

**TO STUDY THE EFFECT OF AGANIKARMA IN THE MANAGEMENT OF SPORTS
INJURY WITH SPECIAL REFERENCE TO REPETITIVE STRAIN INJURY*****¹Dr. Monali Upgrade, ²Dr. Shilpa Badhe**¹PG Student, ²HOD of Shalyatantra, SMBT Ayurveda College, Nandi Hills, Dhaman Gaon, Igatpuri, Nashik.***Corresponding Author: Dr. Monali Upgrade**

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ABSTRACT

Pain is a bad feeling that makes a person visit a doctor because it prevents them from doing their daily tasks. The term "sports injury" refers to the kinds of injuries that most commonly occur during sports or exercise, but they are not limited to athletes. Factory workers get tennis elbow, painters get shoulder injuries, and gardeners develop tendinitis, even though they may not participate in sports. Ultimately, however, "sports injuries" refers to those that occur in active individuals. This health topic focuses on the most common types of sports injuries those that affect the musculoskeletal system. The musculoskeletal system is the network of muscles, tendons, ligaments, bones, and other tissues that provides the body with stability and enables movement. Pain is an unfavorable sensation that brings an individual to the physician due to a halt from his routine works. The condition is more painful when mobile joints such as elbow joint of the body are involved due to tennis elbow. Injury prevention should be an important part of every physical activity, because it not only helps you achieve your training goals but also keeps you healthy and safe. If the drugs such as non-steroidal anti-inflammatory drugs, which are generally used for relieving pain factor in sports injury, are used for longer duration they can cause potential side effects on the body; hence, there is an emerging need to search for a safe option for the same. In this study, an attempt has been made to search the researches conducted on Agnikarma related to sports injury to establish its role in repetitive strain injury.

KEYWORDS: Ayurved, Pain management, Aganikarma.**INTRODUCTION**

Ayurveda is a science of life and shalyatantra is its important branch which represents the surgical field. Ayurveda is the everlasting supreme science of medicine because it deals with promotion of health and curing the diseases. The aim of Medical Science is to provide better health to every human being. To achieve this goal the pathy should be able to eliminate the disease and that to be without any side effects. Ayurveda have shaman and Shodhan chikitsa. Variety of medical procedure mentioned in Ayurved samhita it as like ksharkarma, lepanam, aganikarma, shashtrakarma etc.

Agnikarma is the application of heat directly or indirectly to the affected part by using different materials. According to Sushruta, if Agnikarma is used in such diseases, there will be less chances of their recurrence and it will be successful in curing the diseases, which are incurable by drugs and surgery.

Pain is the fundamental feature of most of the musculoskeletal disorders. Pain is the factor for which patient generally visit a doctor. Pain is defined as "an unpleasant sensory and emotional involvement, which is generally associated with actual or potential tissue damage. It can affect the quality of life; hence, its preventive measure is of prime importance in health care. In Sushrut Samhita, the word pain is mentioned as Ruja. There are different treatment modalities in Ayurveda, which are described by Acharyas, Agnikarma is one among them. As it is a para surgical procedure, Acharya Charak has not described Agnikarma in separate chapter but has described it as one of the treatment measures in different Vatavyadh is such as Gridhrasi.

The present review is aimed at analyzing the role of Agnikarma in pain of various repetitive strain injury. As you all know that sport's person while from there practice, there event's and entire period of time they will

Sira snayu dagda: Black colourations, elevation of site and no discharge.

Sandhi asthi dagda: Dryness, dark red colouration, roughness and stability of the part.

Types

Sports injuries are broadly categorized into two kinds:

1. **Acute injuries, which happen suddenly.**
2. **Chronic injuries, which are usually related to repetitive loading or overuse and develop gradually over time.**

MECHANISM OF R.S.I

- Too much too quickly
- Too heavy Inadequate warm up
- Poor equipment
- Incorrect surface
- Poor technique
- Mechanical imbalance
- Previous injury
- Poor healing
- Competitive pressures

SYMPTOMS

You can get repetitive strain injury (RSI) in many parts of the body, but it most often affects the

- shoulders
- Elbows
- forearms and wrists
- hands and fingers

The symptoms usually start gradually and can include

- pain, which may feel like burning, aching or throbbing
- stiffness and weakness
- tingling, pins-and-needles or numbness
- muscle cramps
- swelling

DISCUSSION

Ligament tear can be symptomatically correlated with Sandhigata Vata. Ayurvedic points of view pathogenesis of Sandhigat Vata is as follows: Due to Abhighata (trauma) there will be Rasa, Raktadi Dhatu Dushti and Vata Prakopa which leads to Vikruti in Asthi, Sandhi, Snayu, Kandra and causes Sandhigata Vata.

According to Ayurveda, every Dhatu (tissue) has its own Dhatvaagni (digestive fire of tissues) for its Poshan (nourishment), if there is any Dhatvaagni Vishamata (deviation in digestive fire) it may lead to Vikar of that particular Dhatu. Mamsaasthigata Pida (musculoskeletal pain) might be due to Mamsa (muscle), Meda (fat), and Asthidhatu (bone) Agnimandya. In the process of Agnikarma, local heat therapy causes Dhamaniprasaran that increases the Raktapravahan of that Sthana, which is helpful in correcting Dhatvaagnimandya.

According to modern science, the heat therapy, which is given at the local or affected area increases the blood circulation with metabolism by causing vasodilation, increase in the elasticity of connective tissue, and exudation of fluid with increase in white blood cells and antibodies. Local tissue metabolism rate is increased by warming, which helps in healing. As there is an increase in local metabolism, the waste products that are generated get excreted, which normalize the blood circulation, resulting in decreased intensity of pain. Heat may stimulate lateral spino-thalamic tract, which causes stimulation of descending pain inhibitory fibers, which again causes release of endogenous opioid peptide that binds with the opioid receptors to substantia gelatinosa Rolandi, leading to inhibition of release of P-substance with blockade of transmission of pain.

CONCLUSION

This review concludes that the Agaikanna proedure can be performed tonally, utilizing different materials and temperatures depending on the type of painful condition, with the goal of primarily relieving pain right away powerful and less invasive para-surgical technique, The majority of research is done on musculoskeletal conditions, such as cervical spondylosis, osteoarthritis of knee joint plantar fascitis, sciatica tennis elbow, frozen shoulder, etc. This reviens concludes that almost all studies have found Agnikarma, along with various types of Shalakas, to be significantly effective in pain management for musculoskeletal disorders. It can be used in conjunction with additional oral supportive medications. For the patients experiencing no or complications, It is easy to convenient economical, efficient.

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