

CASE STUDY OF VATAKANTAKA W.S.R TO CALCENEAL SPUR***Dr. Omkar Subhash Jyotik**

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Corresponding Author*Dr. Omkar Subhash****Jyotik**Assistant Professor,
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In day today life pain in heel is very common problem in society. It is caused mainly due to pain of calcaneum. Among the all disease of calcaneum the most troublesome common problem seen is calcaneal spur. In Ayurveda texts calcaneal spur can be correlated with Vatakantaka. Vaatakantaka explained in the context of Vatavyadhi. Vata localized in the Khudaka (heel region) gets aggravated and produces pain. Calcaneus or heel bone or os calcis forms a major component of the skeleton of foot providing posterior pillars for bony arches of the foot. The calcaneum is the strongest, largest, and longest of the seven tarsal bones and forms the prominence of the heel.^[1] A large percentage of people suffer from this disease. Although initially

considered to be an abnormal finding inextricably linked to heel pain. Here is the case study a female patient of age 52 years presenting with clinical features of vatakantaka and was treated with Agnikarma got relief within 28 days.

KEYWORDS: Vatakantaka, Calceneal spur, Vatavyadhi, Agnikarma.**INTRODUCTION**

Walking in irregular or uneven ground, the structural deformity of foot or excessive strain on foot lead to provocation of vata and brings about severe pain in ankle joint which is due to referred as vatakanataka. With this pathology and clinical presentation vatakantaka can be effectively paralleled with calcaneal spur. Heel spur is a calcium deposit causing a bony protrusion on the underside of the heel bone. In today's world, the incidence of Vatakantaka is increasing. Men and women are equally affected. The reasons of high prevalence of this disease are wearing high heels, hard or improper fitting footwear, walking long distance, engaging in strenuous exercise for prolonged periods. It is seen more frequently in a younger population consisting of runners, aerobic exercise dancers and ballet dancers. Usually it

affects badly people routine life, and once it is occurred very difficult to cure. Vatakantaka is basically a Vyadhi of vitiated Vata Doshas and come under Vatavyadhi. Acharya Charak in his Charak Samhita has not mentioned directly “Vatakantaka” as a Vyadhi but he stated in his Vatavyadhi Chikitsa Adhyaya (Ch. Chi. 28).^[2]

Definition: Walking in irregular or uneven ground, the structural deformity of foot or excessive strain on foot lead to provocation of vata and brings about severe pain in ankle joint which is due to referred as vatakantaka. With this pathology and clinical presentation vatakantaka can be effectively paralleled with calcaneal spur. It is nothing but the ossification of plantar fascia at its calcaneal end.^[3]

Aetiopathogenesis: The local Vayu enraged by making a false step on an uneven ground, finds lodgement in the region of the ankle (Khudaka, instep according to the others), thus giving rise to a disease which is called Vatakantaka.^[4]

AIM AND OBJECTIVE

1) To assess the clinical the efficacy of Agnikarma in the management of Vatakantaka.

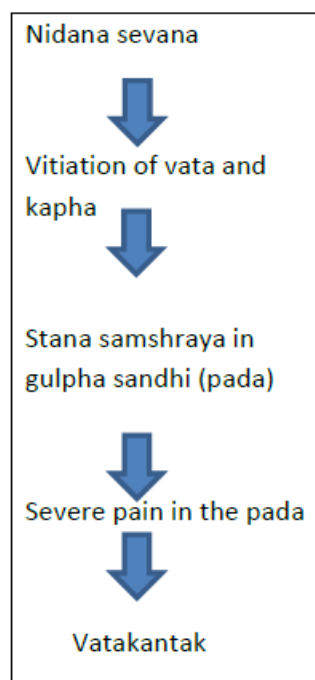
CASE PRESENTATION

A female patient aged 52 years presented with the complaint of Right gulf sandhi shool(ankle joint pain), chakraman kashtata (difficulty in walking), sparshaasahatva (Tenderness) these symptoms from 2 months. But from 12 days increase in the severity of symptoms. The present case study is successful management of a case of vatkantak (Calcaneal spur) by Agnikarma.

Hetu seven Ahar- ruksha, shit(cold), bread, bekari products oily, non veg dite katu tikta kashaya rasatamak diet.

Vihar- heavy weight and continuous standing.

Samprapti



Personal history

Occupation- Worker at school Addiction – Not any Astavidha Pariksha

Nadi (pulse) = 78/min. Mala (stool) = Prakrut.

Mutra (urine) = 5-6 times in a day Jeeva (tounge) = saam.

Agni = Mandya.

Shabda (speech) = prakrut Akruti = Madhyama.

Bala = Madhyama.

B.P = 120/80mm/Hg

MATERIALS AND METHODS

Materials: Loha Shalaka, Stove, Lighter, Kumari swaras.

Method of sampling & study design: Simple randomized single case study.

Purva karma – patient asked to lie in a supine position heel was cleaned with betadine for an aseptic purpose. Lohashalaka is heated red hot for dahana purpose

Pradhana karma – the affected heel is cauterized in a concentric way with space of approximate 0.5cm between two adjacent samyakdagdhavranas

Paschat karma – After samyakdagdhavrana, kumari swarasa was applied on that to get relief from burning sensation.

Same Procedure was repeated on 7th Day, 14th day, 28th day. Observation and Result

The results observed after the treatment: Improvement in Right gulf sandhi shool(ankle joint pain), chakraman kashtata (difficulty in walking), sparshaasahatva (Tenderness).

Parameters	Day 1	Day 7	Day 14	Day 28
Right gulf sandhi shool	+++	+++	++	+
Chakraman kashtata	++	++	+	+
Sparshaasahatva	+++	++	+	-

DISCUSSION

As vatakantaka is enlisted in one among 80 nanatmaja vatavyadhi, as per Acharya vagbhatta the line of treatment for vata dosha includes sneha, sweda, mridu samshodhan.^[5] According to Ayurveda, this condition is due to vitiated Kapha Dosha along with Vata Dosha. Vata Dosha is the main Dosha of the three Doshas. It has the functions like movements in our body, neurological & motor activities. The improper walking pattern, heavy walking or making a false step on an uneven surface/ground vitiates the Vata Dosha at Gulpha Sandhi Pradesha which causes Vatakantaka. This vitiated Vata also causes Ruja (pain). The treatment modalities like Agnikarma is helpful in Vatakantaka. With the help of this treatment, we can correct the vitiation of Vata and can give relief to the patient.

CONCLUSION

It is a clinical diagnosis and a self-limited condition in majority of patients. The Pain relief provided by Agnikarma presents a good opportunity in the clinical management of calcaneal spur.

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