

## Management of Calcaneal Spur (Vatakantak) – A Case Study

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### ABSTRACT

Vatakantaka is a painful disorder of ankle joint it can be correlated to signs and symptoms of calcaneal spur. It is very common condition between 40 to 60 years which affect the normal routine work due to severe pain. A case with chronic Vatakantaka managed successfully by Kottamchukadi tail for ekanga dhara on heel, Nagaradi chura for upanaha, panchadhatu agnikarma shalaka and internal medicine. It is the need to focus such practises in OPD level which yields good results and are not much expensive.

**KEYWORDS:** Vatakantaka, Agnikarma, Upnaha, Ekanga dhara

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### INTRODUCTION

A calcaneal spur or commonly known as heel spur, occurs when bony outgrowth forms on the heel bone. Calcaneal spur can be located at the back of heel (dorsal heel spur) or under the sole (planter heel spur). The dorsal spur is often associated with Achilles tendinopathy, while spur under the sole are associated with planter fasciitis<sup>1</sup>. Calcaneum spur develop gradually. It mostly occur when first step after getting out of bed in morning or when taking the first step after sitting for long time.

Middle aged, overweight people are more prone to planter problems. According to observation studies incidence of Calcaneum spur in India population with the heel spur is 59 %.<sup>2</sup> Calcaneal spur which can be correlated to sign and symptoms of vatakantak. Bruhatrayi's and Laghutrayi's accepted vatakantaka as a nanatmaja vyadhi. Because of exertion, walking on irregular surface and improper foot placement vata is aggravated<sup>3</sup>

### Case report -

A 45 years old female come to my OPD at khamgaon, Maharashtra. The patient was having pain and

inflammation in and behind the right heel of the foot since 2 years. She was unable to walk properly. At morning times pain with stiffness is more. She was unable to walk for some time after waking up. After examination of patient advised to do CBC, Uric acid and X ray. Reports are normal but she diagnosed as calcaneal spur based on X ray.

### Materials and methods

Materials - Kottamchukadi tail for ekanga dhara on heel, Nagaradi chura for upanaha, panchadhatu agnikarma shalaka and cpsule Burcalvin (AVN)

Kottamchukkadi tail was used for ekanga dhara on right heel. It was continued for 30 minutes. Warm oil used for dhara. After dhara nagaradi chura upanaha was applied on right heel followed by covering vatahara leaves and then bandaging with cloth and retain it for 12 hours. Upnaha is poultice with bandage. Upanaha is included in both agneya and anagenya sweda. This is local swedan. These procedure was repeated for 10 days.

After 10 days agnikarma followed on 11<sup>th</sup> day with panchadhata shalaka and made sign of dot all over heel of right foot. After agnikarma kumari patra was applied on same area. During these procedure patient was advised to take Cap. Burcalvin 2 BD after meal with warm water.

### Observations

After 10 days of treatment of kottamchukadi tail dhara, nagaradi churna upnaha patient got significant relief from pain, stiffness and inflammation. After agnikarma patient got complete relief from pain. She was walk properly without much stress. X ray was repered after 1 month but did not show any significant change.

### Discussion

Depending upon the vyadhilakshana vatakapha dusti was considered. So treatment was planning Kottamchukkadi tail was selected for ekanga dhara on right heel as it is indicated in vatavyadhi. It is best vatakaphashamak<sup>4</sup>. Nagaradi churna, katu, tikta rasa & ushna veerya causes kapha shama and ushna veerya & tikta rasa causes shaman of vata dosha. Rrooksha sweda is specially indicated for vatakapha disorder<sup>5</sup>. Agnikarma plays very important role giving instant relief from pain<sup>6</sup>. Agnikarma has been described as the most effective therapy in the management of all painful conditions especially for musculo-skeletal disorders. *Agnikarma* (branding) should also be done in conditions such as presence of severe pain in the skin, muscles, veins, ligaments, bony joints and bones, caused by *Vata* (aggra-vation)<sup>7</sup>. Internal medicine Cap Burcalvin AVN pharma which are specially indicated for calcaneal spur, plantar fasciitis. It contain ingredients like nirgundi, rasna, sahachara, Bruhat panchamula devadaru, punarnava etc drugs which are vatashamk and relives pain and stiffness.

### Conclusion

From above case it can be concluded that role of ekanga dhara of kottamchukadi tail, nagaradi chura upana, agnikarma along with internal medicine is helpful in redicing pain and inflammation. Agnikarma is very easy and cost effective which can be easily done at OPD level.

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