

CRITICAL REVIEW OF VATAKANTAKA (PLANTAR FASCIITIS): AN INSIDE VIEW**Dr. Pragnya Priyadarsani Dalai^{*1}, Dr. Gayathri R.², Dr. Gopala Krishna G.³**

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ABSTRACT

Vatakantaka is generally a pain dominating condition, characterized by severe pain in heel i.e gulfa sandhi pradesha. Vatakantak can be correlated with Plantar Fasciitis. It is fundamentally a condition of vitiation of vata doshas. Heel pain is a particular type of discomfort that can hinder walking, thereby interfering with everyday activities.

INTRODUCTION

Vatakantaka is basically a *Vyadhi* of vitiated *Vata Doshas* and come under *Vatavyadhi* Acharya charaka has mentioned it under *Vatavyadhi chikitsa adhyaya*. Acharya *Sushruta* has mentioned the disease at *Nidansthana (Su.Ni. 1)* in *Vatavyadhinidanadhyaya* The *sthanika* vata aggravated by walking on an uneven ground, finds lodgment in the region of the ankle (*Khudaka*), thus giving rise to a disease which is called *Vata Kantaka*.

Plantar fasciitis is a common cause of foot pain in adults, with the peak incidence occurring in people between the ages of 40 and 60 years. The pain originates at or near the site of the plantar fascia attachment to the medial tuberosity of the calcaneus. Several factors that increase the risk of developing plantar fasciitis include obesity, pes planus (flat foot or absence of the foot arch when standing), pes cavus (high-arched foot), limited dorsiflexion of the ankle, prolonged standing, walking on hard surfaces, and faulty shoes. In runners, excessive running and a change to a harder running surface may precipitate plantar fasciitis.

The clinical features of *Vatakantaka* can be correlated with the symptoms of plantar fasciitis where there is involvement of *Kaphavruta Vayu*. *Vatakantaka* caused mainly due to the vitiation of *Vata Dosha* occurring due to walking on an uneven ground frequently, placing the feet improperly. As the reference of Acharya Sushruta suggests the disease chronic plantar fasciitis can be correlated with *Vatakantaka*. *Vatakantaka* is *Snayu Asthi Sandhi Aashrita*.

Treatment explained in Ayurveda for *Vatakantaka* are Bahya and Abhyantara Chikitsa such as Snehana, Upanaha, Agnikarma, Raktavsechana, Bandhana Suchikarma (Viddhakarma) and Abhyantartaha Erandsnehapana.

1.1. Nidana

Which gives complete knowledge about disease is called Nidana. Nidana can be Aharaja, Viharaja, Manasika. In *vatakantaka* along with aharaja nidana, viharaja is also considered to be the main cause. According to acharya vagbhata nidana for *vatakantaka* is excessive shrama. Acharya sushruta quotes that keeping the foot on uneven surface is nidana for *vatakantaka*. Some of the other causes for *vatakantaka* are,

- Structural deformity of foot, causes increased pressure on heels.
- Standing or walking for long
- Usage of hard footwear
- Prolonged pressure over the heel or ankle joint.

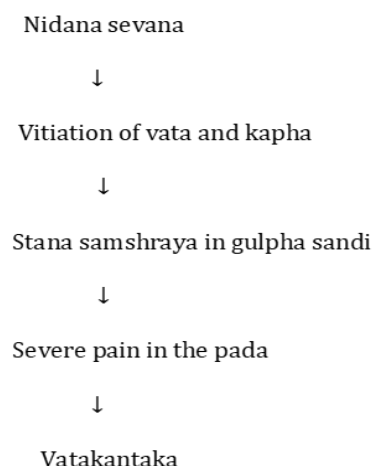
1.1.1. Poorvarupa

In classics there is no reference regarding poorvarupa of *vatakantaka* is available. Acharya charaka says that avyakta lakshana is considered to be the poorvarupa for all vatavyadhi.

1.1.2. Roopa

Pain is considered as the main clinical feature in *vatakantaka* Sushruta opines that the disease *Vatakantaka* is caused due to vitiated *Vata Dosha* because of constant standing and walking on uneven surface resulting into pain in foot. It is characterized by shoola (pain) and shotha (Inflammation) in Heel which is *Snayu Asthi Sandhi Ashrita*.

Samprapti



Sadhya Asadhyata

The prognosis of any disease, usually depends on several factors namely the strength of the causative agent, degree of dosha vitiation, the site of the disease, severity of the disease and the chronicity of the disease along with other factors like age, strength of the patient, lifestyle. According to acharya yogarathnakara Vata vyadhis are said to be asadhyata and it should be managed without giving any assurance. According to acharya charaka, recent origin vata vyadhis without any complications in strong patients are said to be curable.

Upasaya

There is no particular upashaya and anupashaya is mentioned for vata Kantaka. Since Vata Kantaka is comes under Vata vyadhi ushna upachara may gives relief to the patient. And considering nidana shrama, vishrama may give upashaya to the pain.

Investigation

- o Laboratory investigation performs to rule out underlying endocrine and inflammatory conditions.
- o X-rays are required to rule out other causes of heel pain, specifically calcaneal stress fractures.
- o MRI is performed on patients who are resistant to treatment, to exclude alternative diagnosis that were not observed on the X-ray, such as a calcaneal stress fracture, calcium deposit, or soft-tissue tumour.

Samanaya Chikitsa

The general treatment protocol is explained for the vyadhavyadhis in all the Ayurvedic classical texts.

The general line of treatment given for Vatavyadhis are Snehana, svedana, and basti. Charaka has advised dravyas with madhura, amla, lavana, snigdha and ushna properties and upakramas like snehana, swedana, asthapana and anuvasana basti, nasya, abhyanga, etc. Among all of the above asthapana and anuvasana basti is said to be the best treatment for vata.

Veshtana, trasana, madya, sneha siddha with deepana and pachana drugs, mamsarasa and anuvasana basti pacify the vata. In Ashtang Samgraha ritucharya of Hemant ritu is indicated in vatavyadies.

Vishesha Chikitsa

In Vangasena Samhita, Chakradatta, Gadanigraha and Bhaishjyarnatnavali. They have stated Rakthamokshana, Eranda thaila pana and Dahana with Soochi as line of treatment of Vatakantaka Siraveda is considered as a treatment of Vatakantaka by Acharya Susruta and Vagbhata. Siraveda is done 2 Angula above Kshipramarma with Vreehimukha Shastra.

According to Acharya Dalhana after common Vatavyadhi Chikitsa, In Charaka Samhitha, Sweda is indicated in Vatakantaka.

According to Ayurveda, Vatakantaka Vyadhi is due to vitiation of Vata with Anubandha of Kapha Dosha which is responsible for Shoola (pain), Stambha (stiffness) and Shotha (Inflammation) at the heel. Acharya Charaka described Agnikarma is best management for decreasing pain.

2. CONCLUSION

Vatakantaka a disease which comes under vatavyadhi. The causes for vatakantaka is improper placing of foot on the ground, which leads to pain in heel region. It vitiates vata and due to repeated abhigata because placing foot on uneven surface.

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