

“STUDY THE EFFECT OF AGNIKARMA IN SNAYUSANDHIASTHIGATA RUJA W.S.R TO KATISHOOL.”

Ayurveda

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ABSTRACT

Katishool is common vatic disorder found in all races and correlate with lumbar spondylosis in modern practice. Lumbar spondylosis is degenerative disorder of lumbar spine characterised clinically by insidious onset of pain & stiffness and radiologically by osteophyte formation.[1]

Agnikarma is an ideal treatment modality for Asthisandhigata vikara as per sushruta. Till date only symptomatic treatments like analgesic, anti-inflammatory drugs and spinal exercises etc. are available but none of these modalities are providing satisfactory result. Long term use of these drugs are not free from adverse effects.

A total 33 patients were registered and out of them 30 patients completed treatment course. So, patients were diagnosed with Katishool. Observational study was taken before and after treatment.

Finally, it was concluded that Agnikarma provided significant relief in pain, stiffness and restricted movement of the lumbar spine.[2] Observational and Statistical Analysis shows that treatment was significantly effective.

KEYWORDS

Agnikarma, Agnikarma chikitsa, Katishool.

INTRODUCTION :-

Ayurveda described four types of treatment modalities (Chaturvidhchikitsa) to cure the disease, these are Bheshaj, Shastra, Kshar and Agni. [3]

Agnikarma is superior to Ksharakarma (Caustic alkali), Shastra Karma (operations) and Bheshaj (Medicines), as the disease treated by it do not re-occur.[4]

Now a day's Katishool (Low backache) is not only disease of old age but also common in adults. In modern life style many factors contribute to katishool (low backache) due to improper posture while reading, writing, sleeping, constant sitting and standing, lack of body exercises, excessive weight lifting, old age, psychological conditions and smoking.[5]

Acharya Sushruta says that Snayu, Sandhi, Asthigatvikara (diseases) should be treated by Sneha, Upnaha, Agnikarma, Bandhan and Mardan karma.[6] Agnikarma is said to be one of the best parasurgical procedures. It destroys the disease completely.

Agnikarma said to be best among Kshar-karma, Shastra-karma and bheshaj because Agnikarma treats disease from its root i.e diseases treated by Agnikarma do not reoccur (Roganaamapunarbhavat). In presence of severe pain in the skin, muscles, veins, ligaments, bony joints and bones caused by aggravated vata, ulcer, tumour, hemorrhoids, malignant tumour, fistula in ano, glands in neck, filariasis, warts, hernia, tearing of the joints & veins, sinus, ulcer & excessive bleeding – Agnikarma should be done.[7]

The Procedure which is performed with the help of Agni for treating the disease is called as “Agnikarma”. It is an important therapeutic measure in Ayurvedic system of medicine. Agnikarma has got worldwide popularity because of its simple administration and efficacy in variety of diseases.

MATERIAL AND METHODS :-

Daily OPD and IPD based patients of Bharati Vidyapeeth (Deemed to be) University, Ayurved Hospital and patients diagnosed as katishool was considered for the study. The study include cases that have been clinically diagnosed (symptom's based).

ASSESSMENT CRITERIA :-

INCLUSION CRITERIA:

1. Patient having Katishool.
2. Selection shall be irrespective of sex, religion, socio- economical class.
3. Age group between 40-65 yrs.

EXCLUSION CRITERIA :

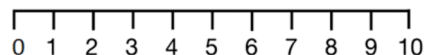
1. Uncontrolled Diabetes.
2. I.H.D.
3. Hypertension.
4. Congenital deformities of spine.
5. Infectious diseases of spine.
6. Benign or malignant tumours of spine.
7. H.I.V, HbsAg positive patients.
8. Compression Fracture.
9. Traumatic cases of spine.
10. Pancreatic Tumours.
11. Back pain of Renal origin.

PARAMETERS OF ASSESSMENT

The grading system will be following for each symptoms depending upon the severity.

Subjective Parameters :-

1. **Pain** - Pain will be assessed by pain intensity scale before and after treatment.



2. **Stiffness** – Stiffness will be assessed according to severity before and after treatment.

Table no. 1 showing Grades of Stiffness.

STIFFNESS	GRADE
No Stiffness	0
Mild Stiffness	1
Moderate Stiffness	2
Severe Stiffness	3

Objective Parameters :-

1. Range of motion - Flexion and Extension of Back will be measured with help of Goniometer scale before and after treatment.

Table no. 2 showing Grades of Range of Motion (ROM).

AROM (Flexion)	GRADE
Upto 15 degree with Severe pain	3
Upto 30 degree with Moderate pain	2
Upto 45 degree with Mild pain	1
Normal movements	0
PROM (Extension)	GRADE
Upto 10 degree with Severe pain	3

Upto 20 degree with Moderate pain	2
Upto 30 degree with Mild pain	1
Normal movements	0

Diagnostic criteria :-

Patient will be diagnosed on the basis of symptoms of Snayusandhiasthiruja (katishool) explained in Ayurvedic and Modern texts.

1. Shool (Pain)
2. Stambha (Stiffness)
3. Kriyakashata (Restricted movements)

INVESTIGATIONS

- X-Ray Lumbar spine
- B.S.L
- Haemogram
- Urine * Routine * Microscopic
- HIV, HBsAg
- MRI L.S Spine (if needed)
- USG Abdomen (if needed)

STUDY DESIGN:

It was single blind pre test and post test randomized study, where in minimum 30 patients of either sex fulfilling the inclusion criteria selected and put in a single group study.

MATERIALS

- 1 Sterile surgical gloves No. 6 ½ no.
- 2 Sterile gauze
- 3 Sterile cotton swabs
- 4 Gas stove
- 5 Match box
- 6 Tamra shalaka
- 7 Go ghrith

Procedure :-

Bindu-vat Agnikarma was done at most tender site of katipradesh using a specially designed shalaka/instrument as a single seating.

Post of procedure :-

Go-Ghritlepan will be done.

Follow-up was done on 5, 10 and 15th day.

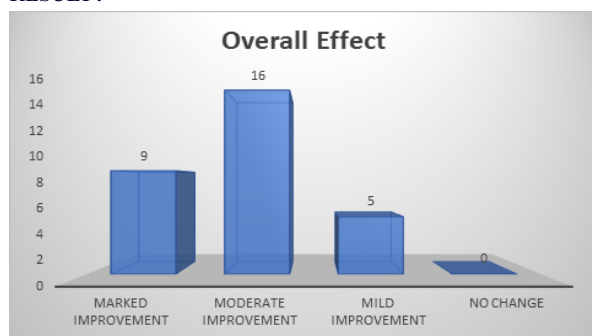
RESULT :-

Table No 3 :- Showing The Overall Effect Of Treatment.

Overall Effect	Frequency	Percentage
Marked Improvement	9	30.0
Moderate Improvement	16	53.3
Mild Improvement	5	16.7
No Change	0	0.0
TOTAL	30	100.0

DISCUSSION

Ayurveda is a holistic science provides surgical as well as medical treatment for various diseases based on their aetiopathogenesis.

Hiranmayena paatrena satyasyapihitam mukham:

Charaka says, Saas-a saihta satk- : saaQanaanaama\ [8] The present science conscious and probing generation wants a scientific explanation for everything that is happening around the world. Auyurveda being an ancient medical science is formulated on the scientific parameters available on those days. So research is the only

way available to re-establish old facts through modern methodology.

Sushruta has given scientific principles regarding its aetiopathology, symptomatology and management. Based upon this hypothesis, a definite samprapthi has been put forth to understand the nature of disease. Due to more exposure to vatika ahara and vihara, vata gets vitiated and circulates all over the body and gets lodged. Normal functions of the joints are disturbed and sandhi does not get nutrition from poorva dhatu properly. Vitiated vata gradually starts degenerative process and diminished shleshaka kapha which restricts the lumbar movements. If this is not treated in this stage, sandhi loses its normal structure and anatomical deformity takes place. As the disease process progresses, osteophyte formation starts. The space between the intervertebral joint reduces because of the kshaya of the shleshaka kapha. This causes compression of the particular nerve root or vertebral artery.

CONCLUSION :-

- Agnikarma reduces the pain and stiffness and improves the range of motion.
- Agnikarma improves the ambulatory conditions of the patients, so the agnikarma procedure with Tamra Shalaka was effective in snayusandhiasthi ruja w.s.r to katishool.

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