



# A SYSTEMIC REVIEW ON EFFECT OF AGNIKARMA THERAPY IN THE MANAGEMENT OF SANDHIGATA VATA

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## ABSTRACT

With symptoms of sandhishoola, sandhishotha, akunchana prasarana, pravrittiscavedana, and in the later stages, hanusandhigatah, sandhigata vata can be characterized as a joint illness. The clinical condition known as sandhigata vata produces structural and functional disarrangement in the joints. Ayurvedic clinical disorders including manyastambha, manyagraha, grivastambha, and viswachi can mirror cervical spondylosis, but they don't include degenerative changes. Sandhigata vata is the sole condition that might be very suitable with cervical spondylosis. Cervical spondylosis refers to age-related wear and tear affecting the cervical vertebrae in the neck. The disc begins to dry and atrophy, and osteoarthritis symptoms such as a bony spur appear. Agnikarma's vata kapha shamaka qualities, such as ushna and sukshma, agnikarma It can be used to treat cervical spondylosis because it has vata kapha shamaka qualities such ushna, sukshma, and ashukari guna, which may be beneficial in quickly relieving pain and muscular spasm.

**KEYWORDS** - Agnikarma; Cervical Spondylosis Sandhivata,

## INTRODUCTION

Cervical spondylosis is often an age-related disorder in which the cervical column deteriorates, particularly when the outcome is aberrant vertebral bone fusion and immobility. Because the prognosis is unknown and the course of treatment may be lengthy, vata vyadhi is regarded as a mahagada.

Spondylosis is a word used to describe degenerative osteoarthritis of the joints between the neural foramina and/or the centers of the spinal vertebrae, which causes pain, paraesthesia, etc. Cervical spondylosis is the term used when it affects the cervical vertebrae. Therefore, it is a condition that primarily affects older people (over 40 years of age), characterized by osteophyte growth, degeneration of the apophyseal joints, and intervertebral disc joints that may or may not be accompanied by neurological symptoms.

Cervical spondylosis is classified as sandhigata vata in ayurveda. Due to changes in lifestyle, such as improper sleeping, standing, gazing up, or other postures, cervical spondylosis is a frequent vata-predominant illness known as sandhigata vata. A sickness of the sandhi (joint) with symptoms of sandhishoola, sandhishotha, and akunchana prasaran pravrittiscavedana, and in the latter stages, hanti sandhigatah, is known as sandhigatavata. Various varieties of sandhi, such as peshi, snayu, and shira, have been mentioned by Acharya Sushruta, but in this context, we are dealing with asthi sandhi.

## SANDHI VATA

The word "gata" means "situated in," hence sandhiga. The location of the aroused vata dosha is represented by the word tavata. Vata is a biological force that controls and influences all bodily activity and functions as both a receptor and a stimulator [3]. The term "agni karma" refers to ayurvedic treatment for heat burns. It goes by the name dahan karma. His purposeful heat burn therapy may be used to treat a number of painful problems such joint pain, headache, neck pain, lower back pain, muscle pain everywhere in the body, and a few convulsion disorders like epilepsy and psychosomatic diseases.

A patient who had the agnikarma procedure never experiences the same sickness again, meaning it never recurs. This is in accordance with Acharaya Sushruta. Agni karma is therefore regarded to be preferable to other forms of treatment such as kshara karma, oral medicine, or even surgery since it completely heals the condition.

## DISCUSSION

In the current single-case research, the patient's primary complaint was discomfort and stiffness in the neck area, spreading to the right upper limb, and numbness that reached the tips of the fingers. When cervical spondylosis (difficulty moving the neck) was detected, a sample was collected for the study. The standard of care entails surgery with a poor prognosis, as well as steroids and painkillers. In this investigation, the patient had the Agni-karma technique, which was proven to be effective in reliving symptoms. Agnikarma twice over a 15-day period using a modified agnikarma device

## MODE OF ACTION OF AGNIKARMA

Agni contains all of the anti-Vata and anti-Kapha Ushna, Tikshna, Sukshma, and Aashukari Gunas. Red-hot Shalaka gives Twakdhatu therapeutic heat in the form of physical heat by forming Samyak Dagdha Vrana. Twakdhatu's therapeutic heat has three distinct impacts. Ushna, Tikshna, Sukshma, and Ashukari Guna removed the Srotavarodha, soothed the vitiated Vata and Kapha Dosha, and preserved their equilibrium. Second, it enhances Rasa Rakta Samvahana, or blood circulation, at the injured spot. The increased blood flow to the afflicted area helps to flush out the chemicals that cause pain, relieving the patient's symptoms.

Thirdly, therapeutic heat increases Dhatwagni, which enhances Dhatu metabolism, permits the digestion of Amadosha from the afflicted region, and stimulates Purva Dhatu to provide enough food. Asthi and Majja Dhatu so experience greater stability. As a consequence, relief from all Sandhivata symptoms occurs right away. Additionally, evidence may be shown to support the idea that the Heat neutralizes the Sheeta Guna of Vata and Kapha Dosha by penetrating deeper tissue, such as Mamsa Dhatu. Vitriated Doshas thereafter go through an equilibrium phase, alleviating the patients' problems. Pain is a primary symptom in the majority of Vatavyadhi, according to Ayurveda, and Vata is the dosha that generates Ruka (pain).

## CONCLUSION

Patients with cervical spondylosis felt better after receiving Agnikarma. The most effective and efficient parasurgical procedure. It has simultaneous antibacterial, hemostatic, and analgesic effects. Agni is referred to as life in the Vedas. Similar to that, the karma carried out by this Agni gives the body new life.

## CONFLICT OF INTEREST -NIL

## SOURCE OF SUPPORT -NONE

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