

## AGNIKARMA EXPLORING THE ANCIENT TECHNIQUE'S ROLE IN ALLEVIATING MUSCULAR PAIN

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### ABSTRACT

This study investigates Agnikarma, an age-old therapeutic practice, and its contemporary relevance in relieving muscular pain. Through historical analysis and clinical exploration, the research examines Agnikarma's mechanism of action, benefits, and potential integration into modern healthcare. By assessing its effectiveness and safety profile, this study contributes valuable insights into harnessing traditional wisdom to address muscular pain challenges. Hence, we conduct study on 10 patient who suffer from muscular pain and treated with Agnikarma.

**KEYWORDS:** Agnikarma, Ancient Technique, Muscular Pain, Traditional Therapy, Pain Management, Holistic Approach.

### INTRODUCTION

People have been trying to find ways to make their muscle pain go away for a very long time. This search has gone on for thousands of years, across different cultures, traditions, and changing ideas about medicine. In this journey, a really old way of helping with pain called Agnikarma stands out as something interesting. It's like a special thread that connects the past to today. Agnikarma comes from old healing methods and could bring relief to those who suffer from ongoing muscle discomfort. This exploration takes us on a trip through history to learn about where Agnikarma comes from, how it works, and how it can help with pain today. By understanding Agnikarma, we can see how it might help people feel better, bring back balance, and connect ancient healing with modern medicine.

According sushrut samhita musculoskeletal disease it can be treated by Agnikarma. Agnikarma is a thermal para surgical procedure in which AGNI is used for intentional heating as therapeutic purpose. It is highly potential procedure than the Bhaishaja, Shashtra and ksharkarma. Agnikarma indicated for various Vata kapha disorders.<sup>[1]</sup>

Many Patients fear about Agnikarma procedure, skin burn and burn scar. Advanced technic of Agnikarma where we Sneh Pichu as a medium between skin and Agnikarma Shalaka to avoid skin burn.

## AIM OF STUDY

- To evaluate the clinical efficacy of Agnikarma with Sneh Pichu Medium in Muscular pain
- To study the Agnikarma Review of Literture

## MATERIALS AND METHODS

### Review of Literature

In the pain management, the quest for effective and holistic solutions has driven researchers and medical practitioners to revisit age-old practices. Among these ancient therapies, Agnikarma has emerged as a compelling subject of exploration due to its potential in alleviating muscular pain. Rooted in historical traditions, Agnikarma is a therapeutic technique that involves the controlled application of heat to specific points on the body. This article delves into the fascinating world of Agnikarma, uncovering its historical significance, mechanism of action, modern applications, and potential benefits in mitigating muscular pain.

### Historical Significance and Origins

Agnikarma finds its origins in ancient Indian Ayurvedic medicine, where it was used to address a wide range of ailments, including pain, inflammation, and various musculoskeletal disorders. The term "Agnikarma" is derived from "Agni," meaning fire, and "Karma," meaning action. The technique involves the controlled application of heat generated from various sources, such as heated metal instruments / herbal preparations, to specific points on the body's surface.<sup>[2]</sup>

### Mechanism of Action

The underlying principle of Agnikarma revolves around the concept of balancing the body's energies and restoring harmony. When heat is applied to specific points, it is believed to

stimulate circulation, improve energy flow, and trigger the body's natural healing mechanisms. The heat also promotes the release of endorphins, which are natural pain-relieving chemicals, thereby offering relief from muscular discomfort.<sup>[3]</sup>

### **Modern Applications and Advancements**

While Agnikarma's historical significance is undeniable, its relevance in today's healthcare landscape is equally compelling. As modern medicine seeks to incorporate holistic approaches, Agnikarma has garnered renewed attention. Researchers are investigating its application in treating conditions such as arthritis, frozen shoulder, and chronic muscular pain. The controlled nature of the heat application and the potential for targeted therapy make Agnikarma an intriguing option.

### **Benefits and Considerations**

One of the primary benefits of Agnikarma is its non-invasive nature. Unlike surgical interventions or certain pharmaceutical treatments, Agnikarma does not involve incisions or the introduction of foreign substances into the body. This characteristic contributes to its relatively low risk profile. Additionally, its holistic approach aligns with the growing preference for integrative and alternative therapies that address the root causes of pain.

### **Challenges and Future Prospects**

Despite its potential benefits, Agnikarma also faces challenges. The scarcity of qualified practitioners well-versed in the technique is a significant hurdle. Standardizing procedures and training are essential to ensure safe and effective implementation. Furthermore, rigorous clinical studies are needed to establish Agnikarma's efficacy, especially in comparison to conventional treatments.

## **CRITERIA FOR SELECTION OF PATIENTS**

### **Inclusion criteria**

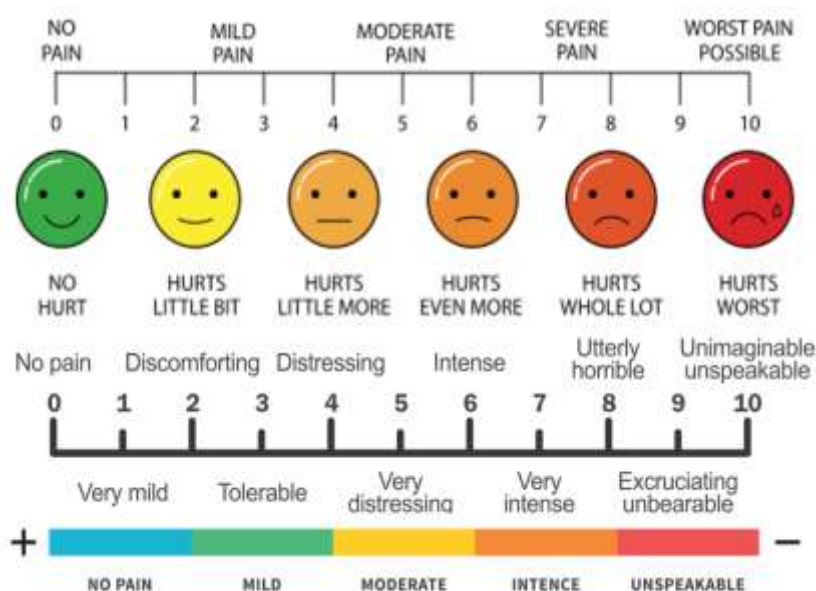
- Patients having textual symptoms of Muscular Pain
- Agnikarma Arha for Agnikarma procedure
- Age: 25 to 60Years.
- Patients of all sexes.
- Patient who will give written consent.

### Exclusion criteria

- History of trauma, Fracture of joint, and needs surgical care will be excluded.
- Patient known case of Cardiac disease, Pulmonary TB, Pregnancy, Paralysis, HIV, Neurological disorder, cervical spondylosis.
- Agnikarma Anarha for Agnikarma procedure.<sup>[4]</sup>
- Patients taking other medicine or treatment for Pain.
- Patient who is not willing to give consent.

### VAS Pain Assessments Criteria<sup>[5]</sup>

The Visual Analog Scale (VAS) pain assessment tool quantifies pain intensity through a simple line ranging from "no pain" to "worst pain." Patients mark their pain level on this continuum from score 1 to 10, aiding healthcare professionals in understanding and addressing pain severity. VAS offers a standardized approach to pain measurement.



### Instrument for Agnikarma Procedure

- Tamra shalaka for Agnikarma (Copper Rod)
- Sneh pichu (sesame oil-soaked cotton piece)

### Tamra Shalaka

Tamra Shalaka, a specialized copper probe, is a vital tool in Agnikarma. This instrument delivers controlled heat to precise points, aiding the therapeutic process. Its thermal conductivity and ergonomic design ensure accurate and safe application, enhancing the efficacy of Agnikarma for alleviating muscular pain.



### Sneh pichu

Sneh pichu is made by cotton in circular or square manner. Circular Sneh pichu is easy to made through cotton. Ideal Circular Sneh pichu dimensions as thickness between 1mm to 3mm And diameter between 25mm to 40mm.



### Patient Assessment

Prior to Agnikarma, a thorough assessment of the patient's condition is essential. Evaluate the type, location, and severity of the muscular pain, along with any contraindications or underlying medical conditions.

### Informed Consent

Obtain informed consent from the patient, explaining the procedure, potential benefits, risks, and possible outcomes. Address any questions or concerns the patient may have.

### Preparation

Prepare the necessary tools, such as Shalaka, Sneh Pichu, Alovera gel for colling effect ensuring they are sterilized and safe for use. Set up a clean and comfortable treatment environment.

### Procedure of Agnikarma

- Identify the specific Pain points on the patient's body where Agnikarma will be applied, based on the pain assessment.
- Use the Tamra shalaka and Sneha pichu to apply controlled heat to these points. Maintain consistent pressure and observe the patient's comfort levels throughout the process.
- Monitor the duration of heat application, ensuring it is within safe limits to prevent burns or adverse effects.



### Post-Procedure Care

- Offer the patient relaxation and recovery time after the procedure.
- Provide post-treatment instructions, including any recommended self-care measures or restrictions.
- Address any immediate concerns or discomfort the patient may experience.

### Follow-Up

- Schedule a follow-up session to assess the patient's response to Agnikarma.
- Next session schedule on 3<sup>rd</sup>, 7<sup>th</sup> day (If more session required then it be 7-day gap between two sessions)

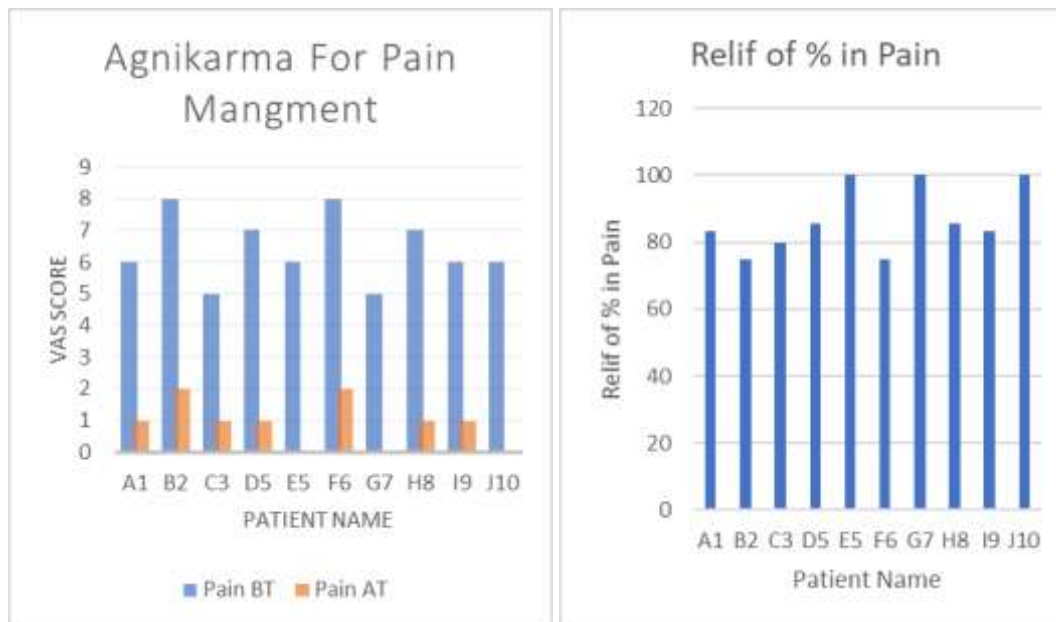
### Master Chart

Pt Name	Pain BT Vas Score	Pain AT Vas Score	Difference	Relief of % in Pain
A1	6	1	5	83.33%
B2	8	2	6	75%
C3	5	1	4	80%
D5	7	1	6	85.71%



E5	6	0	6	100%
F6	8	2	6	75%
G7	5	0	5	100%
H8	7	1	6	85.71%
I9	6	1	5	83.33%
J10	6	0	6	100%

### Charts



### RESULT

The pain relief assessment was conducted on multiple patients before and after treatment. The Visual Analog Scale (VAS) was used to measure pain intensity, with 0 indicating no pain and higher numbers representing greater pain. The results showed a noticeable improvement in pain levels after treatment:

- Patient A1: Pain decreased from 6 to 1, resulting in a relief of 83.33%.
- Patient B2: Pain reduced from 8 to 2, leading to a relief of 75%.
- Patient C3: Pain went down from 5 to 1, resulting in a relief of 80%.
- Patient D5: Pain decreased from 7 to 1, resulting in a relief of 85.71%.
- Patient E5: Pain dropped from 6 to 0, resulting in complete relief of 100%.
- Patient F6: Pain reduced from 8 to 2, leading to a relief of 75%.
- Patient G7: Pain went down from 5 to 0, resulting in complete relief of 100%.
- Patient H8: Pain decreased from 7 to 1, resulting in a relief of 85.71%.
- Patient I9: Pain decreased from 6 to 1, resulting in a relief of 83.33%.
- Patient J10: Pain dropped from 6 to 0, resulting in complete relief of 100%.

To sum up, the findings show that Agnikarma, could be really helpful for managing pain. By combining old knowledge with new research, Agnikarma could ease muscle pain and make people feel better overall. As we learn more about how it works, we need to find a way to keep its old style while also fitting it into modern healthcare. Agnikarma shows that old ways can still help us feel less pain and have a better life. This research also says we should try different ways to manage pain better. Agnikarma is good in pain management and helpful to those people who don't want consume medicine or allergic to medicine.

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