



## A CASE STUDY OF MANAGEMENT OF CALCANEAL SPUR WITH AGNIKARMA

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**ABSTRACT** Agnikarma is an important parasurgical procedure of Ayurvedic surgeons, which has been used widely in the clinical practice. Agnikarma has emerged as an integral part of the Ayurvedic therapeutics. In Ayurveda, agnikarma is a treatment in which heat is applied to a particular part of body to reduce inflammation there and hence the underlying pain. Based on the degree of burn, Agnikarma is classified as Plusthdagdha, Durdagdha, SamyakDagdha and Atidagdha. The agni karma are more superior than kshara as disease treated with agnikarma never happen again. In present era pain in heel is very common problem in society. It is caused mainly due affection of calcaneum. Among the all disease of calcaneum the most troublesome common problem seen is calcaneal spur. Usually it affect badly people routine life, and once it is manifested very difficult to cure. The calcaneal spur is a pointed bony outgrowth of bone over the heel. Calcaneal spur is a small Osteophytes (bone spur) located on the calcaneus (heel bone), Calcaneal spur are typically detected by radiological examination (X-Ray). It causes due to deposition of calcium on underside of heel bone, a process occurs over the periods of many months. These are often caused by strain on foot muscle and ligaments, stretching of plantar fascia and repeated tearing of membrane that covers the heel bone. Patient usually complains of pain in a morning after getting up to stand or walk. There is no safe cost effective treatment in modern medicine. The treatment are available like NSAID'S, analgesic drugs, Steroid injections, and Exercise. The surgical treatment plantar fascia release and excision of calcaneal spur are available, but complications like incomplete relief of pain and nerve damage. Ayurvedic treatment is one of the best for management of calcaneal spur. In Ayurvedic view pain in calcaneal spur due to Asthisanyugata vata. Agnikarma therapy is mostly used in treatment of calcaneal spur by treating vata. Agnikarma treatment is carried out with a special instrument made of 5 metals (Copper, Iron, Zinc, Silver & Lead, also contains gold in some special ones), thus is named as Pancha Dhatu Shalaka. A patient successfully treated with Agnikarma therapy is presented in case study.

**KEYWORDS :** Calcaneal Spur, Agnikarma, Asthisanyugata Vata, , Pancha Dhatu Shalaka.

### INTRODUCTION

In present day of practice there are set of disorders which do not respond to medicinal treatment. If they respond, palliative relief is found and after sometime chance of recurrence does not exist. In surgery many minor parasurgical procedures are prescribed in substitute for major surgical procedure. In day today life pain in heel is very common problem in society. Among the all disease of calcaneum the most troublesome common problem seen is calcaneal spur. The calcaneal spur is a pointed bony outgrowth of bone over the heel.[1] A large percentage of people suffer from this disease. Although initially considered to be an abnormal finding inextricably linked to heel pain. More recent studies have reported that between 11% to 15% of general population has radiographic evidence of calcaneal spur.[2] Calcaneal Spur is a small Osteophytes (bone spur) located on the calcaneus (heel bone), Calcaneal spur are typically detected by radiological examination (X- Ray). It causes due to deposition of calcium on underside of heel bone, a process occurs over the periods of many months. These are often caused by strain on foot muscle and ligaments, stretching of plantar fascia and repeated tearing of membrane that covers the heel bone.[3] Patient usually complains of pain in a morning after getting up to stand or walk. There is no safe cost effective treatment in modern medicine. Till date the treatment are available like NSAID'S, analgesic drugs, Steroid injections, and Exercise. The surgical treatment plantar fascia release and excision of calcaneal spur are available, But complications like incomplete relief of pain and nerve damage.[4]

As per Ayurvedic view calcaneal spur is correlate with Asthi-snyugata vata and main symptoms pain is due to vata. As per acharya shushruta parshni shula (pain in heel) is due to localization of variously aggravated vayas in bones produces degeneration of bone which crack begin a spontaneously burst attend with the characteristic bone ache and patient usually presents with pain and localized tenderness under heel. Pain may occur in posterior aspect of heel during standing or walking. aggravation of pain in morning due to Aggravation of vata. Shushruta has advised Agnikarma for disorders of asthi (bone) and Sanyu (Tendon).[5]

Agnikarma is noninvasive method of treating surgical disease in different vataj diseases.[6] While describing agnikarma chikista shushrut has said that those diseases which are not curable by medicine, surgery, kshar karma can be beneficially be treated by Agnikarma. such successfully treated diseases have no recurrence or

has rare complications.[7] Shushruta indicated agnikarman in Asthi (bone) and snyugata (ligament) vata.[8]

As calcaneal spur is asthisanyugata vata and main symptom which worsen the patient is pain at bilateral heel region. Patient of calcaneum spur is treated successfully with ayurvedic parasurgical procedure of Agni karma, treatment is carried out with a special instrument made of 5 metals (Copper, Iron, Zinc, Silver & Lead, also contains gold in some special ones), thus is named as Pancha Dhatu Shalaka. This rod is heated and then stroked gently on the heel. After few strokes, aloe vera is may be applied to cool the part. Heat thus applied is strong enough to reduce inflammation but does not cause any burns or harm.

Here I present the case of 40 year old female patient, whose diagnosis of calcaneal spur (Asthisanyugata -vata) permitted successful management according to ayurvedic principle.

### CASE REPORT

**PATIENT NAME :** Bhim Singh

A 42 yr male patient came to us in OPD with complaint of pain and localized tenderness to both heel. Since 6 months Difficulty in walking Pain may worsens in posterior aspect of heel during standing or walking. Severe pain in morning.

Age: 42 yr

Sex: Male

OPD no: 41913

No k/c/o- HTN, DM, Kochs, Epilepsy or major illness in past

No H/o any drug allergies

L/E-tenderness over bilateral heel region

Afebrile

P- 82/min

B.P-120/70 mm of hg

### SYSTEMIC EXAMINATION-

RS- AEBE clear

CVS- S1S2 normal

CNS- conscious & oriented

### PER ABDOMEN

Soft

Non tender

## INVESTIGATIONS

All routine investigations such as CBC , BSL were in normal Range.

X-Ray Both Heel (AP) – X-Ray shows bilateral calcaneal spur.

## ASSESSMENT CRITERIA

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#### 1) PAIN AT BOTH HEEL REGION

Nature of pain	Grading
No pain	0
Mild Pain	1
Moderate pain	2
Severe pain	3

#### 2) DISTANCE WALKED BY PATIENT WITHIN 10 MINUTES.

Distance in feet	Grading
90 feet	0
60 feet	1
30 feet	2
Less than 30feet	3

## TREATMENT

Agnikarma in form of bindu(point) with panchlohdathu shalaka has done.

## TYPE OF AGNIKARMA

Agnikarma in the form of bindu at maximum tenderness point at calcaneal region, multiple bindu are formed.

**TIME:** Morning hrs 11:00am to 12:00pm.

**INSTRUMENTS (SHALAKA) USED:** panchlohdathu Shalaka

## DURATION:

Two trials at the interval of 15 days were performed, and the follow up assessment was carried out consequently after every seven days [Day-0, 7, 15, 21, 30] a total of five times in a month.

Post Agnikarma : aloe vera was applied to cool the wound and advised to applied yashtimadhu gritha from next day. The same procedure was adopted at 15 days

## FOLLOWING INSTRUCTIONS WERE GIVEN TO THE PATIENTS.

Give proper rest.

Use proper fitted footwear with having heel arch and support.

Avoid bare foot walk especially in hard floor.

Avoid standing for long time.

Follow Up: After 24 hrs. of Agnikarma, 7th day, 15th day, 21st day and 30th day.

## O/E:

Pain during standing for a long time.

Tenderness over affected area – Reduced.

Pain during Walking – Reduced.

From above symptoms.

Follow up After 30 st day

## O/E:

No pain during walking, standing for a long time.

No tenderness on affected area.

## OBSERVATIONS IN PRESENT CASE

Examinations	Before treatment	After treatment
Pain at both heel region	3	1
Distance walked by patient in 10minute	3	1

Post Agnikarma Vrana the wound made by Agnikarma completely healed within a week without any complication and the scar disappeared within 15 days of Post-Agnikarma period.

## DISCUSSION

When patient came to OPD, patient was suffering from the disease almost since 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 these disease.[9] 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.[10]

## CONCLUSION

The case highlight the fact that confidence can be placed in Ayurvedic treatment principles even in case where modern medicine progress is poor. The patient was diagnosed in Ayurvedic term and treated by Agnikarma therapy in case of calcaneal spur. Agnikarma is simple, cheap, safe, effective and alternative management in calcaneal spur without any complications. In Ayurveda, it can cure successfully and can avoid injections, surgery and other proceeding complications.

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