practiced for various forms of Musculoskeletal conditions like Osteoarthritis, Sciatica, Spondylosis, Spondylolisthesis, Tennis elbow, Frozen shoulder.in this paper we are discussion a case study of cervical spondylosis which managed by agnikarma.

Keywords: Agnikarma, Spondylosis

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INTRODUCTION

Agnikarma is mainly indicated in rujapradhana, vata and kaphajavyadhis. Pancha dhatu Shalaka has been used on a regular basis for the purpose of Agnikarma irrespective of the structure involved or level of the pathology. But according to the classic, specificity of Dahanopakarana depends on the disease level concerned as described. Most of the painful conditions are related to musculoskeletal system which comprise bones, joints, tendons, ligaments etc. Degenerative arthritis, osteo-arthritis of the cervical vertebrae and related tissues which may cause pressure on nerve roots with subsequent pain or paresthesia in the extremities is called Cervical Spondylosis. Cervical Spondylosis is a disorder in which there is abnormal wear on the cartilage and bones of the neck (cervical vertebrae) [1]. When cervical region of the body is affected, then the neck becomes stiff with restricted movements. The compression can occur because of disc herniation, spondylosis instability, trauma, or rarely, tumours highlight agnikarma as most powerful in all of the non- surgery procedures a sutrasthana has distinct chapter with information on every one of agnikarma is refer to karma during time of treatment .agnikarma is infection from the and successful treatment all of the approached to agni as therapeutic metric in medical practice are based on old concepts its also known as Rakshohaagn in the athrvaveda agnikarma is known as parasurgical process shushruta. acharyacharaka give description of agnikarma comes under 36 upkarma used in gulmachikitsa, inbagandarachikitsa, plihodara chikitsa, arshachikitsa, visarpchikitsa [2-4] .

CASE STUDY

A 65-year-old female patient was admitted in shalyaipd for treatment for neck pain with stiffness. Patient was suffering previously neck pain which was radiating to shoulder region and tingling sensation and numbness to fingers 3rd, 4th and 5th fingers.

duration of neck pain was for 3-4 years but in the last one year she was having giddiness, headache and neck pain. on clinical examination patient having pain in neck region and stiffness and tenderness was also present. Patient had addictions of tea. Patient having past medical history of hypothyroidisms and HTN For 5-6 years.

Tab. Amlodipine 5 mg 1-0-0 before food

Tab. Ecosprin 75mg 0-0-1 after food

Tab. Atorvastatin 40 mg 0-0-1 after food

Personal history

Ahara- Veg

Addiction- Tea

Bowel habit- Regular

Nidra – Disturbed due to pain

Urine – Frequency 8-6/day 0-1 /night

Vas scale- 4-6 moderate pain

Spurling test was positive - patient having neck pain radiating to shoulder and 3rd, 4th, 5th finger numbness and tingling sensation.

Investigation

Haemoglobin- 10.7g/dl

Platelet count- 147000/cumm

Erythrocyte sedimentation rate (ESR)- 52mm

Bleeding count (BT) – 1min 25 sec

Clotting time (CT) – 2min 53 sec

Random blood sugar- 91mg/dl

Thyroid function test –serum T3- 1.83ng/ml

Serum T4- 7.90 g/dl

Serum TSH- 7.36 IU/ml

HIV HBSAG and V.D.R.L- negative

X-RAY Cervical Spine AP / Lateral view- C5-C6 Degenerative changes multilevel vertebral anterior marginal osteophytes are seen.

Methods of data collection

In the study, we learned how to measure temperature for reference purposes at various times throughout the study. First, the room temperature was recorded, which was 29 degrees Celsius on the study day. Simple pg gas stove was utilized to heat the study. When panch dhathu shalaka is properly heated, it reaches an average temperature of 440°C to 495°C. As soon as it is taken from the fire, it quickly dissipates 320-355°C heat, followed by heat dissipation at a rate of 100-200°C/10 sec till one minute has passed.

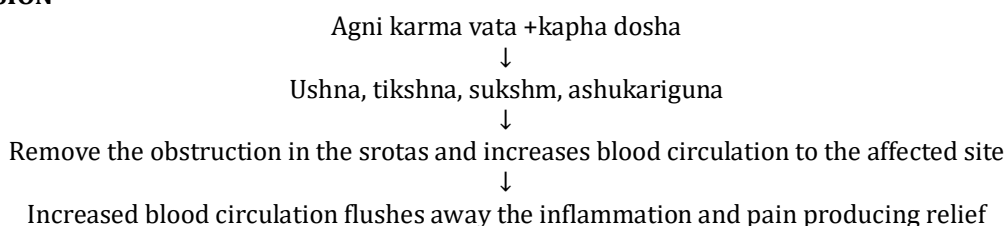
TREATMENT

On basic of the history received from the patient and clinical examinations following treatment was given to the patient. First day of clinical examination neck pain and stiffness of neck was present first sitting of agnikarma done till to samyakdagdhalakshana. Madhu Sarpi was applied on samyakadagda site. Agnikarma done with panchdhathushalaka. Components of panchdhathushalaka was tamra(copper)-40%, loha(iron)-30%, yashada(zinc)-10% rajata (silver)- 10%, vang (tin)-10% after 7 days sitting of Agnikarma was done on remaining most tender points.



Figure No 1. Agnikarma Treatment

DISCUSSION



Agni karma - Sukshma and Deeper Parts like *Twak, Masha, Shira, Snayu, Sandhi, Ashti*, due to *vayu* more pain produced of these sites so, *Agnikarma* is indicated in all these sites. - Radiation is a method of transferring heat using electromagnetic waves. Radiation can be emitted by any object with a temperature greater than absolute zero. Pippali, Ajasakrida, Godanta, Shara, and Shalaka will become red hot when heated. The radiation emitted by red-hot objects comes from a variety of sources [4]. - Radiation is a method of transferring heat using electromagnetic waves. Radiation can be emitted by any object with a temperature greater than absolute zero. Pippali, Ajasakrida, Godanta, Shara, and Shalaka will become red hot when heated. The radiation emitted by red-hot objects comes from a variety of sources. - Radiation is a method of transferring heat using electromagnetic waves. Radiation can be emitted by any object with a temperature greater than absolute zero. There are two types of fibres that transmit pain sensations. A fibers are triggered by heat and cold, and stimuli from A fibres block the process, thus pain is not felt. Sensory nerve endings are stimulated and pain is relieved by anti-irritants. Agnikarma is thought to block the pain channel, causing the person to be pain-free. Heat causes vasodilation, which increases blood flow to the surface tissues, allowing oxygen and nutrients to be delivered and waste products to be removed. Muscle relaxation is induced by heat[5,6].

CONCLUSION

Cervical spondylosis is one of painful condition which hampers the daily routine of patient. This disease having predominance of vata dosha may have anubandhkapha dosha aganikarmaushna treatment acts against the properties of vata and kapha dosha hence agnikarma cures all vata and kapha disorders. Pain is subjective feeling. agnikarma done on most tender point. pain should be perception due to subcutaneous tissue that stimulated to pain receptors. glutamed stimulate transmission of the pain quickly to the cortex and stimulate the grey matters in midbrain through spinomesencephalic, spinorecticular pathway. endogenous analgesic system which sends afferent's to the substantia gelatinosa of Rolando and close the

gate for pain neurotransmitters by secreting neuromodular serotonin aminobutyric acid (GABA) which secretes opioids receptors like enkephalin, enkephaline and dynorphin these opiates inhibitors the neurotransmitters like substance p in peripheral nervous system and block the pathway for pain through spinothalamic tract.

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