ABSTRACT

The term “Vatakantaka” denotes a disease of Vata in which the pain is experienced at heel of the foot by the person. “Shoolamnartheanilath” – it is said that there is no pain without the involvement of vata dosha. “Vatakantaka” has been mentioned under Vatavyadhi, but the Samprapti Ghataka and detailed pathogenesis is not available in any classical test. Such details are very much essential for proper planning of treatment. Vatakantaka is a painful condition of heel caused by its improper placement of foot on the ground. Pain beneath the heel is seen in plantar fasciitis. Plantar fasciitis is a common cause for pain in the heel region, which occurs in about 10% of the general population and represents 10–15% of foot problems requiring professional care. Vatakantaka is very common condition that affects normal routine work.

Keywords: Dosha, Dhatu, Mala, Vatakantaka.

INTRODUCTION: Tridosha are the basic concepts of both health and illness. An individual’s basic DoshaPrakruti plays a key role in predisposition and prognosis of diseases, as well as for treatment. So, for diagnosis and treatment the importance should be given on dosha, dhatu & mala. The health condition of an individual depends upon the equilibrium state of these. Dhatu and Mala attain the state of Vaisamya due to vitiation by Dosha. The term Vaisamya refers to either Vrudhi or Kshaya(qualitatively or quantitatively). Similarly the equilibrium state of Doshas results in the equilibrium state of Dhatu and Mala. Among the tridosha, vata is most important as it causes many diseases.

Vatakantaka = Vata + Kantaka

Vata- Mainly denotes that which has Gati (movement).

Kantaka- Means point of a needle which is like a thorn, which becomes troublesome and produces a sharp stinging pain.

According to Vagbhatacharya, Vata getting localized in the ankle joint (Vatenagulfamaashrityahatamaahurvataka) either by placing the foot improperly (while walking or by over exertion to the feet) produces pain in the ankle joint. This is called as Vatakantaka. According to Sushrutacharya, When the foot is kept on the ground irregularly, Vata localized in the Khuda(khadula)kashritaha gets aggravated and produces pain, this is known as Vatakanta.

This article is aimed at –Understanding of Vatakantaka in relation to Plantar Fasciitis and to evaluate status of Dosha and Dushya in the manifestation of Vatakantaka.

SAMPRAPTII OF VATAKANTAKA

Dosha is qualitative and functional, hence cannot be quantitatively determined. For harmonious well-being of human body the state of equilibrium of three Doshas are required because disequilibrium may cause ill health or even death. Placing the legs in an irregular surface or in an irregular fashion (position) leads to prakopa of vata which takes sthanasamshraya in pada which gives rise
Vatakantaka is a Vataja Vyadhi. Vata is a Dosha which denotes movement and is responsible for all actions of the body. Kantaka means pointed object (a needle or thorn). Vatakantaka denotes a sharp stinging pain (as if needle or throttle is injected) which is troublesome. The basic pathogenesis of the disease is Vata Dosha, getting localized at ankle joint and producing pain. Vata is the main factor for pain, without Vata involvement, pain will not manifest. Causes of this disease have been mentioned as, placing the foot improperly on the ground (while walking or running) or over exertion to the feet. When the foot is kept irregularly on the ground, Vata Dosha gets localized in the Khuda pradesh, gets aggravated and produces pain.

Nidana- Improper placing of foot, placing foot on uneven surface, Shrama, Vishamapada

may be intermittent with gradual increase and decrease in each bouts of pain. Bhedanais classically mentioned in the features of Vata Prakopa. Since Prakopais a state of Vruddhi of Dosha itself, Bhedana is because of Vata Vruddhi.

Vyadha: Vyadha is a continuous aching type of localized pain over an area. Vyadha is classically mentioned in the features of Vata Prakopa. Since Prakopa is a state of Vruddhi of Dosha, Vyadha is because of Vata Vruddhi. Here this symptom is due to Vata Prakopa by Vata Vruddhikara Nidana Sevana, so it can be definitely said that Vyadha is indicative of Vata Vruddhi.

Table 1: Involvement of Dosha and Dushya in the causation of Vatakantaka:

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Dosha involvement</th>
<th>Dushya involvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthi Toda</td>
<td>Vata Vruddhi</td>
<td>Asthi Kshaya</td>
</tr>
<tr>
<td>Bhedanam</td>
<td>Vata Prakopa</td>
<td>Asthi Kshaya</td>
</tr>
<tr>
<td>Vyadha</td>
<td>Vata Prakopa</td>
<td>Asthi Kshaya</td>
</tr>
</tbody>
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Vatakantaka has two causes:
- Abhighata
- Shrama

Abhighata: Abhighatais in the form of keeping the foot on an uneven surface or accidentally keeping the foot unevenly on
the surface of ground. This may lead to injury to Gulpha Sandhi. This will lead to pain. This pain is having characteristic feature of Toda as if pricked by thorn. This occurs because of acute or chronic injury to the Gulpha Sandhi.

**Shrama:** Due to Shrama(excess pressure on feet) there will be Kshya or Shosha of Dhatu at Gulpha Sandhi. Excess work by feet will be a local causative factor. Here Samanya Vata Prakopa Nidana should also be considered eg. Ativyayama.Dhatukshaya occurs with Rasa Dhatu in general all over the body and locally there will be Kshaya or Shosha of Mamsa, Asthi and Majja Dhatu. This Kshaya is also seen in relation to Shleshaka Kapha. Because of all these factors there will be aggravation of Vata which lead to pain.

**PLANTARIS FASCIITIS :** Vatakantaka lakshana is very much similar to the signs & symptoms of Plantaris fasciitis which has been explained in contemporary medicine system. Plantar fasciitis causes pain in the bottom of the heel[6]. It is one of the common orthopedic complaints. The synonyms of plantar fasciitis are Jogger’s Heel and Tennis Heel. Plantar fasciitis is also referred to as heel pain syndrome and heel spur syndrome, because the pain is usually localized to the insertion of the plantar aponeurosis at the medial tubercle of the calcaneus. The plantar fascia extends from this tubercle to the metatarsal heads, forming the longitudinal arch that provides support for the foot. The plantar fascia is a thick, web-like ligament that connects heel to the front of foot. It acts as a shock absorber and supports the arch of the foot, which help walking. The plantar fascia ligament experience lot of wear and tear in daily life. Too much pressure on the feet can damage the plantar fascia ligament, which lead to the inflammation which causes pain in heel and stiffness. The pain in plantar fasciitis is caused by collagen degeneration associated with repetitive micro trauma to plantar fascia. The clinical features of plantar fasciitis include significant discomfort, a limp because of difficulty in bearing weight, achy pain. Plantar fasciitis classically presents as medial heel pain that is sharp and most severe with the first step out of bed in the morning or after prolonged rest. This condition is generally self-limiting. Plantar fasciitis occurs acutely, as with trauma Ex. Athletes. Pain in plantar fasciitis more often presents as chronic plantar foot pain of insidious onset associated with chronic overload in cases of obesity, fat pad atrophy, Shortened Achilles tendon, weak plantar flexor muscles, weak intrinsic muscles of the foot, & Poor footwear, trauma, hard surfaces, walking barefoot, prolonged weight-bearing.

**DISCUSSION:** Plantaris fasciitis which has been explained in contemporary medicine system. Plantar fasciitis causes pain in the bottom of the heel. It is one of the common orthopedic complaints. The synonyms of plantar fasciitis are Jogger’s Heel and Tennis Heel. Plantar fasciitis is also referred to as heel pain syndrome and heel spur syndrome, because the pain is usually localized to the insertion of the plantar aponeurosis at the medial tubercle of the calcaneus. Ativyayama leads to Abhighata i.e., overuse of the foot leads to repetitive micro trauma to plantar fascia. Collagen degeneration, obesity, weak plantar flexor muscles, weak intrinsic muscles of the foot, hard surfaces, & prolonged weight-bearing leads to Shrama on pada (gulfa sandhi), which in turn leads to dhatukshaya which further leads to
vataprakopa which manifests as toda, bhedana and vyadya. Because of dhatu kshaya, the shock absorbing ability of the plantar fascia reduces which leads to vata vrudhi, in turn manifests as vatakantaka. Sthaulya (over weight) causes more Shrama on the pada which leads to vataprakopa. By these two factors sthaulya leads to vatakantaka. Plantar fasciitis becomes self limiting when nidanaparivarjana is practiced. Plantar fasciitis classically presents as medial heel pain, that is sharp and most severe with the first step out of bed in the morning. It is seen because morning is the vata pradhanya kala, so vedana will be felt with the first step out of bed. In the morning there will be more shitaguna in vayu, shita increases shoola. So, in vatakantaka shoola is observed in the morning hours. In Dinacharya, Padabhyanga and Padatra Dharana has been explained which should be practiced to avoid physical injuries to the foot i.e., abhighattopada. Not practicing Padatra Dharana & Padabhyanga leads to vataprakopa which leads to vatakantaka.

CONCLUSION: Vatakantaka is a Nanatmaja Vyadhi, involving Vata Dosha, Asthi Dhatu and Rasa Dhatu. The etiopathogenesis establishes the involvement of Vata Vrudhi in this disease. The involvement of Dashya i.e., Rasa Kshaya, AsthiKshaya. This suggests that there is predominant involvement of Asthi and Rasa Dhatu in the pathology. We may infer that Rasa Dhatu is involved if pathology is because of Srama and Asthi Dhatu is involved if injury is the cause of pathology.

REFERENCES:


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