

AGNIKARMA (HEAT THERAPY)

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ABSTRACT

Maharshi Sushruta told Agnikarma as a parasurgical procedure and it is superior than all parasurgical procedure. Many references are available in Sushruta Samhita regarding Agnikarma. Dahanupakarana are the instruments to produce therapeutic burns during Agnikarma chikitsa. It can be done in selected shape and size as per Acharya Sushruta. Many small surgical disorders and pain due to Vata can be easily cured by Agnikarma.

KEYWORDS: Agnikarma, Dahanupakarna, Vata etc.

INTRODUCTION

अग्निनाकृतम् कर्म तत् अग्निकर्म । (Ash.hri.)

In Ayurveda treatment with heat burns is called as “Agni Karma”. It is also called as “Dahan Karma”. Various painful conditions like joint pain, head ache, muscular pain anywhere in the body & few convulsive disorders like epilepsy & psychosomatic disorders can be treated with this intentional heat burn therapy.

क्षारादग्निर्गरीयान् क्रियासु व्याख्यातः तत् दग्धानां रोगाणामपुनर्भावात् भेषजशस्त्रक्षारैः असाध्यानां तत्साध्यत्वात् च ॥ (सु.सू.१२/३)

The process of Dahan karma is normally done by using gold, silver, Pancha Dhatu, Iron shalaka or even with metal coins, ring or with seeds of bhallatak, Pippali, hot oil, hot jaggery.

According to Sushruta samhita, patients treated with Agni karma procedure never suffers from the same disease again, i.e it never reoccurs. Thus Agni karama cures the disease completely, Hence Agni Karma is said to be superior then other therapeutic procedure like oral medicine, kshara karma or even surgery.

In modern terminology, “Agni Karma”therapy can be termed as “Intentional therapeutic heat burns”.

The following charts displays the amount of heat generated on heating (redhot) by different metals. The average length of probe should be 18cm approx.-

| Types of Shalakas- | Temperatures- |
|--------------------|---------------|
| Gold | 62°C |
| Silver | 350°C |
| Copper | 212°C |
| Iron | 228°C |
| Pippali | 57°C |

Site of Heat Burns

✚ In shirorog (Head ache, migraine, sinusitis etc..) & Adhimantha(Glaucoma):

- Between two eyebrows
- Frontal and temporal area

✚ In disease of eye lids (trachoma etc):

- Roots of eye lashes
- In painful conditions:
- At the site of maximum pain
- In Inguinal hernia
- On the first toe of leg of opposite side of the body (After avoiding vital parts and confirming the site of diseases)

Physiological Effects of Heat

Heating the tissues by rise in temperature, the main reactions to which are:

- 1) Increased metabolic activity.
- 2) Increased blood flow.
- 3) Stimulation of neural receptors in the skin or tissues.

These changes in the tissues may be produced by local, general or remote effects. Their extent will depend on various factors, for example:-

- The size of the area heated.
- The depths of absorption of specific radiation.
- The duration of heating.
- The intensity of irradiation.
- The method of application.

Increased metabolism

This is in accordance with Van't Hoff's statement that any chemical change capable of being accelerated by heat is accelerated by a rise in temperature. Consequently heating of tissues accelerates the chemical changes, i.e. metabolism. The increase in metabolism is greatest in the region where most heat is produced, which is in the superficial tissues. As a result of the increased metabolism there is an increased demand for oxygen and foodstuffs, and an increased output of waste products, including metabolites.

Mode of Action of Agnikarma

On Muscles

- Rise in temperature
- Sudden contraction of muscles.
- Followed by relaxation.

Agnikarma With Shalaka



Figure 1: Loha Shalaka.

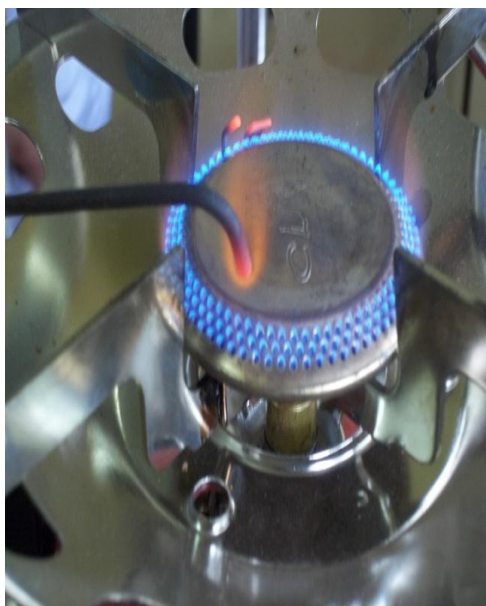


Figure 2: Red Hot Shalaka.

- Increase in the efficiency of their action.

On Blood Circulation

- Stimulation of superficial sensory nerves.
- Dilation of local blood vessels.
- Increase in blood circulation.

On Pain

- Increase in local metabolism.
- Metabolites excreted.
- Blood circulation normalize.
- Thus reduction in intensity of pain.

Indication of Angikarma (Disease In Which Agni Karma Done)

- In all types of pains including sciatica, arthritis, muscle pain, back pain, heel pain, frozen shoulder, cervical spondylosis etc.
- After excision or chedankarma of cyst, mass, warts, tumor, piles, fistula.
- Dhahankarma can be used in Migraine, trachoma, sinusitis and other type of shiroroga.
- In case of hernia the agnikarma is applied on the first toe of the leg of opposite side of the body.

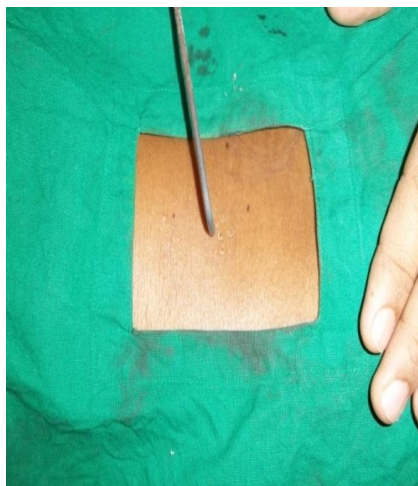


Figure 3: Agnikarma With Shalaka.



Figure 4: Ghrita and Madhu Lepa.

RESULTS

- Acute diseases are cured in one sitting but chronic diseases need 3-4 sittings at an interval of 15 days.
- The patients pain is immediately relived after heat burns.
- The effected parts gets lighter.
- Some people experience burning pain after heat burn therapy but it subsides on its own in due course of time, in the same way, as after other surgeries patients have to bear the pain at the site of operation for some time.
- Scar marks go with in one to two months.

CONCLUSION

- Agnikarma is best & most effective parasurgical procedure.
- It acts together as Antiseptic, haemostatic & Analgesic.
- Agni is considered as life in vedas. In the same way the karma done by this agni gives new life to the body.

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