



“A case study of *sushrutokta Agnikarma* on *charmakila* w. s. r. to wart.”

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ABSTRACT:

Acharya Sushruta, has given Agnikarma as an effective therapy for treating surgical diseases like Charmakeela, Arsha, Tilkalaka, Granthi¹ etc. Sushruta has advised use of Shalaka for twak and mamsagata agnikarma². So in the present case study, we have made attempt to apply Sushrutokta Agnikarma by Panchadhatushalaka on removal of charmakeela which can be co-related with wart in modern science.

Removal of Charmakeela by Panchadhatushalaka showed excellent result in present case study.

One patient of charmakeela was selected for procedure and procedure was carried out at SRC Ayurved Mahavidyalaya, Chikhali. Therapy was well tolerated by patient without any complication and post-

operative medication. Hence use of Panchadhatushalaka for Agnikarma as described by Shushruta is a best method to remove charmakeela, as it causes minimum trauma. It is easily acceptable by patient.

Keywords:

Agnikarma, Charmakeela, Panchadhatushalaka, Arsha, Tilkalaka, Granthi

Introduction:

Acharya Sushruta has described Agnikarma as an effective therapy for management of charmakeela. Sushruta has stated that aggravated Vyana Vata and Shelshma causes charmakeela³. Sushruta has described vatakapahaj vyadhi as agnikarmadhikar⁴. Acharya Charaka explained charmakeela as Adhimamsa and advised Agnikarma for it⁵.

Charmakeela can be co-related with wartin modern science. It is caused by human papilloma virus. They may become irritated from rubbing against clothing. They are usually painless but can be painful by trauma. Modern science has described excision for it⁴. It is not easily accepted by patient. So in this study we have made attempt to treat charmakeela by Agnikarma as mentioned by Acharya Sushruta.

A case of 36 years male having Charmakeela at outerear was selected for procedure. He had treated it many times but there was recurrence. So we choose agnikarma as described by sushruta.

On local examination, charmakeela was about 1/2 cm in diameter. General and systemic examination of patient was carried out. Blood investigations with Blood sugar observed normal. There after Agnikarma with panchadhatushalaka was carried out for removal of charmakeela. The procedure was without bleeding. No other adverse effects were observed throughout the entire procedure. No Analgesics, Antibiotics or other Ayurvedic preparations needed after procedure except aloeVera gel The patient was followed up to 3 months, but there was no recurrence, patient was fully satisfied.

Aims and Objectives -

To study efficacy of Sushrutokta Agnikarma by panchadhatushalaka on charmakeela. w.s.r to wart.

Materials and Methods -

A male patient of age 36 years with charmakeela at outerear, having diameter about 1/2 cm was selected for study. General, systemic examination along with blood investigation was found to be normal.

Materials :- panchadhatushalaka, aloe vera jel, gas stove, gauze piece.

Methods :-

Procedure of Agnikarma - Written consent of patient was taken. Affected part cleaned with betadine.

With the help of panchadhatushalaka, charmakeela was removed from its base. Red hot shalaka applied on charmakeela upto samyakdagdha lakshanas appearance. Sushruta has described samya dagdha lakshanas as anaawagadh, suvyavasthit vana, talphalvarnata, twaksankoch.⁷

Mild and tolerable burning sensation was observed during procedure which was controlled by applying aloevera gel. After completion of agnikarma wound was kept open.

Discussion : Sushruta has stated that disease treated with agnikarma does not recure⁸. Charmakeela is caused by aggravated vyana vata and shelshma. Sushruta described vatakapahj vyadhi as agnikarmaadhikara. Due to usna guna it

controls vatakaphaj samprapti in charmkeela. Time needed for removal of charmkeela by agnikarma with panchadhatushalaka was very short. As agnikarma itself is vednashamak, no post operative pain was observed. Agnidagdha vrana healed within 7 days without getting infected. Patient was observed for 3 months but no recurrence observed.

Conclusion : from above case study conclusion can be drawn as

- Agnikarma with panchadhatushalaka is a safe and quick procedure.
- It is economical and can be performed at OPD level.
- Agnikarma is better than excision as it causes less trauma, no bleeding.
- There is no need of anesthesia.
- There are less chances of recurrence after treatment with agnikarma.

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Photographs:-

1. Figure.1 Agnikarmashalaka:



2. Figure.2 Charmakeela at outer ear.



3. Figure.3 after Agnikarma.



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