

International Journal of Ayurveda and Pharma Research

Case Study

ROLE OF AGNIKARMA WITH ELECTRIC CAUTERY IN CHARMAKILA W. S. R. TO WART- A CASE DISCUSSION

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 Received on: 04/06/2014
 Revised on: 15/06/2014
 Accepted on: 19/06/2014

ABSTRACT

Agnikarma Chikitsa was at peak level in Sushruta period but its use was declined gradually in modern era due to lack of availability of instruments and also the therapy was not easily acceptable by patient so in the present case study discussion we have made attempt on the disease Charmakila with the help of electric cauterization which is nothing but advanced version of ancient Agnikarma therapy. In present case study observation, efficacy of electric cauterization therapy shows minimum invasive parasurgical method in Charmakila (wart). One patient was treated on OPD basis in a minor OT of Ayurved college hospital Rahuri. Treatment was well tolerated by patient without complication during the therapy and post operative period. Hence, use of electric cautery as an Agnikarma's Dahanaupakarana in Charmakila is a best option with minimum trauma, easily acceptable by patient and surgeon in their fast day-to-day life.

KEYWORDS: *Agnikarma, Charmakila*, Wart, Electric Cauterization.

INTRODUCTION

In ancient era Agnikarma practice was very peak because it shows negligible recurrence ^[1], *Agnikarma* therapy cures those diseases which are incurable, chronic disease are made easily curable and also Tridoshaja *vyadhi* can be cured by *Agnikarma Chikitsa*^[2]. But due to undeveloped Dahanaupakarana this therapy has been not easily acceptable by patient and Shalya Chikitsaka. Hence to decrease the distance between Dahanaupakarana and patient we had tried to use electric cautery as an advanced version of Agnikarma's Dahanaupakarana.

Acharya Sushruta had given Agnikarma Chikitsa in the disease Charmakila^[3] which can be correlated with wart in modern science on the basis of visual appearance. As it gives rise to peg like immovable sprouts in the exterior skin. Sushruta gives pathology of Charmakila that Vyana getting aggravated vata and associating with Shleshma and gives rise above appearance known as *Charmakila* ^[4]. But Acharya Charaka explained Charmakila as Adhimansa and they also advocated Aanikarma Chikitsa for Adhimansa [5] According to Charaka Agnikarma should be performed only by expert surgeon as it may leads to unwanted hazards due to negligence of inexpert person ^[6].

Wart is a skin growth caused by some types of virus called human papiloma virus^[7], most wart go away on their own within months or years. Wart can grow anywhere on the body and the spread of the wart by sharing towels, razors or other personal items^[8]. Wart comes in a wide range of shapes and sizes. They are usually painless but can be painful after pressure or infection and also it gives ugly appearance to the skin surface of patient. The choices of treatment for wart includes chemical cauterization, cryosurgery, surgical excision and laser surgery^[9] but above treatment modalities are time consumer and expensive which is not affordable by common people and not available in rural area and hence present case study of *Agnikarma* with electric cautery in *Charmakila* was selected.

A case of 38 years old patient working as farmer who visited to OPD of Shalyatantra department of Ayurved Mahavidhalaya Rahuri on 10 March 2014 with complaints of wart in a left axilla which causes disturbance during the axilla shaving, irritation, maximum concentration towards it. There was a history of home remedies treatment with caustic but patient was unsatisfied with that. Local, general and systemic examination of patient was carried out and patient was diagnosed as a wart (Charmakila) and advised Agnikarma with electric cautery. Before Agnikarma therapy routine blood and blood sugar level was investigated which observed normal. Thereafter Agnikarma therapy with electric cautery was carried out for removal of wart. No adverse effects were being observed throughout the entire procedure, to observed any recurrence of wart at the same site patient was followed upto 3 months but recurrence of wart not observed. Patient was fully satisfied by *Aqnikarma* therapy with electric cautery.

Procedure of *Agnikarma* with electric cautery

After taking informed written consent the affected part was shaved and cleaned with betadine. It was then wiped with dry sterile cotton gauze. Red hot probe of electric cautery with electric supply was used for removal of wart. Removal was done from the base of wart. Mild burning sensation was observed but it was tolerable by patient. After completion of procedure *Jatyadi Ghrut* was applied locally to get relief from burning sensation and healing of the wound. Patient was advised to apply *Jatyadi Ghrut* locally upto normal appearance of the skin.

DISCUSSION

During this therapy we observed that removal time was very short i, e 10 second and without blood loss and wound healing time was observed within 7 days and normal skin color was observed within 21days.

CONCLUSION

Agnikarma with electric cautery is a simple, safe, easily tolerable, uncomplicated and economical. Removal with *Agnikarma* therapy in wart is better than surgical excision. *Agnikarma* therapy is an OPD procedure. Hence this case study shows that *Agnikarma* therapy with electric cautery is helpful in management of wart.

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Cite this article as:

Anantkumar V. Shekokar, Kanchan M. Borkar. Role of Agnikarma with Electric Cautery in Charmakila w. s. r. to Wart- A Case Discussion. Int. J. Ayur. Pharma Research. 2014; 2 (3): 1-4

Source of support: Nil, Conflict of interest: None Declared Gulmachikitsaadhyaya, Sutra no. 62, Page no. 210.

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PHOTOGRAPHS



Figure 1: Instruments for Agnikarma



Figure 3: Painting of affected part

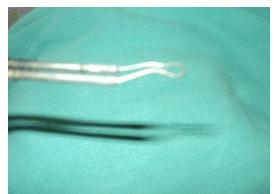


Figure 5: Red hot probe of electric cautery



Figure 7: Removed wart



Figure 2: Wart in Axilla



Figure 4: Holding of wart in artery forceps



Figure 6: Application of probe at base of wart



Figure 8: Wound after removal of wart