

**A CASE STUDY TO EVALUATE THE EFFICACY OF ISHTIKA SWEDAN IN THE
MANAGEMENT CALCANEUS SPUR****Vd. Sachin Borkar*, Vd. Trupti Ukey, Vd. Sneha Tiwari and Vd. Suryakant Dwivedi**¹Associate Professor Department of Roga Nidan and Vikruti Vigayan Jupiter Ayurved College, Nagpur.³Assistant Professor Department of Kayachikitsa Shri K.R. Pandav Ayurved College Ayurved College, Nagpur.⁴Associate Professor Department of Stri Roga and Prasuti Tantra Shri K.R. Pandav Ayurved College Nagpur.***Corresponding Author: Vd Sachin Borkar**

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ABSTRACT

Walking in irregular or uneven ground, Structural deformity of foot, Excessive strain on heels etc. lead to vitiation of Vata dosha. Aggravated Vata is lodged in ankle joint, especially in dependent parts like heel and hence the pain is caused due to reduced strength of muscles and joints. 'Kantaka' refers to thorn. The pricking pain felt due to vitiated Vata is termed as Vata kantaka. This condition is usually seen in the case with calcaneus spur. Symptoms are Pain in heel and surrounding region. Pain is more evident soon after waking up in the morning and if the patient stands up, After a long rest and Increase in heel pain on standing for long time, running and walking. According to previous researches Planter heel pain is the most prevalent complaint to presenting foot and ankle specialists and may be seen in upwards of 11 % to 15% of adults. So it is the need of hour to focus effective practices which yields good results. In the present study patient was selected and treated with dashmool Abyanga as purva karma, dashmool sweda pradhana karma followed by application of dashmool tail mentioned in Traditional medicine in daily for one month. The assessment was carried out on the basis of relief found in the cardinal signs and symptoms of the disease adopting scoring, depending upon their severity. Also there was reduction in other symptoms such as cracks, pruritus, burning sensation and laxity of skin over the foot. Therefore it can be concluded that the selected treatment modality is beneficial in managing Vata kantaka. Swedanakarma maintains the thermoregulation system of the body by maintaining quilibrium between core temperature (temp. inside the body) and shell temperature (skin temp).

KEYWORDS: Vata Kantaka; Calcaneus Spur; Abyanga.**INTRODUCTION**

Calcaneus forms the bone of the foot. Due to abnormal pressures, foot muscles and ligaments are stretched beyond their normal limits that lead to chronic plantar heel pain, among which calcaneal spur tops the list. In Ayurveda, it can be correlated to "VātaKaṅṭaka" (pricking sensation in the foot)-a painful condition of heel caused by its improper placement on the ground.

Plantar heel pain is a commonly encountered orthopedic problem that can cause significant discomfort and a limp because of the difficulty in bearing weight. The pain due to calcaneal spur forms about 25% in chronic plantar heel pain, however its pathophysiology is poorly understood. calcaneus or calcaneum is the largest bone of the foot. Calcaneal spur is an abnormal growth of bone in the form of a hook either underneath the foot (inferior aspect of calcaneus) in relation to the attachment of the plantar fascia or behind the heel (posterior aspect of the calcaneum) at the insertion of the Achilles tendon. It is estimated that 1 in 10 people will develop heel pain in

their lifetime. Incidence occurs between 40 and 60 years of age.^[1,2] Vātadoṣa situated in the heels, when vitiated and produces pain when the heel is regularly placed on uneven surfaces.^[1] Obese people, flatfooted people, and people who often wear high-heeled shoes are most susceptible to heel spurs.^[2] An inferior calcaneal spur is located on the inferior aspect of the calcaneus and is typically a response to plantar fasciitis over a period, but may also be associated with ankylosing spondylitis (typically in children). The association between calcaneal spurs and heel pain has led to the development of several interventions directly targeted at the spur, including surgical excision, extracorporeal shockwave therapy and radiation therapy.^[3] Possible complications of surgery include nerve pain, recurrent heel pain, permanent numbness of the area, infection and scarring. In addition with plantar fascia release, there is risk of instability, foot cramps, stress fracture, and tendinitis. In Ayurveda, it can cure successfully and can avoid injections, surgery and other proceeding complications 4.

CASE PRESENTATION

A 51-year-old female patient, Muslim by religion, boutique worker by occupation, presented on 4/04/2021 Complaining Of Pain In Left Calcaneal Region From 3-4 Months, Difficulty While Walking And Pain Is Commonly Severe In Morning Time. Swelling of left sole For this, patient took allopathic treatment for long time but got no relief.

Personal history

Occupation – fire safety

Addiction – no

Examination

Nadi- 76/min reg

akruti- madhyam

Jivaha- saam

shabdha – sapastha

Bala- madhyam

mutra- 6-7 times per day

Sparsha – anushnaeeta

B.P-120\80mmhg

Local Examination

- X-Ray Of Left Ankle Joint Show No Significant Changes.

Nidana Panchaka

- Hetu- Walking On Uneven Ground -Improper Positioning Of Feet during Walking -Excessive Exersion and Walking

Samprapti



Roopas

Pain in Left Calcaneal Region -Difficulty While Walking

Treatment

- Purva karma** – sathanika Abhyanga with dashmool tail.
- Pradhan karma**- ishtika is heated on moderate heat till it get red hot and immediately placed in vessel. Than dashmool kashya is poured over red hot brick which is wraped with cloth. Then ptient was asked to keep his feet over the brick and advise to remove the feet after ever few second so as to avoide burning exposing them to the fumes. This procedure is done till the patient can tolerate for around 5-6 sec for 4-5 time in 15 min 5.
- Paschata karma**- The feet of the patient is wipped with sterile cloth dipped and squeezed in warm salt water.

Patient is said to relax.

Then cotton pad dipped in dashmool tail is placed on local area. bandhan is done.

Treatment schedule – 15 days

RESULT

Mode of action of snehan: snehana help in the proper gati of vata, bring gaatra mardavata and removes the srothorodha

Snehan overcomes Rukshtha by its snigdha property ant the sanga is corrected.

Mode of action of swedan – ushna guna of swedana soes shrotoshudhi and amapachan so it relives stiffness. due to elimination of kelda, lightness is achieved.

A significant improvement occurs on overall on pain, swelling and stiffness of left sole region.

The ayurvedic pathogenesis of vatakantaka.

DISCUSSION AND CONCLUSION

In the present study istika swedan was done on vatakantak according to shusharuta samhita sneha and swedan procedure are most important line of treatment in vata vayadhi chikitsa

Swedan with dashmool causes scraping action

It causes Mala shodhana and Dhatu kshaya

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