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या अंकातील विचारांशी संपादक सहमत असतीलच असे नाही, ती मते लेखकांची समजावीत.	
आयुर्वेद पत्रिकेचे समासद कोणत्याही महिन्यापासून होता येते.	

शल्यतंत्र



AN OVERVIEW ON 'AGNIKARM CHIKITSA' - A MINIMAL INVASSIVE PROCEDURE

Dr.Amar P. Dwivedi, Dr.Anaya Ashish Pathrikar

Definition:

अग्निना कृत्वं यत् कर्म, अग्नेः संबन्धि वा यत् कर्म तदग्निर्कर्म । सु.सू.१२/१,२ इल्लहण टीका.

In Ayurveda, treatment with heat burns is called as 'Agni Karma'. It is also called as 'Dahan Karma'.

In modern terminology, 'Agni Karma' therapy can be termed as 'Intentional Heat Burn Therapy'.

Historical Review:

There are so many references regarding the Agni Karma for different purpose are available in text, beginning right from Vedic period.

A)Vedic References:-

1) Atharvaveda :

• 5/5/23-13 - Agnikarma is indicated for Krimi Chikitsa.

• 6/11/6 - The word 'Agni' is used as 'Bheshaja'.

अग्निर्हिर्मस्येषजम् । यजु.२३/१०

2) Rigaveda :

• 1/189/3 - Agni is used as 'Bheshaja' for the treatment of disease.

• 1/12/20 - Agni in 'Yagnya' kills bacteria which causes disease.

सर्वेषां च विनिर्माणं दहयामन्निन्मुखम् । अथर्व. ५/२३

Samhita references :

1)Charaka Samhita - Sutrasthana

• Agnikarma is used as a 'Trasana Chikista' for the management of 'Sanyasa' - Ch.S 24/46.

• Used as a remedy in the management of 'Mansagata Vyadhi' - Ch.S.28/26

2) Sushruta Samhita - Sutrasthana

• Agni is described under Agropaharaniya equipments (5/6).

• Agni is described under 'Anushalya.' (8/15)

• Whole chapter about Agnikarma including details description, indication, contraindication, Vidhi etc (12/9-10).

3) Sushruta Samhita - Chikitsasthana

• Agnikarma is included under 60 Upakrama (1/8).

• Agnikarma is indicated in case of Asthi, Snayu, Sandhigata Vataprakopa (4/8).

Material used for Agni karma (as per disease) :

Depending upon the Disease & its predominant Doshas, different material (Probes) and its temperature is selected for the treatment. For e.g.

1) Twakadagha - Pippali, Ajasakrida, Godanta, Shara, Shalaka 2) Mamsadagha - Jambhavsta Shalakla and Other Metals 3) Sira, Snayu, Sandhi - Asthidagha - Madhu, Jaggery and Sneha Another guideline regarding material advocated is - In catabolic or degenerative diseases Gold or Silver probe should be used, similarly in anabolic and hyper growth conditions Pancha dhatu or iron probe can be used.

However, practically material required for 'Agnikarm' are: Spirit lamp as heat source, sterile water, cotton swabs, gauze pieces, Yastimadhu Ghrita etc for post Agnikarma dressing.

Heat generated by different materials:

Heat generated by shalaka's on heating (red hot) are as follows -

Types of shalakas	Temperatures
Gold	62°C
Silver	350°C
Copper	212 °C
Iron	228° C
Pippali	57 °C
Aja sakrit	45-55 °C

Note : The average length of probe should be 12 angul and the tip should be 2 anguli.

Note:

Be not slow to visit the sick.

The first 4 shapes are described by Sushruta, where as last 3 shapes are described by Vagbhat.

Note : • 'Agnikarm' should be done only after avoiding vital parts and confirming the site of diseases. • All painful conditions are basically due to vitiation of 'Vata' dosh and 'Agnikarm' pacifies it, thus pain is relieved. In Cyst, Mass, Warts, Tumor etc. cauterization causes destruction of hyper plastic tissues. Similarly, in bleeding conditions 'Agnikarm' causes hemostasis. • In incomplete Hernia, 'Agnikarm' produces post burn fibrosis at the superficial inguinal region, thus obliterates inguinal canal & prevent protrusion of intestinal contents whereas, Heat burns on the the first toe of leg of opposite side of the body may improve the reflex mechanism & tone of muscles at the level of deep ring.

Site of Heat Burns as per diseases -

Supermacy of Agnikarma

क्षारादभिर्ग्रीयान् क्रियासु व्याख्यातः ।

तद दधानां रोगाणाम् अपुनर्भवात् भैषज ।

शस्त्रक्षारैः असाध्यानां तत्साध्त्वाच्च ॥

Effects of Agni Karma:

Site of heat burns as per diseases :

In shirorog (Headache, Migraine, Adhimantha etc.)	Between two eyebrow & Frontal and temporal area
In Painful conditions & Vataja disease like- • Heal pain & Calcaneal Spur • Sandhitgat vata & Ama vata, • Frozen shoulder, sciatica • Cervical spondylosis etc	At the site of maximum pain.
Cyst, Mass, Warts, Tumor, Piles, Fistula, Bleeding disorders etc	After excision, at the bed of wound
In Incomplete Inguinal hernia	On the first toe of leg of opposite side of the body & At superficial inguinal ring
In disease of eye lids (Entropion etc.)	Roots of eye lashes

It's no longer a question of staying healthy.

Theory - 1

First theory states that as 'Agnikarm' has hot properties which is against the qualities of 'Vata' hence, after Heat Burns the vitiated 'Vata' gets pacified & subsequently Pain is reduced.

Agni karma → Ushan guna(Hot properties)→ Qualities against Vata & Kapha dosha → Pacifies vata & reduces kapha → Reduces pain

Theory - 2

This theory explains the ' Samprapti vighatan' i.e. the way in which 'Agnikarm' helps to break the underlying pathogenesis.

When 'Agnikarm' is performed, certain amount of heat is transferrèd to that particular part which increases the local Dhatvagni (Tissue fire). In this way the existing 'Manda Dhatvagni' gets pacified. Similarly, Heat therapy enhances nourishment & formation of good newer tissues and it also performs 'Aam Pachan' i.e. removal of unwanted toxins & toxins.

Thus, the 'Samprapti vighatan' is achieved. Agni karma → Ushan guna(Hot properties) → Increase in the Dhatvagni (Tissue fire) → Manda Dhatvagni gets pacified → i) Enhances nourishment formation good newer tissues. ii) Also performs Ama Pachan & removal of accumulated toxins

Procedure of 'Agnikarm' -

For simplifying or understanding the procedure of 'Agnikarm', it can be described as per 'Trividh Karm' i.e. Poorvakarm, Pradhankarm & Pasachatkarm.

Procedure of 'Agnikarm' -

- Patients consent to undergo Agni karma treatment
- Routine blood investigations like CBC, Blood Sugar etc
- Inj. T.T. IM (Prophylactically)
- Confirmation of site of Agni Karma and marked
- Patient is taken in confidence

Note : During the procedure the patient may feel pain so he should be taken in confidence and assistance may be required to hold them so that heat burns can be performed at appropriate site.

• The selected site is cleaned with 'Triphala quath' or 'Normal saline' & the area is covered with sterile drape (Hole towel). In any condition spirit should not be applied for cleansing the part.

• Avoid 'Agnikarm' in 'Sharad & Grishm' Ritu if possible.

Main procedure -

• Two different 'Agnikarm' techniques are practiced.

1. Intermittent, Multiple Heat Burns- In this 'Agnikarm' is done by giving intermittent, multiple Heat burns over the desired site.

2. Continuous Heating Method- In this method, tip of the 'Agnikarm' shalaka is kept in touch with desired site, whereas continuous heating is given on the other end by a candle or any other light source.

• According to disease superficial burns i.e. "Twaka Dagda" for disease receding superficially and deep heat burns i.e.; Mansa Dagda' is done for deep seated diseases.

• Depending on the nature of the disease, the predominance of doshas and its site 10-12 heat burns are done with appropriate shalakas.

• In chronic disease for 3-4 sittings of agni karma is required in interval of 15 days.

Post- Operative-

• Yashti madhu ghruta, Rakta chandan siddha ghruta or lepa of ghruta mixed with honey can also be applied prior to Dressing.

These medicines help to reduce the burning sensation and pain caused by heat burns, also they help in healing procedure.

- The site of Agni karma done is prevented from contact with water (thus it will prevent it from infections)
- Sukshama triphala vati or Triphala guggul internally is advised.
- If pain is unbearable then modern medicines like anti-inflammatory, analgesic and antibiotic to prevent secondary infection can given.

Note:

Some people experience Severe 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 few time.

General Signs of Adequate heat burns

तत्र सम्यक दग्धे विकारोपशमो लाघवमनास्त्रावश्च ।

सु.सू.११/२६

- The patients pain is immediately relived after heat burns
- The effected parts gets lighter
- The patient is relived from disease

Specific Sign and Symptoms produced after Agni Karma as per Site**A) Twaka Dagdha:-**

When the Twaka is cauterised, burning is attended with a crackling sound, bad odour, and contraction of the skin.

B) Mamsa Dagdha:-

When Mamsa is cauterised, there occurs a pigeon like discolouration of the part, inflammation, mild pain, lesion get dried up and shrivelled.

C) Sira Snayu Dagdha:-

When the Snayu and Siras are cauterised, there occurs black discolouration, swelling of the lesion and a cessation of discharge (including that of blood).

D) Sandhi and Asthi Dagdha:-

When Asthi and the Sandhis are cauterised there occurs dryness, redness, hardness and fixity of the lesion.

Review of research work on 'Mechanism of Agni Karma'

- Effect on Metabolism

It's a question of finding a sickness you like.

Types of Agni karma according to different shapes:

Valaya	○
Bindu	●
Vilekha	—
Pratisaran	
Ardha Chandra	☾
Swastik	卐
Ashtapad	✽

Acc to scientist Dr.Ven Hanff, the place where heat burns the local tissue metabolism is improved. Thus various metabolic and rejuvenating changes takes places at the site of heat burns, which leads to increased demand of oxygen and nutrient of the tissues at the site of heat burn.It also excretes the unwanted metabolites and toxins.

• **Effect on the blood circulation**

After performing Dahan the superficial sensory nerves gets stimulated which leads to dilatation of local blood vessels, resulting in increased blood circulation. Apart from this, it also decreases the viscosity of blood and thus leads to decreased blood pressure.

• **Effect on pain**

Due to increased local metabolism, the waste products (metabolites) which are produced gets excreted, which normalize the blood circulation & releases the pressure on end nerves, thus resulting in reduction in intensity of pain.

• **Effect of heat on Muscles Tissues**

Rise in temperature induces relaxation of muscles & increase the efficiency of their action.

• **Effect of heat in Bacterial Infection**

○ Inflammation is the normal response of the tissue to the presence of bacteria, the principles features being vasodilatation, exudation of fluid into the tissue & increases in the WBC & antibodies in the area.

The response obtained on heating the tissues augment these changes & so reinforces the body normal mechanism for dealing with the infecting organism.

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