

## Agnikarma – A unique Ayurvedic treatment protocol in treatment of painful heel.

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### Abstract

Agnikarma is a unique procedure where heat is conducted to the affected tissue with help of variety of materials. It's well above then the treatment given by oral medicines. It enjoys the label of 'Apunarbhav Chikitsa', i.e. diseases cured by this process are uprooted radically.

The patients were selected from the OPD of Vasvel dispensary, Taluka Waghodiya, Dist Vadodara, Gujarat state. A standard procedure was designed for the study comprising Agnikarma with panch dhaatu shalaka, application of Lepa guti, and internal usage of preparation of Guggulu and Kupilu. The symptoms and morbidity were graded and assessed. Totally 10 subjects were selected for the pres-

ent study. Out of ten subjects six were female while four were male. All belonged to age group of 35 to 55 years. Agnikarma was done in the affected heel with 3 dots in three line. Twak dagdha type of Agnikarma was done and samyak lakshana of dahan karm were observed. After Agnikarma, Yashtimadhu churna was applied locally. The relief was measured by scoring pattern. Marked relief was found in all ten subjects, details of which would be shared in the paper. The duration of treatment was kept for one and a half month. Agnikarma was done on weekly basis.

### Biography

Sudhir Joshi has done Masters in Ayurved from highly esteemed Institute of Post graduate Training and Research- Jamnagar, his speciality being Bhaishajya Kalpana. Presently he is District Ayurved Officer at Vadodara, Gujarat state, India. He had presented research paper in World Ayurved Congress - Ahmedabad in December 2018..

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