

A CASE STUDY OF AGNIKARMA IN MANAGEMENT OF WARTS***¹Dr. Rimpay Sharma and ²Dr. Sahil Basotra**¹(M.S. Shalya Tantra).²Assistant Professor, GAMC Jammu.

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ABSTRACT

Ayurveda the Ancient Medical science of life. In Ayurveda, Sushruta Samhita mainly deals with surgical aspects of treatment. In Shalya tantra there is description of surgical procedure along with para-surgical procedures such as Ksharkarma, Agnikarma, Jalaukavacharan etc. Acharya Sushruta described Agnikarma as an effective management for various diseases. Charmkeela is one of the skin disease which can be co-relate with warts. Wart can be treated with Agnikarma Warts are wide spread in the worldwide population.

Although the frequency is unknown, warts are estimated to affect approximately 7-12% of the population. There are many treatments in other sciences where rate of recurrence is more. So, in present study we selected Shalaka for Agnikarma to treating a patient of wart. The study carried out on 25 years male patient. This study carried out at JIAR Jammu. The treatment showed good results and a good acceptance of treatment by patient.

INTRODUCTION

Acharya Sushruta has mentioned Charmakeela under Kshudra Roga^[1] and explained in Nidana Sthana under Arshas. While explaining Anya Sthana of Arshas, he says due to aggravation of Vyana Vata associating with Kapha give rise to sprouts like eruptions in the exterior skin which is immovable is called as Charmakila or Arshas of twacha/skin.^[2] In modern science wart caused by Human Papilloma Virus.^[3] Mostly it is a painless disease but may become painful after any trauma. In modern science the treatment advised for treating wart is excision. This one is a case of 25 years male having wart on left side of neck behind the ear. We decided to use Agnikarma in the treatment. General and local examination of patient was done. Size of the wart was near about 4 to 5 mm in diameter. Some routine blood

tests i.e. Hb, BT, CT, HIV, HBSAG, STD, were carried out. No any other medication was used except local application of Kumarri (Aloe Vera).

MATERIALS AND METHODS

MATERIAL

- ◆ Shalaka
- ◆ Kumari (Aloe Vera Linn.) magaj
- ◆ Gas stove
- ◆ Cotton

METHOD

History of present illness:- A male patient of 25 years age complaint of warts on left side of neck behind the ear since 5 years. He wants to take off this wart from ayurvedic treatment. He never take any treatment for warts. With this complaint he come to our OPD for management.

History of past illness:- Not /K/C/O Diabetes Mellitus, Hypertension, Thyroid dysfunction and Bronchial Asthama /other systemic disorders.

Family history:- All family members are said to be healthy.

Personal History

- Diet - vegetarian.
- Appetite - Good
- Sleep - 6-7 hours at night, sound.
- Micturition - 4-5 times during day
- Bowel - regular, once in a day.
- Addiction- None
- Built and nourishment – Moderate
- Temp - 98.6 F
- Pulse - 80 bpm

General Examination

- Heart rate - 76 bpm
- B.P - 130/80 mm of Hg

- Respiration – 18/ min
- Weight - 70kg
- Gait - Normal
- Pallor - absent
- Icterus - absent
- Cyanosis - absent
- Edema - absent
- Lymphadenopathy - absent

Systemic Examination

- Cardiovascular system examination - S1, S2 heard, no added sounds.
- Respiratory system examination - Normal vesicular breathing sound heard, no added sounds.
- Per Abdomen examination - Soft, non-tender.
- Central nervous system examination – patient was conscious and well oriented to time, place and person.

Treatment

AGNIKARMA procedure done with the help of shalaka. The Agnikarma was done until get the Samyak dagdha lakshanas.^[4] While doing the procedure use of aloe vera is also done. At last application of aloe vera is done and keep it naked. No bandaging is done over it. Patient went to home on same days and ask for follow up on next day.

RESULT AND DISCUSSION

Patient was advised to apply madhu and aloe vera on wound daily for the period of 7 days. Patient had no any complains at Agnikarma site only a small wound was present at site. Patient was followed up for a period of 3 months. No any recurrence was observed. Wart is produced by vitiated Vata dosha with Anubhandha of Kapha^[5] so, Agnikarma is considered as best therapy to pacify these doshas. Due to Ushan, Sukshma, Ashukari guna it pacifies vitiated Vata Kapha dosha. And hence may effective in treatment of wart. Sushruta described that the diseases treated with Agnikarma do not recurred.^[6] Also Agnikarma is advised for Vedanashaman hence, no pain occurred in treatment.

CONCLUSION

Wart is one of the most common problems among society. It appears mostly in middle aged people. After Agnikarma there is relief from the disease wart in the patient. Also no any unwanted results observed during the procedure and follow-up. Agnikarma is simple to apply, economical and no any hospitalization is needed. As we conduct the study on a single patient it can't be claimed as a final. A study on a large number of patients need to be conduct to see the efficacy of Agnikarma on wart.

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