

**“A COMPARATIVE STUDY OF *AGNIKARMA* IN THE
MANAGEMENT OF *BAHYA ARSHAS* W.S.R TO EXTERNAL
SKIN TAG.”**



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ABSTRACT

Introduction: *Arshas* is considered as one of the *Asthat mahagada roga* by *Acharya Susruta* for which different methods of management such as *Bheshjakarma, ksharkarma, Shastrakarma Agnikarma* and *Raktamokshana*. The approach of *Agnikarma* has been mentioned in the context of disease as *Arsha, Arbuda, Bhagandar, Sira, Snayu, Asthi, Sandhigata Vata Vikaras* etc. in which pain is a predominant symptom. *Agnikarma* can be ideate as ancient pain treatment tool . *Arsha* is an extremely common problem reported since many years with prevalence rate that is highest among all the anorectal disorders. But in *Ayurveda* four fold according to chronicity *Agnikarma* procedure seems to be more effective in clinical basis in the management of *Arsha*.

Materials And Methods: It's an open randomized parallel trial group. A total 40 patients were selected randomly with the symptoms were divided in two groups, and in each group 20-20 patients were treated with *Tamra shalaka* and *Panchadhatu shalaka*. With those diseased group Exicision of *Bahya Arsha* was done.

Result: Both group had given remarkable improvement by the *Agnikarma* procedure which was carried out throughout the study. This shows that acts very well for the management of *Arsha*.

Conclusion: *Agnikarma* by *Tamra Shalaka* gives better symptomatic relief than *panchadhatu shalaka* in the management of *Bahya Arsha w.s.r to External skin tag*.

Keywords: *Agnikarma, Arsha, Tamra Shalaka, Panchloha Shalaka.*