

Effect of Aganikarma in Janusandhigata Vata (A Case Study)

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ABSTRACT: In texts of Ayurveda described in detail about Asthi Sandhi Disease under Vata Vyadhi chapter ¹.Janusandhigata² is one of them which can correlate the Knee joint arthritis. Asthi is a place of Vata. Acharya Sushrut described different therapy. Aganikarma is one of them which give instant relief by balancing Vata dosh with no side effect³.

Keywords:-Aganikarma, JanusandhigataVata, Knee Joint Arthritis, Asthie. e.t.c.

Conflict of interest: None.

Ethical Clearance: Yes.

INTRODUCTION-

In Sushrut Samhita Acharya Sushrut described different methods of management of various disease eg-Bhasajkarma, Ksharakarma, Aganikarma, Shastrakarma, and Raktmsokshan⁴

Parasurgical means surgical procedures performed in the absence of surgical instruments. Aganikarma is the most important para surgical procedure by which pain^{5, 17} improves and patients feel relief.

If we talk about definition of Aganikarm then Aganikarma word is combination of Agani + Karma (Heat+Procedure).In short we can say procedure done by Agani (with hot instruments) for a disease⁶.

Acharya Sushruta has indicated the materials by name according to the site of Agni Karma:

1. Twakadagdha⁷ - Pippali, Ajasakrida, Godanta, Shara, Shalaka.
2. Mamsadagdha⁸ - JambhavstaShalakla and Other Metals.
3. Sira, Snayu, Sandhi and Asthidagdha - Madhu, Jaggery and Sneha.

It could also be called the therapeutic burn. S.Su. 12-2 (*D`alhan`a*)

Its superiority and importance

- *Agnikarma Chikitsaa* is superior to *Kshaarakarma*.
- Non-responding diseases to medicine, surgery or *Kshaarakarma* are
- The Agni Karma Chikitsa with Shalaka and Marma chikitsa is almost equally effective as Vedanahar analgesic curable by *Agnikarma*⁽⁹⁾
- The diseases that are cured by *Agnikarma* do not recur¹⁰. (S.Su. 12/3)

Indications

Apachi, Granthi, Arbuda, Antravidhi, Nadivrana, Upadamsa, Gulma, Shiroroga, Arsha, Bhagandara e.t.c.

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Contraindication Pittikaconstitution, internalhaemarrage, rupturedviscera, unextracted foreign body, child, old, timid, affected with multiple wounds and those contraindicated for sudation ¹¹. (su.su.12/14)

A CASESTUDY:

A patient whose name JitendraGiri, age- 57/M MRD-3824446 came to OPD No.16- A SangyaharanVedanahar Clinic in Sir Sunder Lal Hospital B.H.U, with complaints of Pain in B/L Knee joint

History of Presenting Complains:-

The patient was apparentaly normal before 1year .Gradually he developed pain on B/L Knee joint.

Relevant Occupation and Socio-Economic history

He is a primary school teacher and Expand more time in tuition. He belongs to middle class.

Personal Detail

- Diet-vegetarian
- Sleep-6-7 hours
- Bowel-1/day and no constipation
- Bladder-6-7 times per day
- Exercise-nil

Vital Examination

- BP-122/80 mm of Hg
- Heart Rate-76/min
- Nadi-Vata-kaph

Systemic Examination

- Palpation-Mild ushna
- Nature of pain-priking
- Burning sensation-No

INVESTIGATION

- Hb-13.5gm/dlTLC-9500/cu.mmDC-P₆₇ L₃₀E₀₆M₀₇B₀
- RBC-3.8mil/CummPLT-260000/cumm,ESR-30
- Uric acid-5.4mg/dl, RA Factor-NegativeRBS-100mg/dl
- HBsAg : - ve, HIV-non reactive

Final Diagnosis:-Janu SadhigataVata(Knee joint arthritis)

- X-ray knee joint-osteoarthritis

Material

Group-1

TriphalaKwath, Alovera, DNP SwarnaShalaka, Sprit Lamp, Ystimadhu Churna

Poorva Karma¹²⁻



Fig no-1 sterlization with trifla kwath

Sterlization of area with Triphala Kwath. Most tender spot of the affected part was thoroughly cleaned and dhavan was done with Triphala kwath for 5 minutes in the direction of hairs. This served the purpose of Shodhana and Nirjantukikaran. Before main procedure, patients were advised to take some Picchila (light) diet in the previous night. Then, the patients were taken for Pradhana Karma.

Pradhan Karma^{13, 16}

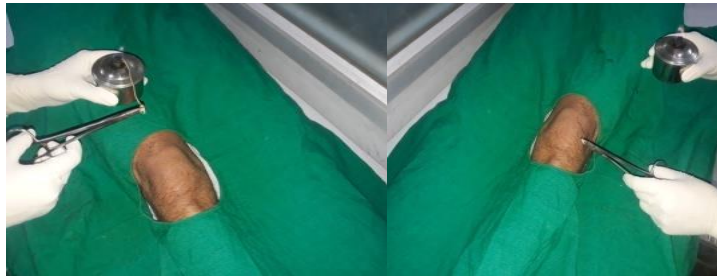


Fig-2 & 3 Agni Karma with Swarna Shalaka

Patients were kept in suitable position before starting the procedure. The Swarn Shalaka was heated upto red-hot and bindu type twakavrana were made on the most tender spot of the affected part, till the samayaka twakadagdha lakshanas occurred i.e. Shabdapradurbhava, Durgandhata etc.

Paschat Karma^{14, 15}



Fig-4 application of alovera Fig-5 dusting of Yastimadhu churn



Fig-6 bandaging on affected area

Immediately after completion of the procedure the vrana was dressed with Ghritkumari pulp and dusting of Yastimadhu churna with the help of gauze pieces. During the procedure, patient was carefully observed for any untoward complication. Patient was advised to keep the area dry, clean, avoid exertion, trauma and unwholesome diet. Then the patient was called after 7 days interval.

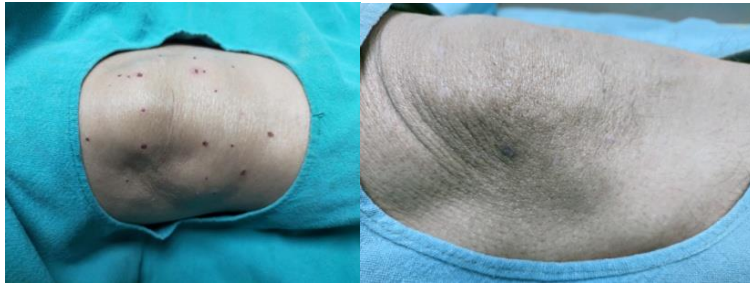


Fig -7 scars after IInd sitting Fig-8 scars after 1 month

ADVICE TO THE PATIENT

- To continue oral drug for 15 days .
- Not wet that area with water for 48 hours.
- Avoid vataker ahar vihar.

PRESENT CONDITION

The patient is on regular followup and her pain is totally subside but scar of procedure present approx 21 days then disappear. Now he can walk and stand freely without pain.

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