Ayurvedic management of vatakantak-plantar fasciitis – a case study
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Abstract
This study reveals effect of lepa of Jatamayadi churna and marma gulika with lemon juice in vatakantak. Main aim of this study was to report the fast and external measure of treatment for vatakantak. A 45 years male patient was treated with lepa of Jatamayadi churna and marma gulika with lemon juice. This paste was applied on affected area of heel and then covered with Arka Patra. Lepa was done at night and removed in the morning. Treatment was given for 3 weeks. Patient was assessed on the basis of subjective parameters such as pain, exaggerating factors for pain, difficulty in walking after sleep in the morning and tenderness. This study shows that without any internal medicine only lepa (external treatment) helps to relieve stabbing pain of vatakantak.

Key words- vatakantak, plantar fasciitis, lepa, Jatamayadi churna, marma gulika

Introduction
Vatakantak or plantar fasciitis is a very common disease. More than 10 million cases per year where reported in India. Though it is not fatal disease, as pathology versions pain increases which disturb day to day activity. Female are more prone then male and it is rarely seen in childhood and adolescent age. In Sushrut samhita as well as Ashtang Hridayam, Vatakantak is mentioned in vatavyadhi. In Sushrut samhita it is mentioned that due to walking on uneven surface samprapti of vatakantak occurs with ashraya of padajangha sandhi while in Ashtang Hridayam it is mentioned that it can occur due to excessive work(shrama) also and samprapti takes place at Gulf sandhi which is more precise for plantar fasciitis

In modern medicine treatment like physiotherapy, injections of corticosteroids and surgery is advised but they all have their limitations as well as side effects. So this attempt has been made to evaluate effects of lepa in management of vatakantak. Jatamayadi Churna and marma gulika are mentioned in Sahastrayogam. Both medicines are vatahara and useful in traumatic injury. So they were powdered and mixed with lemon juice to make paste. This paste was applied in warm condition and covered with Arka patra. This process can be done on OPD basis as well as patient can do it at his home also.

Aims and objectives
To evaluate efficacy of lepa of Jatamayadi Churna and marma gulika with lemon juice in vatakantak.
Case history
A 45 year male patient came in OPD with complaints of –
- Pain at right heel
- Pain versions after prolonged standing after sleep difficulty in walking in the morning sparshasahatva
- History of walking 4 kilometer daily in which approximately 2 kilometer on uneven surface. Due to this hetu and Lakshana, patient was diagnosed as having symptoms of vatakantak.

Table 1 Contents of Jatamayadi churna-4

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sanskrit name</th>
<th>Botanical Name/ Common name</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jatamamsi</td>
<td>Nardostachys jatamansi</td>
<td>1 Part</td>
</tr>
<tr>
<td>2</td>
<td>Kusta</td>
<td>Saussurea lappa</td>
<td>1 Part</td>
</tr>
<tr>
<td>3</td>
<td>Chandana</td>
<td>Santalum album</td>
<td>1 Part</td>
</tr>
<tr>
<td>4</td>
<td>Kundurushka</td>
<td>Hyoscyamus niger</td>
<td>1 Part</td>
</tr>
<tr>
<td>5</td>
<td>Natha(Tagara)</td>
<td>Valeriana wallichii</td>
<td>1 Part</td>
</tr>
<tr>
<td>6</td>
<td>Ashwagandha</td>
<td>Withania somnifera</td>
<td>1 Part</td>
</tr>
<tr>
<td>7</td>
<td>Sarala</td>
<td>Pinus roxburghii</td>
<td>1 Part</td>
</tr>
<tr>
<td>8</td>
<td>Rasna</td>
<td>Pluchea lanceolata</td>
<td>1 Part</td>
</tr>
</tbody>
</table>

Method of Preparation: The above ingredients are powdered separately and mixed together in specified quantity.

Reference: Sahasrayogam
Churnaprkaranam

Table 2: Contents of marma gulika

Table 2: Ingredients of Marma Gulika5
- Vidarikanda (Rt.Tr.) 192 g
- Vari (Satavari) (Rt.Tr.) 192 g
- Musta (Rz.) 192 g
- Varahi (Varahi kanda) (Rz.) 192 g
- Tavakshiri (Rz.) 192 g
- Kuruvikizingu (Rz.) 192 g
- Nellikai (Amalaki) (P.) 192 g
- Nannari (Shveta sariva) (Rt.) 192 g
- Guduci (St.) 192 g
- Durva (Pl.) 192 g
- Yasthhi (Rt.) 192 g
- Shveta Candana (Ht.Wd.) 192 g
- Rakta Candana (Ht.Wd.) 192 g
- Sahasravedhi 24 g
- Kannara (Kumari) (Lf.) 24 g
- Kanmada (Shilajatu) 24 g
- Palunirvsi 24 g
- Garudappacca 24 g
- Bhavana dravya-
- Talanili (Prasarini) (Pl.) 96 g
- Kozuppa (Lonika) (Pl.) 96 g
- Ponnanggani (Matsyakshi) (Pl.) 96 g
- Murva (Rt.) 96 g
- Nyagrodha (Fl.) 96 g
- Udumbar (Fl.) 96 g
- Asvattha (Fl.) 96 g
- Plaksha (Fl.) 96 g
- Tettambaral (Kataka) (Sd.) 96 g
- Nerinnil (Gokshura) (Fr.) 96 g
- Hriva (Rt.) 96 g
- Ramacca (Usira) (Rt.) 96 g
- Water for decoction 9.216 l. reduced to 2.304 l.
- Nyagrodha (St.Bk.) 96 g
- Udumbar (St.Bk.) 96 g
- Asvattha (St.Bk.) 96 g
- Plaksha (St.Bk.) 96 g
- Paccotti (Lodhra) (St.Bk.) 96 g
- Nara (Jambubheda) (St.Bk.) 96 g
- Pullani (Pl.) 96 g
- Pezu (Katabhi) (St.Bk.) 96 g
Karinkara (Karamarda) (St.Bk.) 96 g
Darvi (Daruharidra) (St.) 96 g
Kallurvanci (Pashanabheda) (Rt.) 384 g

Water for decoction 9.216 l. reduced to 2.304 l.
Mudga (Sd.) 768 g
Masha (Sd.) 768 g

Table 3: Follow up and Result-

<table>
<thead>
<tr>
<th></th>
<th>On 1&lt;sup&gt;st&lt;/sup&gt; day</th>
<th>On 7&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>On 14&lt;sup&gt;th&lt;/sup&gt; day</th>
<th>On 21&lt;sup&gt;st&lt;/sup&gt; day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>++++</td>
<td>++</td>
<td>++</td>
<td>No pain</td>
</tr>
<tr>
<td>Worsening of pain after prolonged standing</td>
<td>++++</td>
<td>++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td>Difficulty in walking in morning after night sleep</td>
<td>++++</td>
<td>++</td>
<td>+</td>
<td>-</td>
</tr>
<tr>
<td>Tenderness</td>
<td>++++</td>
<td>++</td>
<td>+</td>
<td>-</td>
</tr>
</tbody>
</table>

**Result and discussion**-

From the present study conclusion can be drawn as follows-

1. Vatakantak is described in various compendia under vatavyadhi. It is caused by walking on uneven surface as well as due to excessive work (shrama). Vitiated vata do sthanasanshraya at gulpha sandhi and samprapti occurs.

2. In modern plantar fasciitis is described as stabbing pain near heel. Main cause is information of a thick band of tissue that connects the heel bone to the toes. It is due to repetitive strain injury to the ligament of sole of the foot.

3. As per Ayurved it is due to vataprakopa at sandhi (gulpha). In chikitsa Sutra of sandhigata vata, agnikarma chikitsa, upanaha sweda, lepa is recommended. Though there are two different samprapti- upastambhit and nirupastambhit, external measures can be done in both conditions. So this lepa to chikitsa has been chosen as it fulfills both requirements of lepa and sweda.

4. All contents of jatamayadi choormam are vata kapha shamak, vedanahar and shothaghna. Marma gulika also possess anti-inflammatory property. It helps to lessen edema. It is able to heal fail injuries, imparting relief from swelling,redness and pain. Both medicines are vatakapha shamak, vedanahar and shothaghna. Lemon juice is used to make paste of medicines. Jambir is also vata kapha nashak and vibandhaghna. Thus in all aspect lepa is vatakaphagna, vedanahar and shothaghna.

5. The lepa was applied as warm on affected part and then covered with arka Patra. Arka Patra are also vatashamak shothaghna, kandughna and useful for swedan. Thus this combination relieves inflammation and hence lessens Pain.
Parameters taken for assessment were pain, worsening of pain after prolonged standing, difficulty in walking in the morning after night sleep and tenderness. Pain at heel lessens up to 50% in first two weeks and then totally subside after third week. Patient was unable to stand for long time as it worsens pain. Patient get 50% relief in it. As he is professor at college he has to stand for lectures and demonstrations. After third week only 25% symptom was left. Patient was unable to walk in the morning after night sleep as he was unable to touch the ground. This treatment gives 50% relief after completion of first week and total relief after second week. Tenderness at heel was relieved by 50% after first week, by 75% after second week and totally recovered after third week.

Conclusion-
This study has shown that lepa of Jatamayadi churna and marma gulika with lemon juice without any internal medication is one of the best treatment in vatakantak.

References-
4. Sahastrayogam by Dr.Ramnivas sharma and Surendra Sharma, choukhamba sanskrit Pratishthan, Delhi, reprint 2009, churna prakaran, contents of balaguduchyaditaial, page 131.
5. Sahastrayogam by Dr.Ramnivas sharma and Surendra Sharma, choukhamba sanskrit Pratishthan, Delhi, reprint 2009, vati prakaran, page-257

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