ABSTRACT:

Parshnishool is one of the vatavyadi. There is severe pain at the heel due to which patient is unable to walk while initiating movement in the morning. It is very painful. The treatment mentioned in text is agnikarma as it is one of the vatavyadi. Sushrut mentioned agnikarma which relives pain in vatavyadi. According to modern science it is planter fasciitis & small osteophyte located on calcaneus. A heel spur is calcium deposite, common scource of heel pain. Analgesic is only line of treatment for this condition. Agnikarma is local management which relives pain instantly. In this case, we are going to place simple local application i.e. agnikarma which proves better results in parshnishool.

Key words: Agnikarma, parshnishool, calcaneal spur, vatavyadi.

INTRODUCTION:

Due to calcaneal spur there is pain phobia in patient every morning while initiating movement for walk. Nowadays it is very common problem because of overweight due to sedentary life and use of fashion foot ware with hard sole. Consumption of fast food offers less nutrition to the muscles and bone. Planter fasciitis, is a disorder that results in pain in the heel and bottom of the foot. The pain is usually most severe with the first steps of the day or following a period of rest. Plantar fasciitis is estimated to affect 1 in 10 people at some point during their lifetime and most commonly affects people between 40–60 years of age. Only treatment available for this condition is analgesic and surgery. Many times recurrence occurs. Patient suffers by side effects of analgesic treatment. This disease can be compared with parshnishool. According to ayurvedic parshnishool is caused due to vatprakop in parshni. Agnikarma is treatment indicated for vat prakop in asthi dhatu.

CASE REPORT:

45 yrs male patient came in opd of Kayachikta dept of yashwant ayurved college kodoli, Complaining of severe heel pain in the morning while initiating movement for walk from one week. History reveals the same problem 3-4 months back stopped after taking analgesics. Due to recurrence of complaint he came in our hospital.

Examination: Blood pressure: 130/80 mm of Hg
Pulse: 76/min
Sleep: regular
Bladder habit: regular
Bowel habit: regular
Appetite: regular
Occupation: clerk
Systemic
Examination: CVS: S1 S2 normal.
CNS: well oriented and conscious. RS: AE-BE clear.
P/A- soft non tender; liver kidney, spleen
not palpable. No H/O any major illness.
Investigation-X ray foot AP and Lateral view.
Assessment Criteria: Pain while initiating movement before and after treatment.

**MATERIAL AND METHOD:**
Panchadhau Shalaka is used. Goghruta for local application after agnikarma. Candle, match box.
Method: Place shalaka on the point on heel where there is more pain intensity; heat the other end of shalaka. The heats get transferred from one end to other. Heat it up to the tolerance of the patient. Now place on other point. Repeat the procedure after 5 days for 3-5 times depending on intensity of pain.

X-ray foot: There is no change in x-ray findings.

Pain: Before treatment—severe pain at heel
After treatment—no pain

**DISCUSSION**
It is one of the vatavyadhi. There is no pain without vitiatioan of vata. Agnikarma is treatment mentioned for vatavyadhi. Agnikarma is indicated in selective clinical conditions dominated by Vata and Kapha dosha. It is ushma, tikshna, aashu guna pradhan hence relieves pain. It increases dhatwagni. As per Ayurveda - Ama also is produced due to dhatwagnimandya, which causes sanga. Agnikarma stimulates dhatwagni so pachana of sama dosha occurs which provides nutrition to dhatu, specially mansa, asthi and majja dhatu.

Modern action: Direct effect of heating: Increased metabolic activity: “Any chemical change capable of being accelerated by heat is accelerated by a rise in temperature” - Von’t Haffs principle.

Pain may be due to accumulation of waste product of metabolism in the tissue. Consequently heating of tissue accelerated the chemical changes i.e. metabolism is greatest in the region where most heat is produced. As a result of increased metabolism there is a resulting increased demand for oxygen and food stuff. This causes increase in output of waste products, including metabolites. Increased blood flow- As a result of the increased metabolism, the output waste product from the cells is increased. Metabolites act on walls of capillaries and arterioles causing dilation of these vessels. In addition heat has direct effect on the blood vessels, causing vasodilatation particularly in the superficial tissue. Stimulation of superficial never endings can also cause a
reflex dilation of the arterioles. Result of the vasodilatation there is an increased blood flow though area with supply of oxygen and nutrients. Waste products are removed from this area. Stimulation of neural receptors in the skin or tissues- Heat appears to produce definite sedative effects: the effects of heat on nerve conduction have to be thoroughly observed and study. There is evidence that any sensory excitation reaching the brain simultaneously with pain result in the pain impulse being more and less attenuated. These changes in tissue may be produced by local, general or remote effects. So pain is diminished after treatment in parshnishool. Benefits of Agnikarma: Sudden relief of pain. It is a simple, safe and outdoor procedure. The disease treated by Agnikarma do not recur. Less fear of infection. Highly economical with less complications.

CONCLUSION

From the above case it is clear that agnikarma in parshnishool proves better than any other treatment. Parshnishool cured successfully by Agnikarma.

REFERENCES


2. Goff JD, Crawford R (September 2011). "Diagnosis and treatment of plantar fasciitis". Am Fam Physician 84 (6): 676–82. PMID 21916393.


Corresponding Author:
Dr.Borakhade V.R.
Associate Professor, Kayachikitsa Department Yashwant Ayurved College P.G.R.&T.C.Kodoli.416114.
Email id: vasudha.borakhade@gmail.com

Source of support: Nil
Conflict of interest: None
Declared