

**“EFFICACY OF AGNIKARMA IN SCIATICA:-A CASE STUDY”****\*<sup>1</sup>Anil Kumar Joshi, <sup>2</sup>Sunil Kumar and <sup>3</sup>Ashok Kumar**<sup>\*1</sup>Ph.D. Scholar, P.G. Department of Sharir Rachana, NIA, Jaipur.<sup>2</sup>Associate Professor, P.G. Department of Sharir Rachana, NIA, Jaipur.<sup>3</sup>Assistant Professor, P.G. Department of Shalya Tantra, NIA, Jaipur.Article Received on  
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**ABSTRACT**

A 38 year old Muslim male patient came into the OPD of national institute of *Ayurveda* complaining of pain and numbness in left leg. During examination, radiating pain was present in left leg starting from lumbar region to finger and big toe, since 2 years. Straight Leg Raise test was positive in left leg up-to 45 degree. Traumatic injury was absent. In the management of sciatica various methods are described but according to the condition of the patient and superiority of all methods, *Agnikarma* was applied. *Agnikarma* was done at maximum tenderness point in two sittings. In first sitting, *Agnikarma* was done in

prone position in lumbar region and after seven days second sitting was done on the root of sciatica nerve with 15 days follow up period. After 15 days he got complete relief from pain and numbness. Thus the patient was successfully treated with *Agnikarma*. No recurrence or any complications were reported.

**KEYWORDS:** sciatica, *Agnikarma*, lumbar region.**INTRODUCTION**

In spite of the spine's excellent form and function, back pain is a national, personal and clinical problem: national because it is experienced by most of the population at some time and is a drain on the nation's resources, personal because it can remain a major unresolved dilemma, and clinical because not only is diagnosis difficult, but methods of treatment are conflicting and often unrewarding.

*Gridhrasi* (Sciatica) is one of the many conditions causing back pain and pain in the lower limb. This condition causes great discomfort to the patient and affects his daily routine as it is

directly related to the locomotor system. Bad posture, irregular and unwholesome dietary habits, travelling in jerky vehicles etc. are most commonly encountered factors in Today's life.

The cardinal sign and symptoms of *Gridhrasi* are *Ruja* (Pain), *Toda* (Pricking sensation), *Stambha* (Stiffness) and *Muhurspandana* (Involuntary Movements) in the *Sphik*, *Kati*, *Uru*, *Janu*, *Jangha* and *Pada* in order<sup>[1]</sup> and *Sakthishepan-nigraha*<sup>[2]</sup> i.e. restricted lifting of the legs. The symptoms seen in *Gridhrasi* can be well correlated with "Sciatica" in modern parlance. Sciatica is the term given to pain down the leg, which is caused by irritation of the main nerve, the sciatic nerve. This pain tend to travel along the pathway of nerve, emerging from the lower part of the spine i.e. lumbar vertebrae.

*Gridhrasi* is *Vata Nanatmaja Vyadhi*.<sup>[3]</sup> The *Vata* which is the motivator and controller of other two *Dosha* is responsible for manifestation of almost all diseases. *Vata Nanatmaja Vikara* is eighty in various classics.<sup>[4]</sup> Major neurological problems come under *Vata Vyadhi*.

In *Ayurvedic* texts, there are various method used as a line of treatment, some of which are effective, simple, safe and cheap for the patient e.g. *Siravedha*, *Agnikarma*, *Basti Chikitsa*, *Snehana*, *Swedana* and oral medication.<sup>[5]</sup> *Charakacharya* mentioned *Agnikarma Chikitsa* in the management of *Gridhrasi* at the sight of *Antara-Kandara-Gulpha Pradesha*. *Sushrutacharya* mentioned *Agnikarma Chikitsa* in the management of *Sira*, *Snayu*, *Sandhi* or *Asthi Samprapti* and *Gridhrasi* formed all these involved structures.<sup>[6]</sup>

In this case study, *Agnikarma* was done by *PanchLauhaShalaka* followed by Local application of *Aloevera* and *HaridraChurna* with dressing in left lower limb, with 2 sittings of 7 days interval and follow up of 15 days.

## CASE REPORT

A 38 year old Muslim male patient came in OPD of national institute *Ayurveda* complaining of radiating pain and numbness in left leg since 2 years. He consulted nearby allopathic physician and was given medication for the same but no proper relief in pain and numbness was achieved. The radiating pain started in gluteal region than radiate back of thigh, leg and upto medial malleolus associated with numbness since 2 years. Later he consulted *Sharir Rachana* OPD and started treatment. Patient was thoroughly examined for SLR (straight leg

raise) test locally as well as systematically. Straight leg raise test found positive in left leg upto 45 degree. There was no history of traumatic injury nor any other systemic complains.

- Patient has history of sciatica in left lower limb since 2 years.
- He is a labour and nature of the work demands standing for a long time.

## MANAGEMENT

Patient was treated with-Agnikarma in 2 sittings of 7 days interval, the whole treatment is of 15 days with follow-up duration.

Informed consent of the patient was taken. Sterile Sponge holding forceps, Cotton pieces, Drape, *Panca Loha Shalaka*, Steel dish, *Yashtimadhu Choorna* or *Ghrita Kumari* were kept ready. The area of *Agnikarma* was cleaned with antiseptic solution and draped. The area of maximum tenderness or pain on the spine was palpated and determined. *Pancha Loha Shalaka* was heated directly over the heat source until red hot. The patient lied in prone position *Agnikarma* was done over the spine, covering the area of maximum tenderness. *Agnikarma* of *Bindu Dahana Vishesha* was adopted. At least ½ cm gaping was maintained between the *Dagdha Sthan*. *Yastimadhu Choorna* or *Ghrita Kumari* was applied immediately after *Agnikarma*.<sup>[7]</sup>

## OBSERVATIONS AND RESULTS

The observations and results are tabulated below (Table 1).

The characteristics of *Gridhasi* are *Ruja* (Pain), *Suptata* (numbness), *Toda* (Pricking sensation), *Stambha* (Stiffness) and *Muhurspandana* (Involuntary Movements) in the *Sphik*, *Kati*, *Uru*, *Janu*, *Jangha* and *Pada* in order and *Sakthishepan-Nigraha* i.e. restricted lifting of the legs were noted in the very first day of *Agnikarma*. But at the end of first week, it was noted that the pain, stiffness and numbness gradually reduced. After 15 days, above symptoms were minimum in intensity. By the end of 30 days they were completely absent.

The observations and results are tabulated below (Table 1).

## OBSERVATIONS OF THE STUDY

Table no: 1

DATE	PAIN	NUMBNESS	STIFFNESS
1 <sup>st</sup> day	+++	++	+++
7 <sup>th</sup> day	+	++	+
10 <sup>th</sup> day	+	+	Nil
15 <sup>th</sup>	Nil	Nil	Nil
30 <sup>th</sup>	Nil	Nil	Nil

## DISCUSSION

*Agnikarma Chikitsa* mostly helpful in the management of local diseases. *Agni Karma* is superior among all of them<sup>[8]</sup> and has proved to be a boon where local involvement of *Vata* and *Kapha Doshas* are observed in the disease. *Gridhrasi* is the disease comes under the prominent of *Vata Dosha* and having *Kaphanubandha*.<sup>[9]</sup> There is *Avarana Sambandha* in between *Vata* and *Kapha*. *Vata* is obstructed by *Kapha* and *Prakrut Gati* is hampered, it's get *Triyak Gamitva* and becomes *Snayu Kandara Asrita* due to this they cannot perform their normal function which results in abnormal walking manner like *Grudhravat*. From above we conclude that *Vyana Vayu* performs the function of bodily movement. In the *Samprati* of *Gridhrasi*, *Vyanavyau* takes a part. In this way *Vata* and *Kapha* possess *Sheeta guna*, *Vata* and *Kapha* virtue of its property for *Ruka*, *Toda*, *Stambha* and *Spandana*. Here, to neutralize the *Vata* and *Kapha Dosha* require opposite *Gunas*. Treatment that has *Ushnaguna* and *Agni* having *Anyonyasritabhava*, hence *Agnikarma* with *Panchloha Shalakais* chosen, by virtue of its *Ushna*, *Tikshna*, *Sukshma* and *Laghu* property breaks *Srotavarodha*, produced by *Vata* and *Kaphadosha*. Thus, *NiramaKapha* and *Vatadosha* are neutralized.

### Probable mode of Action of Agnikarma

When we heat any metal, which is a good conductor of heat among all the *Lohadidhatu*, that means they carry heat from one end to another and during conduction of heat, some heat stored is in the previous part and slowly it is conducted to the next part. when any metal is heated for a sufficient duration to get it red hot that means its maximum capacity to store heat is enhanced. When such a heated *Panchaloha Shalaka* applied over skin tissue for *Samyaka Dagdha*, stored heat is transferred from *Panchaloha Shalaka* to skin tissue in the form of *Ushna*, *Tikshna*, *Sukshma* and *LaghuGuna*. *UshnaGuna* performs two functions. Firstly by stimulating i.e. *Utkleshana* of *Dhatvagni* and due to this action *Sama Dhatu* is digested and secondly *Ushnaguna* dilates the channels of *Srotas*. Due to it *Srotavarodha* gets removed, which was formed by *Dosha-DushyaSamurchhana* in *Kha-vaigunya* at *Dhatu*.

### CONCLUSION

This patient had been suffering from 2 years, consulted many physicians and outcome was a failure. But he was treated successfully with the unique intervention with *Pancha Loha Shalaka* in *Ayurveda*. He got complete relief from all the signs and symptoms and there was no recurrence up to date.

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