

“A Clinical and Comparative Analgesic study of *Agnikarma* with Thermal micro probe and *Panchdhatu Shalaka* in Osteoarthritis of Knee joint”



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ABSTRACT

TITLE: “A Clinical and Comparative Analgesic study of *Agnikarma* with Thermal Micro probe and *Panchdhatu Shalaka* in Osteoarthritis of knee joint”

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- **INTRODUCTION:**

Osteoarthritis is an important cause of disability and 2nd most common musculoskeletal problem in the world (30%).

Ayurveda has elicited the knee joint pain in the form of *Janu Sandhigata vata* which is a *vata vyadi*.

Acharya Sushrut has mentioned *Agnikarma* among other treatment options for *Snayu, Sandhi* and *Asthigata Vata*.

The pain caused by *Janu sandhigata vata* limits the activities of the person and degrades the quality of life of the able and working population. So, a convenient, easy and fast acting method to manage the pain in *Janu Sandhigata vata* is the need of the hour.

Performing *Agni karma* with red hot metal *Shalaka* as described in *Ayurvedic literature* deters most patient from opting this procedure as it looks terrifying to the patient. Thus, opting for modified thermal micro probe could prove to be a better solution and might seem more approachable to the patient.

The purpose of this study is to define, if indeed this modified technique delivers pain relief as observed in standard *Agni karma* technique in practice.

AIM

To evaluate the role and efficacy of *Agnikarma* with thermal micro probe in management of pain in osteoarthritis of knee.

OBJECTIVES

- To compare the effectiveness of *Agni karma* with thermal micro probe and with *Panchdhatu Shalaka* in the management of pain in *Sandhigata vata* with special reference to Osteoarthritis of knee.
- To study the probable mode of action of heat (*Agnikarma*) in pain management.
- **METHODOLOGY:** An Interventional study (Randomized controlled clinical trial). 40 patients of Janu Sandhigata Vata were randomly divided into 2 groups. In group- A, *Agnikarma* was done with *Panchdhatu shalaka* and in group B with Thermal micro probe. Total 4 sittings of *Agnikarma* was done weekly. The assessment was made on Pain, Crepitus, Tenderness, Stiffness, Disability of the patient in daily routine activities, Range of movement and Swelling of the knee joint and were noted in clinical case proforma and it was statistically analysed after completion of study
- **OBSERVATIONS & RESULTS:** Both groups showed significant results and on comparison there was insignificant difference. Thus, alternative hypothesis i.e. **Thermal micro probe is effective on Osteoarthritic pain management is accepted.**

CONCLUSION: *Agnikarma* with Thermal micro probe showed almost equal results in pain management similar to *Panchdhatu shalaka* with no adverse effects. It is handy, attractive, more patient friendly and effective in Pain management.