



## ROLE OF AGNIKARMA IN JANU SANDHIGATA VATA (KNEE OSTEO-ARTHRITIS)

### Ayurveda

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### KEYWORDS

#### INTRODUCTION:

Ayurveda, science of life is the natural healing system of medicine to maintain health of a healthy person and curing the ailments of an ailing person. Curious scholars from different system of medicine of the world are working to search out final answer for the most common painful Vatik disorder since very ancient period.

Sandhigata Vata (Cervical spondylosis) is a common type Vatik of disorder found in all races. Owing to distracting nature and difficult management Vata Vyadhi has been included in Astamahagada.

Due to change in life style like unsuitable sitting, sleeping, standing & looking upwards or obliquely in various professions Sandhigata Vata is emerged in society as prominent disease.

Greeva Sandhigata Vata is a clinical condition in which structural as well as functional derangement takes place During the process of pathogenesis when the vitiated Vayu gets into the Cervical joint. Human being unable to do normal work. Because it causes impairment of function, severe pain and swelling due to which movement of neck is restricted. When Vyana Vayu is covered by Kapha (Kaphavrita Vyana Vayu) normal circulation is obstructed, then the normal function of Cervical joint is hampered.

In modern surgery Cervical spondylosis is described a degenerative condition of the cervical spine. Pathology starts at the inter vertebral discs and degeneration of discs results in reduction of intervertebral disc space and peripheral osteophytes formation. It leads to pain, stiffness in the joints, pain radiates into shoulders, fore arm, headache, vertigo, giddiness, paraesthesia at the base of the thumb etc.

In modern medical science, the role of analgesic corticosteroid, Surgical decompression, traction has been credited and discredited mainly because of their draw backs and limited use.

Salyatantra is one of the important branch of Ayurveda based on six major methods of management such as Bhesajkarma, Ksarakarma, Agnikarma, Śastrakarma, Yantrakarma, Raktamoksana. Agnikarma is superior among them and boon for local Vata & Kaphaja Vyadhi and diseases treated by Agnikarma do not recur. It gives instant relief to the patients. There is no fear of complication such as putrifaction and bleeding due to contact with Agni.

Susruta has mentioned various dravyas for Agnikarma procedure Greeva gata Vata(Cervical spondylosis) is a disorder caused by abnormal wear on the cartilage and bones of the neck with gradual degeneration and mineral deposits in the cushions between the vertebrae and causes moderate or severe pain, discomfort to complete loss of mobility. It is usually treated by medicine in early stage but in late stage it requires surgical intervention.

#### Definition :

Cervical Spondylosis is a common age related degenerative condition in the area of intervertebral disc of cervical spine with gradual formation of spondylotic ridges, osteophytic facet, ossification of the post longitudinal ligament and shock absorbing disc shrink slowly presenting with symptoms related pressure on the spine, associated nerves and blood vessels. Also known as Cervical osteoarthritis.

Sandhigata Vata is one of the commonest joint disorder broadly coming under Vata Vyadhi and affects to the skeletal system at the geriatric age group. This age group is more vulnerable to Dhatusaya and slowly

loses their own function. Ultimately VataDosa becomes provoked due to Ksaya or Avaranaprakriya and produces various types of Vatik Vyadhis. To over come 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 since ancient period.

Now a day's joint disorder is one of the main cause of distress after age of third decade. Though medical science provides powerful analgesic drugs and new surgical tools available today. Due to more side effects of analgesic drugs and complication of surgical procedure, this disease is remaining a challenge for the research scholar.

#### Symptoms :

- Pain
- Restricted movement
- Stiffness
- Bhrama
- Numbness in upper limbs

#### Investigation:-

1. 'X' Ray of Cervical vertebrae – A. P. / Lateral view.
2. MRI
3. CT Scan

#### Agnikarma Procedure:-

Agnikarma procedure is into three phases according to Trividha Upakarma.

- Purva karma (Preoperative procedure)
- Pradhana karma (Operative procedure)
- Paschat karma (Post operative procedure)

#### Purvakarma:-

- Selections of patient --- the patients is selected based on their clinical findings as well as relevant investigations according to the prepared research proforma.
- Written consent – It is an important part of any surgical and Para surgical procedure. Patient should know about this procedure, what is going to be done.
- Advised to take Snigdha, Pichhila Aahara prior to this procedure
- Preparation of Triphala Kasaya, Yastimadhuchurna, Kumariswarasa.
- Panchadhatusalaka is heated up to red hot.
- Preparation of local part --Local part (Neck area) is ighed with Triphala Kasaya and wiped with dry sterilized gauze piece and covered this area with a cut sheet.

#### Pradhana karma:-

Kumaris Swarasa is hold by a sponge holding forcep and Samyak dagdhavrana is made in vilekhadahanavishesa by red hot panchadhatusalaka. Simultaneously kumariswarasa is applied to relieve burning sensation. Minimum space is given between two point and care is taken that Samyakdagdhavrana is produced.

#### PASCHAT KARMA

- Application of Kumari Swarasa :

Immediately after doing Agnikarma Kumari Swarasa applied to relieve burning sensation. Then Kumariswarasa is completely wiped out by sterilized gauze piece.

- Dusting of Yastimadhu Churna

Yastimadhu churna is applied over the Samyak Dagdhavrana and

Vrana is completely filled to prevent contamination

- Advised to apply paste of Haridra powder and Coconut oil at night period.
- Restricted to touch water for 24 hr.
- Advised to avoid dietic regimen like Rice, Sigru, Brinje, Ground nut, Potato, Beans etc.
- 7days gap is kept between two sittings.

#### CONCLUSION:

- SandhigataVata is an age related and work related problem. It is a very painful condition; Patient is unable to move his head and to do normal routine work. Based on its symptomatology it can be correlated with Cervical Spondylosis.
- Vata is the main factor to produce this disease but SandhigataVata is not included in NanatmajaVatavikara therefore general Vataprovocating factors are accepting as Nidana. Clinically it is observed that Ruksa, Laghu, Suska, Katu, Tikta rasa ahara, Dukhasana, Dukhasajya, Langhana, Ativyayamachintakrodha are responsible to produce SandhigataVata.
- AcaryaSusruta has advocated five Upakarma for the management of SandhigataVata, out of them Agnikarma is one.
- Agnikarma therapy is result oriented to local Vatik and Kaphaja disorder. It is an ambulatory treatment with minimum expense for the patient.
- Result is depending upon time factor which is related to chronicity and severity of disease.
- Agnikarma gives instant relief to the patient so it is a reliable procedure for the management of Sandhigata Vata (Cervical Spondylosis).

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