

**AGNI KARMA IN THE MANEGMENT OF CALCANEAL SPUR  
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**ABSTRACT**

A calcaneal spur is a small osteophyte, pointed bony outgrowth of bone, located on the calcaneus (heel bone). Calcaneal spur as per modern and Vaatkantaka as per Ayurveda has etiological and clinical relationship. The most common form of heel pain is mainly due to calcaneal spur. It is one of the most troublesome common health complaint usually affects badly peoples routine work and once it is manifested very difficult for the body to heal. Large percentages of people suffer from this disease. This is most often in the patients over the age of 35 years. Women are the common sufferer. A heel spur is a calcium deposit causing a bony protrusion on the underside of the heel bone. They are attributed to chronic local inflammation at the insertion

of soft tissue tendons or fascia in the area. Pain in the heel is one the most common symptom of calcaneal spur. The most common form of heel pain at the bottom of heel. It tends without any apparent reason and often worsen when placing weight on the foot. Patient usually complaints of pain in a morning or after getting up to stand after sitting for a while. The pain can be sharp, shooting pain or present as a tearing feeling at the bottom of the heel. There is no safe cost effective treatment in modern medicine. Ayurvedic medicine is one of the best for management of calcaneal spur. Agni karma therapy is mostly used in treatment of calcaneal spur. In agni karma, heat is applied to a particular part of body to reduce inflammation there and hence the underlying pain.

Here I present the case of 39 years old male patient; whose early diagnosis of calcaneal spur (Vaatkantaka) permitted successful management according to ayurvedic principles. Though initially bedridden due to pain, he return to normal life.

**CASE**

PATIENT NAME- XYZ

AGE - 46 yrs. SEX- Female  
 Occupation- Housewife Reg. No. 39150/2613  
 D.O.A-14/05/2016 D.O.D-21/05/2016  
 C/O – Pain at bi-lateral heel region  
 Difficulty in walking - since 3 yrs.

No H/O- Malaria /Typhoid /Jaundice.

No K/C/O- HTN/DM/PTB/BA/Epilepsy.

No H/O- Any Surgical illness.

No H/O- Any Drug Allergy.

O/E- GC- Fair &amp; Afebrile

P-72/min BP-120/80 mm of hg

S/E- RS- AEBE Clear

CVS-S1 &amp; S2 Normal

CNS-Conscious &amp; Oriented

RTVC RTDS

Pupils: Rt-Normal size and reacting to light

Lt-Normal size and reacting to light

Planters-Bilateral flexor

**Deep tendon reflex**

	<b>Knee jerk</b>	<b>Ankle jerk</b>	<b>Biceps jerk</b>	<b>Triceps jerk</b>
Right	2+	2+	2+	2+
Left	2+	2+	2+	2+

**Muscle power grade**

<b>MPG</b>	<b>RT</b>	<b>LT</b>
UP	5/5	5/5
LP	5/5	5/5

P/A- soft &amp; non-tender

Urine-passed

Stool-Passed

**INVESTIGATIONS**

Hb-11%; RBC-5000; WBC-6500; ESR-20; Platelets- 170000

RA, VDRL, HbsAg –Negative

**X-RAY OF BOTH ANKLE JOINT AP VIEW SHOWS-** Bi-Lateral CALCANEAL SPUR

**NIDANPANCHAKA**

**Hetu** -Aaharaj- Gahu, Dudhi, Vatana, Udid, Mash, Draksha

-Vihaaraj- Adhikavyayama

**Samprapti**

**HETU SEVANA**



**VAATPRAKOPA**



**LEADING TO PAIN AT B/L HEEL REGION**



**VAATKANTAKA (CALCANEAL SPUR)**

**Poorvaroopo-** Mild pain at B/L heel region

**Roopas** -Moderate pain at B/L heel region

-Difficulty in walking

**TREATMENT GIVEN-**

**Oral:** -Tab. Lakshadi Guggulu (500mg) TDS x 14 days

-Tab. YograjGuggulu (500mg) TDS x 14 days

-Tab. ArogyavardhiniVati (500mg) TDS x 14 days

-TriphalaChurna 5 gm HS

Panchakarma

-Agni Karma on B/L HEEL REGION x 3 times

#### **AFTER TREATMENT**

No pain in B/L Heel Region & pt. walk without difficulty

ON DISCHARGE- Patient is advised oral medicines and regular follow up in OPD.

#### **DISCUSSION**

Initially when patient came to us, patient was suffering from the disease almost since 3 yrs. Pain at bi-lateral heel region & Difficulty in walking. After therapy of one month no pain at B/L heel & patient walk without difficulty. There is no other complains. Patient can now do his routine work without taking NSAIDS.

We have manage this patient with the help of Ayurvedic Medicines & Panchakarma.

#### **CONCLUSION**

The case highlight the fact that confidence can be placed in Ayurvedic treatment principles even in a case where modern medicines progress is poor. The patient was diagnosed in Ayurvedic term and treated accordingly Oral Medicine & Agni Karma therapy in case of calcaneal spur. Patient can now do his routine work without taking NSAIDS.