



ROLE OF AGNIKARMA IN THE MANAGEMENT OF CERVICAL SPONDYLOSIS

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ABSTRACT

Cervical Spondylosis is described as a degenerative condition of the cervical spine. It is most commonly found in individuals aged between 40-60 years, and leads to symptoms like pain, restricted movement of neck along with stiffness and tingling-numbness at neck region. In Ayurveda, it can be correlated with Sandhigata Vata which is managed with various Panchkarma procedures such as Basti, Raktamokshana, Nasya, Agni karma etc. adjuvant to Vata-Kapha shamak and Asthi Dhatu-varadhan palliative drugs. Agni karma is a para-surgical procedure, advocated by Acharya Sushruta for asthi, sandhi, sira and snayugata vata vikaras and it is highly effective without producing any further complications in comparison to modern surgical procedures.

KEYWORDS : Sandhigata Vata, Cervical Spondylosis, Asthi, Sandhi, Vata-Kapha shamana.

INTRODUCTION

Sandhigata Vata is one of the commonest joint disorder broadly comes under Vata Vyadhi and affects the skeletal system in the geriatrics. This age group is more vulnerable to Dhatu kshaya. Vata Dosha gets provoked due to Kshaya or Avarana prakriya and produces various types of Vatik Vyadhis. To overcome such type of degenerative process and symptomatology various research work are going on to find out new remedy in surgical as well as medical system. Cervical spondylosis is usually age related condition in which degeneration of cervical column especially that resulting in abnormal fusion and immobilization of vertebral bones.

Sandhigata vata can be defined as a disease of sandhi (joint) with characteristic symptoms of sandhishoola, sandhishotha and akunchana prasaran pravrittiscavedana and in the later stage hanti sandhigatah. Acharya sushruta has described various types of sandhi viz. peshi sandhi, snayu sandhi and shira sandhi etc. but in this perspective, we are dealing with asthi sandhi [1]. The term gata means "situated in", directed to hence Sandhigata vata represents the site in which provoked vata dosha is situated. Vata is a biological force which governs and stimulates all the activity of body and act as a receptor as well as stimulator [2].

Treatment that involves use of heat in Ayurveda is known as Agni karma. Dahan karma is another name for it. Several painful conditions like joint pain, headache, cervical pain, lower backache, muscular pain anywhere in the body and few convulsion disorders such as epilepsy and psychosomatic diseases can be treated with this intentional heat burn therapy.

Cervical spondylosis is usually age-related condition in which degeneration of cervical column especially that resulting in abnormal fusion and immobilization of vertebral bones. Spondylosis is a term suggested for degenerative osteoarthritis of the joints between the centre of the spinal vertebrae and or neural foramina resulting in pain, paraesthesia etc. If it is occurring on cervical vertebrae, it is called cervical spondylosis. So, it is a disease affecting more of elderly (more than 40 years) where there is degeneration of the apophyseal joints and intervertebral disc joints with osteophyte formation and associated with or without neurological sign.

MATERIALS & METHOD

The Procedure of Agni Karma is being done in three main steps i.e. Purva Karma, Pradhana Karma and Paschat Karma which are described in detail as under:

Purva-Karma

It includes the appropriate evaluation and preparation of the patient and any necessary instruments. Prior to the procedure, the patient's informed consent should be obtained. Normal investigations like Bleeding Time, Clotting Time etc. needs to be carried out.

Pradhana-Karma

Before beginning the procedure, the patient should be kept in a favorable position. Agni karma site conformation is accomplished by

selecting the area that is tender and painful the most. Proper cleaning of the area is done. Using Panchadhatu Shalaka, Agni karma the most sensitive area is where the bindu dot kind of varna dagad and shalaka are applied and shalaka remains in touch with the skin for 5-6 seconds. A certain distance should be kept between two samyak dagad vranas as Agni karma is conducted at the still until samyak twaka dagad lakshan appears. The assistants kept comforting and holding the patient during the procedure.

Paschat-Karma

After completing the procedure, apply ghrita, madhu, gritkumari pulp, and haridra to the samyaka dagad varna for immediate pain relief. For the dagad varna to properly heal, apply coconut oil and aloe vera gel at evening 2-3 times each day for 3-4 days. The patient should receive guidance on eating right. It is advised to patient to follow pathya and apanya. The Vrana should be seen to have fully recovered.

DISCUSSION

The commonly occurring pain in the neck region in such conditions are due to spasm of muscles around the area and numbness/tingling sensation in the arm is felt due to the compression of cervical nerves passing through the location. But in Ayurveda Sandhigata Vata is considered as one among Vatavyadhi. Also 'Shula' (Pain) is the characteristic of Vata. This pain can be produced by only involvement of Vayu or in association with other Doshas (Dosha Avrita Vata). Agni karma play a major role in common line of management in Vatavyadhi. Lohadi Dhatus (Metals) are good conductors of heat, during Agni karma when it is heated for a sufficient duration and made red hot it gets maximum capacity is to store heat. Such heated Lohadi Shalaka when applied over skin to attain Samyaka dagdha, stored heat is transferred from it to skin tissue in the form of Ushna, Tikshna, Sukshma and Laghu Guna. Ushna Guna acts in two ways, primarily by stimulation of Dhatvagni and due to this action Sama Dhatu are digested. Secondly Ushna Guna dilates the channels of Srotas, due to which Srotavarodha removed, which was formed by Dosha-Dushya Samurchhana during Kha-vaigunya at the Dhatu level.

CONCLUSION

Agni karma can be effectively used in relieving pain in cervical spondylosis. With these treatments patients can avoid the use of analgesic medicines which causes harmful side effects.

REFERENCES

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