

Effect of Eranda Taila Paana and Agnikarma in Pain Management of Vatakantaka W.S.R to Plantar Fasciitis

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ABSTRACT

Acharya Sushruta¹ explained that when a person walk on the irregular or uneven surface, vata gets localized and aggravated in khuda pradesha (Ankle joint) and produce pain in heel region known as Vatakantaka. this condition may develop as the vitiation of Vata with Anubandha of Kapha Dosha. Vata and Kapha Dosha have been considered as the important factors for causation of Shotha (inflammation) and Shoola (pain) in the heel.

It can be compared to Plantar Fasciitis. Chronic Plantar fasciitis can occur due to walking on uneven roads with ill-fitting footwear which causes silent and repeated injury resulting into inflammation of plantar fascia which results in the painful heel, tenderness, early morning stiffness and restricted movements of heel and it hampers daily activity. Plantar fasciitis is managed with analgesic and anti-inflammatory, intra articular steroid injection and surgically by plantar fascia release as per requirement, but such type of treatment enhances hospital stay and may be expensive economically. Sushruta has mentioned agnikarma in management of Vatakantaka which can be done with less economical expenditure and minimum hospitalization. Agnikarma Chikitsa introduces heat in the affected area. This heat is Ushna, Tikshna, Laghu, Sukshma, Vyavayi and Vikasi Guna which is helpful to break the Kaphanubandha thus reducing Shotha and ultimately Vata Dosha gets neutralised so that Shoola (pain) is relieved. To manage such condition Agnikarma Chikitsa is creditable treatment. As explained In Samhita Eranda Taila and Agnikarma are line of Treatment for Vatakantaka.

Eranda Taila as sadyo virechana and Agnikarma is used in this case study to assess its efficacy in relieving pain. 43 years old female complaints of right heel pain in first few steps in morning and pain relived after walking, and again pain developed after prolonged period of rest. Patient was treated Eranda taila paana and by Samyak Bindu Agnikarma at ankle region in 4 sittings at the interval of 7 days, which gives complete relief from pain.

INTRODUCTION

Vatakantaka is one condition which affects the foot of a person. Vatakantaka is a Vata Pradhana Vyadhi particularly caused by walking on uneven surfaces or by Atishrama, which produces pain in Khuda Pradesha (Paarshni or Padajanghasandhi).

Except Charaka Acharya, all Bhruhatrayee's and Laghutrayee's accepted Vatakantaka as Vata Nanatmaja Vyadhi. Patients suffering with Vatakantaka experience severe pricking (Kantakavat)

pain in Padatala pradesha. As the pain is seen more during morning and after a period of inactivity in patients, it indicates the Samsarga of Kapha or presence of Ama with the Vata. Here production of the Ama is expected from the Avarana of Koshtagni by aggravated Vata as explained by Charaka in Nidana sthana.

Due to modernization, people prefer more facilities like cycling, kicking for bike, use of high heels or

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KEYWORDS: Vatakantaka, Agnikarma, Khuda, Eranda Taila, Plantar Fasciitis, Heel pain, Ankle joint

rough footwear, long standing work and walking on irregular surface. All over these factors promoting the Dosha to be vitiated, and makes people more prone to disease. Tridosha in the body owing to causes gets vitiated, and manifest in places all over the body.

Acharya Sushruta², who is the pioneer of surgery give more emphasis of para – surgical management of Vatakantaka like Agnikarma. Agnikarma is considered as anushastra (Para Surgical Procedure) and anuyantra both. Its importance is explained by sushruta for eradication of various diseased conditions of Sira, Snayu, mamsa, Asthi, and Sandhi in which pain is a predominant symptom.

The reference as per classics as:

सेहोपनाहाश्रिकर्मबन्धनोन्मर्दनानि च । स्यायुसन्ध्यस्थिसंप्राप्ते
कुर्याद्वायावतन्द्रितः॥ (सु.चि.4/8)

It is frequently indicated in many musculoskeletal disorders. The effect of this procedure in various painful conditions is very well known but the mode of action of this procedure is suspicious, which should be understood with the knowledge of modern neuroanatomical knowledge. The probable mode of action of Agni Karma is Pain is caused by vitiated Vata Dosha and Agni Karma counter acts on it due to its Ushna Guna, as it is exactly opposite to Sheetaguna of Vata. It is useful in diseases which are incurable by drugs, surgery and Kshara chikitsa³.

In Ayurveda, Eranda taila is established as highly effective in treatment of vata vyadhi as it possess opposite gunas of vata. Eranda taila has Madhura guna which are against the normal property of Vata⁴.

With this pathology and clinical presentation Vatakantaka can be effectively paralleled with plantar fasciitis. Pathology reveals chronic inflammation of plantar fascia and degeneration of fibrous tissue. Plantar fasciitis, reportedly the most common cause of pain in the inferior heel. It commonly causes stabbing pain that usually occurs with your first steps in the morning.

The incidence of this condition is estimated that 1 out of 10 people suffered once with this condition during their life time period. Prevalence of this condition usually manifested in middle age group between 45-64 years. Overall 10- 15% of the population is suffering by this condition.

CASE REPORT

A 43 year old female patient came to OPD of Shalya Tantra Department with chief complaints pain in right heel region for 4 months. Pain and stiffness were worsening after waking up in morning and cause difficulty in walking. The patient was apparently normal before 4 months. Patient gradually developed

pain and stiffness in right heel. The body weight of patient was 71kg. No any other significant past history of Hypertension, Diabetes mellites, Tuberculosis or any chronic illness. On inspection, there was no evidence of redness or swelling found on right heel. Tenderness found at posteromedial aspect of right heel on palpation. Windlass test was positive in right side of foot.

X-ray of right foot antero-posterior and lateral view demonstrates normal findings. On the basis of history and clinical examination of patient was diagnosed with Vatakantaka (Plantar fasciitis).

PHYSICAL EXAMINATION

- Body temperature -98.6 F
- Blood pressure -120/80 mmHg
- Pulse -82 bpm
- Respiratory rate – 18/min

PLAN OF TREATMENT:

Eranda Taila Paana – As Sadyo Virechana

Agnikarma - At Heel Region

Treatment Duration – 4 Sittings At An Interval Of Seven Days (0, 7th, 14th, 21st Day)

Follow Up – 28th Day

1. Preparation Of Eranda Taila⁵:

A. Extraction Of Castor Oil:

Castor oil is extracted from castor bean by mechanical pressing, solvent extraction or a combination of both pressing and extraction. The seeds are sun-dried for seven days to allow the hull to split open after which the husk is removed mechanically with the help of dehuller. The dried seeds are cleaned to remove impurities and heated to harden the interior of the seed suitable for extraction. Then the seeds are warmed in a steam-jacketed press to remove the moisture and this process will assist in oil extraction. The boiled seeds are dried again before the extraction process starts. A hydraulic press is used to crush the castor seeds which helps to extract oil.

B. Murchana Of Eranda Taila:

Ingredients:

1. Eranda Taila (Castor Oil) – 1 Prastha (768 Ml)
2. Manjishta (Cyperus Rotundus) -1shana (3gm)
3. Dhanyaka (Coriander Seeds) - 1shana (3gm)
4. Haritaki(Terminalia Cheabula) - 1shana (3gm)
5. Bibhitaki (Terminalia Bellerica) - 1shana (3gm)
6. Amalaka (Embelica Officinalae) - 1shana (3gm)
7. Agnimantha (Premna Mucronata) - 1shana (3gm)
8. Vana Kharjura (Phoenix Dactylifera) - 1shana (3gm)

9. Vata Shrunga (Ficus Bengalensis) - 1shana (3gm)
10. Nisha (Curcuma Longa) - 1shana (3gm)
11. Daruharidra (Barberis Aristata) - 1shana (3gm)
12. Nalika (Hibiscus Cannabinus) - 1shana (3gm)
13. Dadhi Kanjika (Fermented Gruel)-3.072liters

Moorchana Of Eranda Taila:

Eranda taila⁶ is taken in wide mouthed iron vessel. Heated gently for 3-5 minutes, taken out of fire. Take fine powder of herbal ingredients mentioned above. Add a little water to make paste. Add this paste to the oil, dadhi kanji. Start heating this mix till only the oil part remains. At the end stage of heating, taila paka siddhi lakshana should be observed. Filter it.

Procedure:

Purva karma

- After the clinical examination with all the vitals was checked.
- Advised to take 30ml of eranda taila with warm water in early morning in empty stomach.
- Advised to take only warm water throughout the day.
- Advised to take liquid and warm diet after getting the symptoms of Samyak virechana.
- Next day patient was followed for agnikarma
- Patient was taken in Agnikarma room on operation table at supine position, maximum tenderness will be located at the heel region.

Pradhana karma:

- Pancha dhatu shalaka was heated on gas stove up to red hot.
- With the help of red hot panchadhatu shalaka, Samyak bindu dagdha's was made at the maximum tender point and heel region.
- Paschat karma:
- After making Samyak dagdha vana, madhu and ghrita was applied and dressing was done⁷.
- Patient was advised to avoid water contact for 24 hrs and application of madhu and ghrita twice a day till next sitting.
- Above procedure was repeated 3 times at an interval of 7 days.

Discussion:

Vatakantaka is predominantly caused by vitiation of Vata associated with Kapha in heel and cause Pain, Stiffness, and Shotha. The main symptom is defined as sharp pain on the plantar surface of the heel and it is like pin pricking. The word kantaka correlates with thorn, and in Vatakantaka there is thorny pain in the

heel⁸. So, based on above factors it is appropriate to correlate Vatakantaka to Plantar fasciitis. In both the sciences, the commonly seen factor causing the disease is more pressure over the arch of the foot leading to the stretch and strain of fascia which leads to inflammation of plantar fascia.

Agnikarma⁹ is a Para surgical procedure explained by Sushruta in Sutra sthana- Agnikarma vidhi adhyaya, Which he explains Agni is better than Kshara(alkali) in action, disease which are incurable by the use of medicines, Shastras, and Kshara will be cured by fire, and disease will not recur again. Mode of action of Agnikarma can be understood with help of afferent spinothalamic tract. In this lateral spinothalamic tract (ascending neurons) are the pathway for conduction of pain and temperature, pressure by ventral spinothalamic tract. When perception of pressure and temperature factors is increased, pain perception is reduced because only stronger sensation one can felt by brain. By inducing heat cause irritation of sensory nerve endings, which relives pain by counter irritation. After treatment Pain, tenderness, Difficulty in walking, pain on doing Windlass test was relived. Thus, significant improvement was observed after treatment. So Vatakantaka can be effectively managed with Agnikarma based on above theory.

Traditional ayurvedic medicine consider Eranda taila¹⁰, the king of medicinal plants for curing vata vikaras. It pacify vata, the aggravation of which is the route cause of all disease. Snehana and Mridu Shodhana is considered as one of the treatment principle for Vataja Vikara were Vata is found affecting Snayu, Sandhi and Asthi. Eranda Taila is Vatakaphahara in action and act as Mridu Virechana also.

CONCLUSION:

Agnikarma¹¹ showed the significant results in the management of Vatakantaka. The procedure of Agnikarma which was simple, economical, and did not require hospitalization and it could be carried out at opd level itself for good results. The combination of Agnikarma and internal administration of Eranda Taila mentioned in Vatakanataka is more effective. Eranda thaila(Castor oil) is one of widely used oil in Ayurvedic disease management both internally and externally In Samhitas it is mentioned to be Vata Kaphahara and Adhobhaga doshahara (disorders of lower parts of the body). It pacifies Vata the aggravation of which is the root cause of all diseases Among Chatusnehas (four types of unctuous materials), Taila (oil) is the best for the management of Vatavyadhi (diseases of Vata) as it possess opposite Gunas (properties)of Vata. In Vatika vikaras (disorders caused by Vata)Sneha virechana (purgation

by oil) is advised, as it clears obstruction in the Srotas (body channels) and relieves Vata vitiation subsequently.



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