

CONCEPTUAL STUDY ON THE MANAGEMENT OF *VATAKANTAKA*

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ABSTRACT

In day today life pain in heel is very common problem in society. It is caused mainly due to affection of calcaneum. Among the all disease of calcaneum the most troublesome common problem seen is calcaneal spur. Usually it affects badly people routine life, and once it is manifested very difficult to cure. The calcaneal spur is a pointed bony outgrowth of bone over the heel. A large percentage of people suffer from this disease. Although initially considered to be an abnormal finding inextricably linked to heel pain. Calcaneal Spur is a small Osteophytes (bone spur) located on the calcaneus (heel bone), Calcaneal spur are typically detected by radiological examination (x ray). It causes due to deposition of calcium on underside of heel bone, a process occurs over the periods of many months. Untreated heel pain can result in debilitating discomfort. Plantar fasciitis, heel spur, tarsal tunnel syndrome, stress fractures, Achilles tendonitis are common causes for expressing heel pain. In Ayurveda texts it can be correlated with *Vatkantaka*. Pain is the chief cause of person to visit a doctor. Patient gets pain on standing or walking. There is no safe cost effective treatment in modern medicine. Till date the treatment are available like NSAID'S, analgesic drugs, steroid injections, and exercise. The surgical treatment plantar fascia release and excision of calcaneal spur are available, but complications like incomplete relief of pain and nerve damage. *Ayurvedic* treatment is one of the best for management of calcaneal spur. In *Ayurvedic* view pain in calcaneal spur due to *Asthisanyugata vata*. *Virechana*, *Basti*, *Raktamokshana*, *Agnikarma*, *Eranda tialapana* are considered to be effective treatment in *Vatakantaka*.

KEYWORDS: Calcaneal spur, *Asthisanyugata vata*, *Agnikarma*, *Vatakantaka*.

INTRODUCTION:

The most common form of heel pain is mainly due to calcaneal spur. It is one of the most troublesome common health complaint usually affects badly peoples routine work, and once it is manifested very difficult to heal. A large percentage of people suffer from this disease. This is most often seen in the patients over the age of 35 years. Many surveys tell that women are the common sufferer. It may be due to the use of high heeled foot wear and overweight.

It is seen more frequently in a younger population consisting of runners, aerobic exercise dancers and ballet dancers. *Vatakantaka* is painful disorder of ankle joint. Aggravated *vata*, because of exertion¹ & walking on uneven surface takes *ashraya* in *gulfa sandhi* and produces pain². As the pain is seen more during morning and after a period of inactivity in patients, it indicates the *samsarga* of *kapha* or presence of *ama* with the *vata*. Here production of *ama* is expected from the *avarana* of *koshtagni* by aggravated *vata* as explained by *charaka* in *nidana sthana*³. Here *dushyas* are *snayu* & *sandhi* and *rogamarga* is *madhyama*.

DISEASE REVIEW

Definition:

Walking in irregular or uneven ground, the structural deformity of foot or excessive strain on foot lead to provocation of *vata* and brings about severe pain in ankle joint which is due to reffered as *vatakanataka*. With this pathology and clinical presentation *vatakantaka* can be effectively paralleled with calcaneal spur. Heel spur is a calcium deposit causing a bony protrusion on the underside of the heel bone. On an X-ray, a heel spur can extend forward by as much as a half-inch. Without visible X-ray evidence, the condition is sometimes known as "heel spur syndrome."

Nidana⁴:

- Irregular placement of foot on ground
- Shrama etc.,

Samprapti:



Poorvaroopo: Avyakta

Roopa:

Nyaste tu vismam paade rujah kuryaat samiranna

Vatakantak itiyesa vigyeya

khudakashritah **Su.Ni.1/79.**

Sushruta mentioned that the disease *Vatakantaka* is caused by vitiated *Vata Dosh* due to constant standing and walking on uneven surface resulting into pain in foot⁵. It is characterized by *shoola* (pain) and *shotha* (Inflammation) in *khudak* (Heel) which is *Snayu Asthi Sandhi Ashrita*.

Calcaneal spur:

Calcaneum: is the name of the Bone

Spur: Tiny projection

- Calcaneal spur is small osteophyte projection located on the Calcaneum.
- Pain caused by this tiny projection at the heel is called as Calcaneal spur or Heel spur.
- It can be located at the back of the heel (dorsal heel spur) or under the sole (Plantar heel spur)
- The dorsal spurs are often associated with Achilles Tendinopathy, while spurs under the sole are associated with plantar fasciitis.

Causes:

- Repeated attacks of Plantar fasciitis

- Repeated trauma
- Ill-fitting footwear/ improper foot wear and use of high heeled footwear
- Plantar Fibromatosis
- Over weight
- Pregnancy
- Barefoot walk

Signs and symptoms:

- Pain over ball of heel
- Tenderness on plantar aspect of heel
- Swelling

Investigation:

X-ray (Radiography): Shows bony spike arising from the calcaneum

Treatment:

- Life style management
- Exercise
- Medicine
- Shoe recommendations
- Taping or strapping to rest stressed muscles and tendons
- Orthopedic molds
- Extra corporeal shock wave therapy (ESWT)
- Surgery.

Ayurvedic management of vatakantaka:

- *Virechana*
- *Basti*
- *Raktamokshana*
- *Agnikarma*

Bahirparimarjana chikitsa:

- *Abhyanga and swedana*⁶
- *Upanaha sweda*
- *Ishtika sweda*
- *Valuka sweda etc*

DISCUSSION:

The Symptoms of the disease *Vatakantaka* like *Shoola* and *Sthambha* indicate vitiation of *Vata* along with *Kaphasamsrushtata*. Considering this, the treatment was planned. *Snehana* and *Swedana* forms the basic lines of treatment adopted in *Vata vyadhi*⁷. *Swedana* is indicated in *Vatakantaka* by *Acharya Caraka*⁸, but *Chakrapanidatta* has specified the type of *Swedaas Valuka Sweda* in *Vata* and *Kaphajavyadhi*⁹. Based on all these principles, it can be conceptualized that *Snigdha (Pindatailaabhyanga)* & *Ruksha (Valukasweda) Chikitsa* could be adopted in the management of *Vatakantaka*. *RukshaSweda* is specially indicated for *Kaphaja* and *Vatakaphaja* disorders.

CONCLUSION:

- *Vatakantaka* is a disease in the contest of *Viatavyadi* as a painful condition of heel caused by its improper placement of foot on the ground.

- The treatment modalities like *Abhyanga Swedana, Raktamokshana* etc are helpful in *vatakantaka*.

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