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RESEARCH ARTICLE

ROLE OF AGNIKARMA IN PAIN MANAGEMENT

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ABSTRACT

Pain can be described as physical suffering or discomfort cause by illness or injury. Now a day's people are spending huge amount of money for treatment of pain. Still the results are not satisfactory, by taking modern treatment relief is temporary and side effects are more. People are expecting positive result from ayurveda. So, to overcome this situation acharayas has directly mentioned *Agnikarma* as one of the best para-surgical procedure diseases like *Grighrasi* and any painful condition arised by *vata dosha* vitiation. Like other pathies there is no reoccurrence of diseases treated by *Agnikarma* i.e. *Roga apunarbhava*. *Agnikarma* is cost effective procedure and no specific setup is required. This can be easily employed in our day to day practice with better result.

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INTRODUCTION

In the world of surgery, *Acharya Sushruta* is known as Father of surgery. He was one of the fine surgeon who was having wise and detailed knowledge of surgical and parasurgical procedures. Among all the para surgical procedures *Agnikarma* is one. It is an ancient medical technique in which the diseases are cured with the help of heat. According to *Acharya Sushruta* and *Acharya Vagbhata* they consider *Agnikarma* as one of the supreme procedures among other para surgical procedures it is told as *Roga apunarbhava chikitsa* (Sushruta Smhita and Sharma, 2004) i.e. the disease which was treated via *Agnikarma* will not be occur again. In recent era Joint pain is burning issue in the society. One in six people and one in 3 families are suffering from joint pain in India (www.indiatoday.in/story/pain-epidemic/1/499140.html).

There are abundant analgesics available in the market in forms of tablet, injection and ointment etc. But these analgesics have good number of side effects right from gastro-intestinal disturbance to renal failure. Now these days Indian clinics are employed with physiotherapy set up which are becoming popular in pain management. The basic principle behind treating pain is to stimulate nerve endings by means of electric power (Diathermy) (Outline of Shalya tanta, 2016), thermal power (Waxing). But for all these procedures physicians need a set up which includes lot of electrical and thermal equipments which occupies ampoule space which increases

cost of treatment, to overcome this and to make the treatment patient friendly in case of material and cost effectiveness.

MATERIALS AND METHODS

It was one of the techniques told by *Acharyas* for pain management (Sushruta Smhita and Sharma, 2004) it is told as one of the potential procedure among *Bhaishajya*, *Kshar* and *Shastra chikitsa*. It is very effective to terminate the chance of recurrence of the disease. Also there is no chance of infection and no secondary complication found if done properly. There are different materials subjected to heat and used for therapy for different condition. The specificity of tool of cauterization depends upon disease status concerned. For superficial conditions used objects are of minimum latent heat and for deeper tissue used objects are of maximum latent heat. On this concept in classics the material used. For *Agnikarma* in skin disease are *pippali* (piper longum), *aja shakrita* (feaces of goat), *godant* (teeth of cow), *shar* (arrow), *shalaka* (probe), *varti*(wicks), *suryakant* (type of stone). For the disease of muscle *loha* (iron), *swarna* (gold), *tamra* (copper) and *kansya* (bronze) are used. In deeper and stronger tissue like bone ligament tendons vessels etc. the material used are *madhu* (honey), *guda* (jaggery), *vasa* (fat), *grita* (ghee), *taila* (oil) and *madhicchishta* (bee wax) are used (Sushruta Smhita and Sharma, 2004).

Conclusion

From above references it is concluded that, in *Agnikarma* can be performed in disease where there is vitiation of vata dosha

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leads to severe pain in *sandhi* (joints), *asthi* (bone), *twaka* (skin), *mamsa* (muscle), *sira* (vessels) and *snayu* (tendons). In this procedure the heat which is transferred to tissue acts by removing the obstruction in the *strotas* that is minute channels and increases the blood circulation to the affected site the rate of any metabolic activity is increased by the rise in temperature. From the therapeutic point of view within appropriate rise in temperature all cell activities increases including dilatation of vessels, cell motility and synthesis of chemical mediators. Increased blood circulation flushes away the inflammation and patient get relief from symptoms. The afferent nerves stimulated by heating are having analgesic effect by the action of gate control mechanism. In the same concern *Acharya Charaka* advocated *Agnikarma* in *Gridhrasi* (Sushruta Smhita and Sharma, 2004) and specifically mentions the site of *Agnikarma*. Site is in between *Gulfa sandhi* and *kandara*. Although *Charaka Samhita* is a medicine based text but still in case of *Gridhrasi* there is direct indication of *Agnikarma* (Charaka samhita, 2014).

This again proves that, para surgical procedures are accepted by physicians of *Charaka* era. *Agnikarma* is very unique and effective procedure, which has good results, so it should do in day today *ayurved* practice.

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