

## MANAGEMENT OF PLANTER FASCIITIS WITH AGNIKARMA: A CASE STUDY

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### • ABSTRACT

Plantar Fasciitis Is An Inflammation Of The Thick Band Of The Tissue That Connects the Heel Bone To The Toes. Pain Is Generally In The Heel And Bottom Of The Foot. Causes Of Plantar Fasciitis are Long Period Of Standing, Increase In Exercise And Obesity. Due To Long Period Of Standing Straining Of Ligament Takes Place That Support Arch. Repeated Strain Causes Tiny Tear In The Ligament Leading To Pain And Swelling, Pain Usually Is Unilateral And Sharp In Nature. We Can Correlate Plantar Fasciitis With Vata Kantaka Described In Ancient Ayurvedic Literature. In Vata Kantaka pain Is Severe After Period Of Rest. Walking On Uneven Ground And Improper Positioning Of The Feet Are Main Reasons for Vata Kantaka. For this Present Study, 51 Years Old Female Patient Having Severe Pain In

Left Calcaneal Region From 2-3 Months without any significant Past History Of Any Other Chronic Disorder. Patient was Taking Analgesics but Had No Relief In Pain. Patient Treated With Agnikarma With 2 Follow Ups. Patient Reported Significant Improvement In Pain While Walking.



- **KEYWORDS:** Planter Fasciitis, Vata Kantaka, Agnikarma.

- **INTRODUCTION**

Vatakantaka is included In Vatvyadhi, Hetu Of Vatakantaka Are Walking On Uneven Ground And Improper Positioning Of Feet During Walking. Excessive Exertion And Walking Also Hetu Mentioned In Samhita.

*रुक्पादे विषम न्यस्ते श्रमाद्यवा जायते यदा।*

Due To Hetu Sevan Vata Get Vitiated And Vitiated Vata Take स्थानसंश्रय In गुल्फ संधि (Ankle Joint) Leading To Pain In Heel Region. With Modern Aspect We Can Correlate Vatakantaka With Planter Fasciitis Which Is Inflammation Of Ligament Of The Heel.

Ayurveda Has One Of The Best Treatment For Planter Fasciitis, Agnikarma Mostly Use As A Management Of Planer Fasciitis. In Agnikarma Heated Metal Shalaka(Rod) Applied To Particular Part Of The Heel To Reduce Inflammation And Pain. Ayurveda Specifically Mentioned Agnikarma Treatment In Gridhrasi Vyadhi Which Is Also Used In Vatakantaka.

*अन्तरा कण्डरागुल्फ सिराबस्त्यग्निकर्म च।*

*च चि-२८।१०१*

- **CASE REPORT**

A 51 Years Old Female Patient Complaining Of Pain In Left Calcaneal Region From 2-3 Months, Difficulty While Walking And Pain Is Commonly Severe In Morning Time.

- **Examination-**X-Ray Of Left Ankle Joint Show No Significant Changes.

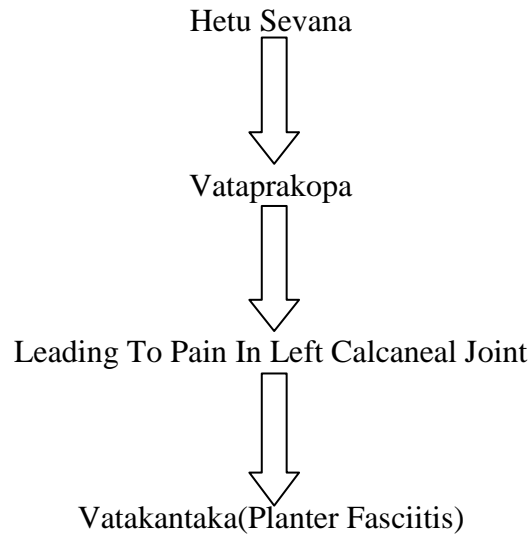
Nidana Panchaka-

*Hetu-* Walking On Uneven Ground

-Improper Positioning Of Feet during Walking

-Excessive Exersion and Walking

- **Samprapti**



*Roopas*-Pain In Left Calcaneal Region

-Difficulty While Walking

*Treatment*-Tab. Yogaraj Guggula 500mg TDS

Haritaki Choorna 5gm HS With Warm Water

Agnikarma On Left Calcaneal Region- 2 Times

- **DISCUSSION**

In Present Case Agnikarma Has Been Used For Treatment Of Planter Fasciitis, Result Found Were Encouraging. Disease That Are Treated With Agnikarma Do Not Recur And It Can Be Used In Disease Which Have Not Been Successfully Treated By Drugs, Kshara And Shastrakarma (Surgery). We Can Use Agnikarma In Skin, Muscle, Vein, Tendon, Joints And Bones. In Present Case Agnikarma Act As वातघ्न And शुलघ्न.

*अग्निकारादपि श्रेष्ठास्तद्गथा नामसंभवात्।*

*भेषजक्षारशस्त्रेच न सिद्धाना प्रसधानात्।*

*अ. हृदय 30*

- **CONCLUSION**

The Effect Of Agnikarma Is Very Significant In Planter Fasciitis Without Any Adverse Effect On The Body.

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