

A REVIEW ARTICLE ON AGNIKARMA AND ITS USAGE IN GRIDHRASI  
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**ABSTRACT**

*Agnikarma*, also known as thermal micro cauterly, has been mentioned in the classical. *Ayurvedic* texts of *Sushruta Samhita*, which was written by Vedic surgeon *Sushruta*. He described how *Agni karma* has incredible effects on the treatment of the disorders of *Asthi* (~bone), *Sandhi* (~joint) and *Snayu* (~ligament). *Agnikarma* is a fast and effective treatment option for acute or chronic pain in muscular and joint disorders. It is a simple, safe and cost-effective procedure that effectively treats muscle, tendon, ligament, joint and bone pain. In this procedure, a special pointed metallic instrument is used which is called as *Shalaka*. The *Shalaka* is heated and then applied to the affected parts of the body to transfer the heat. The *Ayurvedic* practitioner creates these therapeutic burns according to the body constitution, area of pain, and severity of the disorder. Enhances blood circulation to the affected part, stimulates the nerves and tissues, improves metabolism of tissues, reduces the chances of developing an infection, temporary stimulation of local inflammatory response, promotes muscle relaxation and reduces joint stiffness. *Agnikarma* treatment eliminating the causative factor of pain by acting directly on the *Vata-Kapha* imbalance or aggravation in the body. It is a good measure for haemostasis. It works on the law of pain management. The technique and equipment's have become advanced but the basic principles are still the same.

**KEYWORDS:** *Agnikarma*, *Shlaka*, Cautery, Micro cauterly.**INTRODUCTION**

*Agnikarma*, also known as thermal micro cauterly, has been mentioned in the classical *Ayurvedic* texts of *Sushrut Samhita*, which was written by Vedic surgeon *Sushrut*. He describes how *Agni karma* can have incredible effects on the treatment of the disorders of *Asthi* (~bone), *Sandhi* (~joint) and *Snayu* (~ligament). Whether the pain is acute or chronic, the *Agnikarma* treatment can be beneficial for both.

It can be done in all seasons, except *Sarad* and *Grisham*, even in these seasons it can be done in diseases of emergency after adopting counter methods.

**Definition**

अग्निना कृत्वा यत् कर्म, अग्नेः सम्बन्धि वा यत् कर्म,  
तदग्निर्कर्म ॥सु०सू०१२/२-डल्हण

The karma done using fire or the karma which are related to fire are called as *Agnikarma*.

**Materials used in Agnikarma**

पिप्पल्यजाशकृत्गोदंतशरशलकाकात्वग्गतानां

जाम्बौष्ठेतरलौहा मांसगतानां

क्षौद्रगुडस्नेहाः सिरास्नायुसन्ध्यस्थितानाम् ॥सु०सू०१२/४

*Agnikarma* can be done with the help of *Pippali*, *Aja-skrit*, *Go-dant* and *Shalaka* in *Twakgata Dosha*. *Jambavostha lauh* can be used for *Agnikarma* in *Mamsdhatugata Dosha* and *Madhu*, *Guda* and *Sneha* for *Agnikarma* on *Sira*, *Snayu*, *Sandhi* or *Asthi*.

**Types of Agnikarma a/c Aakriti**

As per Acharya Sushrut Agnikarma has been classified as following: -

- Valay
- Bindu
- Vilekha
- Pratisarana
- Swastika
- Astapada
- Ardachandrakara

**Types of improper Agnidagdha**

- प्लुष्ट - तत्र यद्विवर्णं प्लुष्यते अतिमात्रं तत् प्लुष्टम्।।सु०सू०१२/१६

In *Plusta Dagdha* affected area is discolored along with severe burning sensation.

- दुर्दग्ध- स्फोटास्तीव्राश्चोषदाहरागपाक वेदनाश्चिराच्चोपशाम्यन्ति तददुर्दग्धम्।।सु०सू०१२/१६

In *Dur-Dagdha* there is blister formation, burning sensation, erythema, suppuration along with pain.

- अतिदग्ध - मांसावलम्बनं गात्रविश्लेषः सिरास्नायुसंध्यस्थिव्यापादनमतिमात्रं ज्वरदाहपिपासामूर्च्छाश्चोपद्रवा भवन्ति।।सु०सू०१२/१६

In *Ati-dagdha* muscles are hanging loose, body is stiff and severe pain in *Sira*, *Snayu*, *Asthi* and *Sandhi* associated with *Jvara*, *Daha*, *Pipasa*, *Murccha*.

*Agnikarma* is used in many disorders. One such example is *Gridhrasi* which is characterized by a specific type of radiating pain and Acharya has mentioned use of *Agnikarma* here. The disease treated with proper *Agnikarma* has no chance of recurrence.

**Gridhrasi**

द्वे गृध्रस्यौ वाताद् वातकफाच्च।।च०सू०१९/४

*Gridhrasi* is a *Vata Vyadhi* characterized by vitiation of *Vata Dosha* affecting *Kandara* and *Snayu*. It has been classified in *Vataj* and *Vato-Kaphaj* types. It is characterized by severe radiating pain radiating to the affected limb starting from lower back to gluteal, thigh to the foot.

**Samprapti of Gridhrasi**

स्फिकपूर्वा कटिपृष्ठोरुजानुजङ्घापदं क्रमात्।गृध्रसी स्तम्भरुक्तोदैर्गृह्णाति स्पन्दते मुहुः

।च०चि०२८/५६

Pain of *Gridhrasi* is typically felt from lower back region to behind the thigh and radiating down below the knee and foot.

**Lakshan of Gridhrasi**

*Stambhana* (~Stiffness).

*Ruja* (~Pain).

*Toda* (~Pricking pain).

*Spandana* (~Tingling sensation).

*Gauravta* (~Heaviness).

*Mukha prasek* (~Salivation).

*Bhaktdivesh* (~Anorexia).

*Agnimandya* (~Dyspepsia).

**Poorvakarma**

*Agnikarma* should be performed only after feeding *Pichhila Aahara* to the patient. *Pichhila Aahara* which is slimy, cold in potency, soft and sticky food mitigate the *pitta*.

**Agnikarma in Gridhrasi**

In *Gridhrasi Agnikarma* should be done in between *Kandra* and *Gulpha*. Anatomical position for *Agnikarma* is lie between *Parsni Kandra* (~Tendocalcaneus or Achillis) and *Gulpha* (~Medial malleolus).

**Pashchatkarma**

A mixture of *Madhu* and *Ghrita* should be applied after *Agnikarma*.

**CONCLUSION**

- *Agnikarma* is useful in relieving acute and chronic pain and inflammation as it helps in relieving or decreasing pain.
- *Agnikarma* can also be used in hemostasis in the lesions.
- *Agnikarma* stops exudation and also halts local infection.
- Acharyas has also described *Agnikarma* in pain management of various diseases and it is also use in clinical management of *Gridhrasi*.
- The technique and equipment's have become advanced but the basic principles are still the same. As it is a daycare procedure, a hospital stay is not necessary.
- *Vidhagni* – A new technique of *Agnikarma* being practiced since last 10-15 years. As the name suggests, it is derived from two words: *Vidhha*+*Agni* = *Vidhagni*.
- In clinical research advancement and further study of basic procedures like *Agnikarma* with new techniques is need of the time.

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