

A CASE STUDY ON CUPPING THERAPY IN VATAKANTAKA.

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ABSTRACT

Vatakantaka is a disorder, which interfere with the free locomotion of the individual resulting in limitation to his daily activities. Acharya Susruta was the Pioneer to explain it under Vatavyadhi & in due course, other authors like Vagbhata, Yogarathnakara, Chakradatta and Vangasena also narrate the same. Vatakantaka is a Vatapradhana Vyadhi particularly caused by walking on uneven surfaces or by Atishrama, which produce Pain in Khudukapradesha. Due to nidanas, Vata gets vitiated and reside at Gulpha Sandhi, produces Pain. As the disease is affecting the Madyama Roga Marga considered to be Kashtasadya. Vatakantaka can be correlated to Painful heel in modern parlance. A large percentage of people suffer from this condition. This is most often seen in the patients over the age of 35 years. It is commonly seen in strenuous workers who experience severe Pain especially in the morning and during walking after sitting for long time. A case with Chronic Vatakantaka managed efficaciously with Wet-Cupping Therapy is described here. A 39 year female complaining of Pain in the Right heel while walking, standing and more pain during morning time after getting up from bed. After detailed examination, Cupping was done for two Sittings. After second sitting significant result was noted in the subjective parameters and got marked drop in pain. This is a suggestive outcome that should give more effort on coming days.

KEYWORDS: Vatakantaka, Heel pain, Raktamokshana, Cupping Therapy.

INTRODUCTION

The happiness of every individual is derived through locomotion i.e. ability of using joints and bones. The moment person loses his power of locomotion, he

not only feels himself a miserable creature but also as a burden to his family. Vatakantaka is that disorder, which interferes with the free locomotion of the individuals resulting in hindrance

to his daily activities. Acharya Sushruta has given foremost place to Vata Vikara by giving 'Vata Vyadhi Nidana' right at the beginning of Nidanasthana. Vatakantaka a common clinical condition is considered as a Vatavyadhi, caused mainly due to the aggravation of Vata Dosha and is described that by walking on an uneven ground for long, placing the feet improperly while walking, running etc. Causes exertion there by Vata located in Gulpha gets aggravated and produces severe pain in Pada. This condition is diagnosed as Vatakantaka. Due to the Nidanas Vata gets aggravated and localises in Gulphasandhi, producing Pain, it is commonly seen in strenuous workers who experience severe pain especially in the morning and during walking after sitting for long time. It is mainly due to Painful heel syndrome or tender heel pad or plantar fasciitis. Raktamokshana is one of the satisfactory answer for Vatakantaka. In this case Cupping Therapy was done as a modified practical method for Raktamokshana and got an encouraging outcome.

Case and illness:

In this case study, a 39 year Female reported to OPD of K.V.G.A.M.C Sullia, on 5th May 2019, complaining of Pain with in the Right heel since 1 year. Patient was unable to walk or stand for more time and pain was more in morning time along with stiffness.

Before 4 months she had undergone Agnikarma and got temporary relief from Pain. She is working as a therapist nearby hospital, so contributing history is clear from her Job. There is no contributing history related with family, personal and past history. Patient didn't used to wear hard foot ware or heeled one.

Materials for Procedure

- Moorchitha Taila
- Towel - 1
- Suction Cup and Pump
- 11.No Surgical Blade – 1
- Sterile Gloves
- Spirit
- Sterile Gauze & Pad - Sufficient Quantity
- Roller Bandage
- Kidney Tray – 2
- Measuring Glass – 1
- Jatyadi Ghrita

Method of Administration

Patient is made to lie in the bed in supine posture. Then Abhyanga is done below ankle region with Moorchitha Tila Taila. Afterwards Pata Sweda is given locally. After getting proper Swedana over the skin the part were cleaned with a neat towel. Then the site for doing cupping is marked and suitable size cups are selected. The marked area were cleaned by using spirit, then one Cup were kept on the dorsum of the foot and created vacuum by using suction pump and another Cup were kept below the medial malleolus and vacuum was created (Dry Cupping).

Then waited for 2-3 minutes. After 2-3minutes Cups were removed and small superficial incisions is made over the same area by using 11.No. Surgical blade. After proper incisions both Cups were kept above the area and vacuum was created. Then observed for the proper oozing of blood in the respective Cups till the Cups filled almost. After the cups got filled, all Cups were removed and impure blood was collected to a measuring glass and the incised part was wiped off with sterile gauze piece. Area around the incised part is wiped by using

spirit and wound is cleaned by cotton pieces. After applying Jatyadi Ghrita in the wound, pressure bandage is applied. The patient is asked to take rest and to keep his leg elevated while sitting/lying for the next 30minutes and advised not to pour water over the area and to consume adequate amount of water.

Pain was assessed by using VAS Scale and Tenderness with appropriate Gradings.

Duration:

Raktamokshana – 2 Sittings (1 & 7th day)

Follow up – 14days

Study Duration: 21 days

IMAGES:



Figure 1 – Dry Cupping



Figure 2 – Dry Cupping

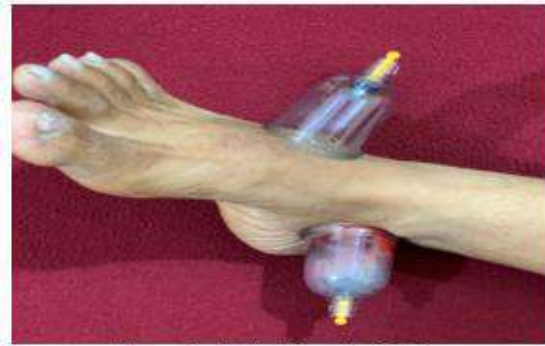


Figure 5 – Oozing blood to the Cups



Figure 3 - Incisions



Figure 6 – Cup filled with blood



Figure 4 – Giving Vacuum Pressure after Incisions



Figure 7 – Dressing of incised area after Procedure

OBSERVATION

- After 1st sitting patient got slight relief from pain, which was not remarkable because the remaining symptoms were not relived.

- After second sitting and 21st day of follow up, patient was able to walk without any discomfort and she felt much relieved from morning pain and stiffness.
- Patient experienced lightness and easiness to walk.
- VAS scale showed 8 before the treatment and it came to 4 after the follow up.
- Grading of tenderness was 3 [Tenderness with Withdrawal (+ Jump sign)] before treatment and it became 1 (Tenderness to palpation without grimace or flinch) after the treatment.
- Patient got significant relief from pain and Tenderness by Cupping Therapy.

DISCUSSION

Nidana leads to the vitiation of Vatadosha which resides in the Gulpha sandhi and Samprapti ghataka leads to disease Vatakantaka manifests featuring severe pain in the Pada.

Raktamokshana is a Shodhana therapy, recommended to remove the vitiated Dosh or Rakta from the Shareera. Kandara (Tendons) is upadhatu's of Raktadhatu. Therefore by pacifying

Vitiated doshas from Raktadhatu, Ultimately Upadhatu regain its health back. Therefore by pacifying Vitiated Doshas by Raktamokshana, Ultimately reducing sign and symptoms of Vatakantaka. In this case study Cupping Therapy was done as a modified form of Raktamokshana and patient feels improved after the follow up.

CONCLUSION

Raktamokshana is a treatment modality which helps to treat Vatakantaka, hence a successful attempt was made to incorporate Raktamokshana in the form of Cupping Therapy was adopted in this case. Management of Pain and Tenderness was noticed after the treatment. This therapy can be adopted in clinical practice and further large scale clinical trials are necessary.

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Published BY:
*Shri Prasanna Vitthala Education
and Charitable Trust (Reg)*

Source of Support: NIL
Conflict of Interest : None declared