

## TO STUDY THE EFFICACY OF AGNIKARMA AND SHAMAN CHIKITSA IN GRIDHRASI –A CASE STUDY

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### ABSTRACT

**Background:** A female patient 32 years old was diagnosed as *Gridhrasi*, given classical treatment according to Ayurvedic text *Shaman Chikitsa* and *Agnikarma* treatment was given. *Agnikarma* treatment useful for *Shoola Shaman* (Decreasing pain) in *Gridhrasi Vyadhi* (disease). **Objective:** To evaluate the efficacy of *Agnikarma* and *Shaman Chikitsa* in *Gridhrasi*. **Material and Methods:** This is a case study of *Gridhrasi*- Where 32 year old female patient having symptoms of *Sphik* (buttock) and then radiates to *Kati*, *Prustha* (back), *Uru*(thigh), *Janu*(knee), *Jangha*(calf) and *Pada*(foot) *Shoola*, Difficulty in walking were indicating confirmed diagnosis of *Gridhrasi*. VAS scale was applied for the assessment for all symptoms.

**Management:** *Shamana Chikitsa* (internal medicine) for 15 days and *Agnikarma* were done.

**Result and Conclusions:** Significant results were observed and symptoms of *Gridhrasi* that is mainly *Shoola* (pain) was reduced. It also shows significant changes in VAS Scale. Thus *Shamana Chikitsa Yograj guggula*, *Asthikalpa vati*, *Avipattikar choorna* and *Agnikarma* (*Suvarna Shalaka*) has significant effect in the management of *Gridhrasi*.

**KEYWORDS:** *shool*, *vyadhi*.

### INTRODUCTION

Health is the elemental factor for happiness. The task of *Ayurveda* is to preserve and to restore the health to relieve the sufferings. *Ayurveda* has described two types of *Chikitsa* that

is *Shamana* and *Shodhana*. Also all diseases predominantly have vitiated *Vata Dosha* hence, *Chikitsa* of *Vata Dosha* is more important. Pain is universally understood, as a sign of disease. It is the most common symptom that brings a patient to physician's attention.

सर्वा हि चेष्टा वातेन स प्राणः प्रणिनां : स्मृतः ।

तेनैव रोगा जायन्ते तेन चैवोपरुध्यते ॥

च. सू.१७/११८

*Vata* is responsible for all body movements. This *vata* control all the activities of body. So *Gridhrasi* is pain predominant disease The word *Gridhrasi* itself suggests gait of the patient, which is similar to *Gridhra* (vulture) due to pain. All the *Ayurvedic* classic, including written in medieval period have described the aetiopathogenesis and Symptomatology of *Gridhrasi*.

वाताद्रूते नास्ति रुजा न पाकः पित्ताद्रूते नास्ति कफाच्च पूयः । सु.सू १७/१२

By *Acharya Sushruta*, at anywhere no *Shoola* without *Vata Dosha*, no *Paka* without *Pitta Dosha*, no *Puya* without *Kapha Dosha* .So we can say that *Vata Dosha* is responsible for all type of *Shoola*. *Agnikarma* is an ancient medical technique derived from the Indian system of medicine *Ayurveda*. Every individual desire for a pain-free life, but the pain is inevitable and its effective management has always been challenging. Pain may be acute or chronic and may originate from a muscle, ligament, tendon, bones, joints, etc. There may be a specific condition that may be causing the pain, such as spondylitis or osteoarthritis. For all these kinds of pain, *Agnikarma* treatment has the solution.

*Agnikarma* is a thermal and minimally invasive procedure that induces controlled, pointed and therapeutic burns over the regions that are tender or painful. In *Agnikarma*, the heat is transferred to the area of pain through different instruments, which then increases the circulation of blood to the affected site. As the temperature rises in the area, the rate of metabolic activity increases. Consequently, all the cell activities go up, including motility, synthesis, dilation of vessels, and release of chemical mediators. This eliminates the inflammation, thereby relieving the individual from the symptoms.

## CASE REPORT

Patient name- A.B.C, Age- 32 years, Gender – female

Complaints- Since 6 months.

1) *Kati pradeshi shool* 2) *Sakasta chakramna* (Difficulty in walking) 3) Pain radiates from *Sphik* (buttock) *Kati*, *Prustha* (back), *Uru* (thigh), *Janu* (knee), *Jangha* (calf) to *Pada* (foot) *Shoola*

On Examination	Asthavidha Parikshan	Dashvidha Parikshan
Pulse- 88/min	Nadi- Vatadhikya Kapha	Dushya- Asthi, Majja
B.P- 120/70 mm Hg	Jivha – Eshat sama	Desha- Anup
RS- AEBE clear	Mala- Samyaka 2/day	Bala-Madhyam
CVS-S <sub>1</sub> S <sub>2</sub> normal	Mootra- Samyaka	Kala- Adana Anal-Vishamagni
CNS- conscious, oriented	Shabda- Prakrut	Prakrti-Vataj Vaya- Madhyam Satva- Heena
P/A - soft	Sparsh-Anushansheet Druka- Prakrut Akruti- Madhyam	Satmya- Shadarasasatmya
		Ahar-Mishra Aahar

### Strotas Parikshan

Strotas	Darshana	Sparsha	Prashana
Asthivaha	Prakrut	-	Katishool, Radiating pain from Kati to Pada
Mamsavaha	Prakrut	-	Sakastha Chakramana

Past history- H/o of fall from bike 2 yrs. Back

MRI- Spine normal

Received allopathic treatment, but had no relief. Thus Symptoms gradually increased along with difficulty in walking and sitting. Thus she opted for *Ayurvedic* treatment after taking complete history following treatment was given.

### Treatment plan

#### Shamana Chikitsa

Kalpa	Dosage	Kala	Anupana
Yogaraj Guggula	250mg	2 times a day after food with	Luke warm water
Asthi Kalpa Vati	250mg	1 time at the morning	Milk
Avipattikar Choorna	2gm	1 time at the bed time	Luke warm water

### Therapy- Agnikarma

अन्तरा कण्डरा गुल्फं सिरा बस्त्यग्नि कर्म च । गृधसिषु प्रयुज्जितं...॥ च.चि२८/१०१३

#### Agnikarma

#### Suvarna Shalaka Agnikarma

#### Agnikarma vidhi

#### Purva karma

The Agnikarma room should be well prepared with all required Agnikarma equipment's

Prepare *triphala kashaya* for *prakshalan* of the local part of patient. small piece of *kumarai patra*, swab holding forceps, *plota* (gauze piece), *pichu*(cotton), and gas stove, *shalakas* etc. are kept ready to use. the *shalaka* is heated up to become red hot on fire.

### ***Pradhan karma***

*Asana* for *Agnikarma*: In *Gridhrasi* it is easy to do in prone position as it is good and comfortable to the patient. After carefully considering the symptoms of the disease and strength of patient as well as disease and seasons, physician should undertake the patient for *Agnikarma*. On the diseased skin of the patient, the *samyak dagdha vrana* should be produced by red hot *shalaka*. apply immediate cooling agents; after marking *samyak dagdha vrana* apply cooling agent immediately to subside burning pain.

### ***Pacchat karma***

In *Agnikarma* procedure, it is necessary that it should be healed without any complications. The complete *Ropana*(healing) of the *vrana* should be observed. *Agnikarma Chikitsa* can be repeated after 7 days.

### **Effect of the treatment on *Katishoola*, *Sakastha Chakraman***

	Symptoms	Before treatment	After treatment
VAS Scale	Pain	10	03
	Stiffness	06	02
Difficulty during standing	<i>Katishoola</i>	+++	+
Difficulty in sitting and getting up	<i>Katishoola</i>	++	+

Gradation of symptoms

1 to 3 Mild, 4 to 6-Moderate, 7 to 10 – Severe

+ = Mild

++ = Moderate

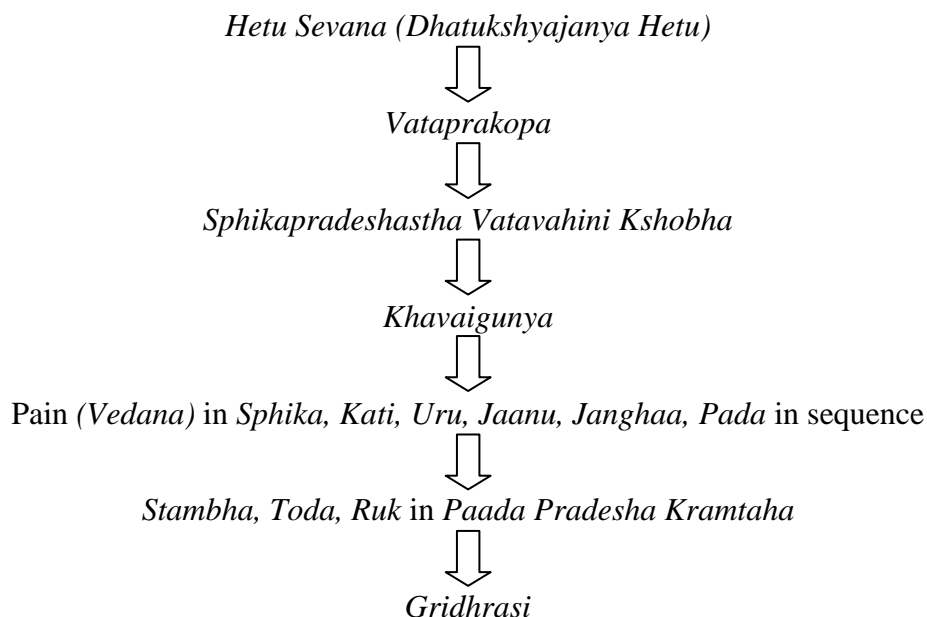
+++ = Severe

## **DISCUSSION**

Discussion of *Hetu*

H/O of fall 2 yrs back i.e *Agantuj Hetu*

H/O of fall created *Kha- Vaigunya* in *Asthi majja vaha strotasa* further patient's passive lifestyle increase the pathogenesis which aggravated symptoms of *Katishhola*, *Sakastha Chakramana*.

**Samprapti (Pathogenesis)****Showing the Dhatukshayanya Samprapti of Gridhrasi****Samprapti Ghataka of Gridhrasi**

Dosha – Vata and Kapha

Dushya – kandara, Snayu, Sira, Asthi, Mamsa

Strotasa –Mamsavaha, Asthivaha,

Udbhavasthan – Pakwashya

Sanchara Sthana – Kati, Adhobhaga

Adhishthana – Kati, Sphika

Vyakta Sthana – Sphika, Kati, Prushtha, Uru, Janu, Jangha, Pada

**Patient Samprapti**

Hetu Sevan (Standing job) H/O Of fall from bike

Dosha Prakopa → Vata Prakopa (Vyaan Vayu) Asthi, Majja Kha-Vaigunya →

Asthi-majja Vaha Stotasa dusthi → Katishool, Sakstha → Chakraman

Kati to Pada Pradeshi kramasha shool → Gridhrasi

As Vayu and Asthi comply with Aashrya-Aashrayi Sambandha, vitiated Vata Dosha diminishes the function of Asthi and causes Shoola. (Hetus of Gridhrasi Vyadhies are katu-Tikta- Kashya Rasatmaka Aahara Sevana, Sheeta Gunatmaka Aahara Sevana, travelling on bike, heavy weight lifting, continues working by bending forward).

स्फिकपूर्वा कटिपृष्ठोरुजानुजंघापदं क्रमात् ।

गृध्रसी स्तम्भरुक्तोदैर्गृह्णाति स्पन्दते मुहू : ॥ च.चि २८/५६  
अन्तरा कण्डरा गुल्फं सिरा बस्त्यग्नि कर्म च । गृध्रसिषु प्रयुज्जित...॥ च.चि २८/१०१

As per Charakacharya the Basti and Agnikarma is an important treatment on Gridhrasi. Gridhrasi is mainly Vata Pradhana Vyadhi.

### Samprapti Bhanga (Breakdown of pathology by our treatment)

Shaman Chikitsa that is Yograj guggula, Astikalpa Vati, Avipattikar choorna Yograj Guggula mainly contains Chitrak, Pippalimoola, Ajmoda, Haritaki, Musta, Devadara, Guggula mostly this drug are Ushna Veeryatmaka. These all Dravyas helpful for pain relief. so it is ultimately useful for Katishool, Sakstha chkraman. Avipatkar Choorna contains Triphala, Vidanga, Nishottar helpful for Vatanuloman. Asthikalpa Vati contains mainly Kukutanda twak. it works on Asthi dhatu so it can helpful in Dusthi of Asthivaha strotas and Majjavaha strotas.

These study carried out on large sample size can come out with some concrete conclusion with help of appropriate statics.

### Statistical analysis

Where BT (Before treatment) AT (After treatment)

BT-AT/BT×100

Statistical analysis of VAS Scale result.

symptoms	% of relief
Pain	70%
Stiffness	66.6%

**CONCLUSION:** Agnikarma and shaman Chikitsa that is Yograj guggula, Avipattikar choorna, Asthikalpa vati are helpful in Gridhrasi.

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