

## AN AYURVEDIC MANAGEMENT OF VATAKANTAKA (PLANTAR FASCIITIS) OVER MODERN TRATEMENT: REVIEW LITERATURE

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### ABSTRACT

“Vatakantaka” is an ayurvedic term which can be correlate with “plantar fasciitis” which is a very common cause of heal pain now a days with peak incidence between 40 – 60 yrs of age as stated by Harrison.

According to ayurveda “Vatakantaka” is defined by Acharya Charaka in Ch. Chi. 28 (Vatavyadhichikitsaadhyaya), by Sushruta in Su. Ni. 1 and by Vaagbhata in Vg. Ni. 15 which is caused by vitiated Vata at Gulfa Sandhi Pradesha (Khudakashrit By Sushruta). Pathology of plantar fasciitis is chronic inflammation of plantar fascia and degeneration of fibrous tissue with without fibrous formation.

With this pathology and clinical presentation Vatakantaka can be effectively paralleled with plantar fasciitis and can be treated with ayurvedic management very effectively.

### KEYWORDS:

Vatakantaka, plantar fasciitis, Gulfa Sandhi, fibroblast

### INTRODUCTION:

Vatakantaka is basically a Vyadhi of vitiated Vata Doshas and come under Vatavyadhi. Acharya Charak in his Charak Samhita has not mentioned directly “Vatakantaka” as a Vyadhi but he stated in his Vatavyadhi Chikitsa Adhyaya (Ch. Chi. 28)<sup>[1]</sup> that there are number of other Vatavyadhi present which was not mentioned by him as per their site in the body and symptoms presented by them. Even though the name “Vatakantaka” is not mentioned by Acharya Charaka but as the prime symptom of Vatakantaka is pain in Gulfa Sandhi, it is concluded in Vatavyadhi.

Acharya Sushruta has mentioned the disease at Nidansthana (Su.Ni. 1/79)<sup>[2]</sup> Vatavyadhinidanadhyaya. He stated that, improper pattern walking,

uneven pathways or excessive walking is the cause of disease. Same pathology is mentioned by *Acharya Vagbhata* at *Vagbhatnidandhyaya* (Vg. Ni. 15/53)<sup>[3]</sup>.

From above all views of ayurvedic texts, we can conclude that pain over heel area is the main symptom of disease. In plantar fasciitis, there is inflammation of plantar fascia with or without fibroblast formation which also shows the same symptoms. Commonly people with age of 40-60 yrs with more prominently female patients show the symptoms<sup>[4]</sup>.

As per modern medicine, there is no exact complete curative treatment available for the disease. NSAIDS, local corticosteroid injections with hot and cold local therapy is the line of treatment of modern medicine which will not give permanent relief to the patient. Ayurveda has mentioned the treatment of *Vatakantaka* under *Vatavyadhichikitsa*. Both *Bahya* and *Abhyantar Chikitsa* has to be done to treat it, which include local *Snehan*, *Upanaha*, *Agnikarma*, *Raktavsechan*, *Bandhan*, *Suchikarma*(*Viddhakarma*) and *Abhyantartaha* *Erandsnehapaana*<sup>[5]</sup>. With the help of this treatment, we can correct the vitiation of *Vata* and can give relief to the patient.

#### AIMS AND OBJECTIVES:

- To collect and correlate ayurvedic management of *Vatakantaka* from different ayurvedic text.
- To find out correlation between *Vatakantaka* with plantar fasciitis.

#### MATERIAL AND METHODS:

- MATERIAL-

1. Ayurvedic texts like *Charak Samhita*, *Sushrut Samhita*, *Vagbhat Samhita*, *Bhaishajya Ratnavali*, *Madhav Nidan*, *Sharangdhar Samhita*.
2. Articles presented before on this subject.
3. Harrison- textbook of medicine.

#### • METHODOLOGY-

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Data is collected from different *Samhitas* and other available text.



Correlation between them about

*Vatakantaka* is done.



*Dosha*, *Hetu*, *Lakshan*, *Samprapti*

is concluded from all texts and

*Chikitsa* is correlated.

- **TYPE OF STUDY-** literary study.
- **PLACE OF STUDY-** own institute.

#### DISCUSSION:

Vitiated *Vata Dosha* at *Gulfa Sandhi Pradesha* is the main cause of *Vatakantaka* which happens due to improper pattern of walking or irregular pathways or heavy walking. This vitiated *Vata* causes *Ruja* (pain) over

*Gulfa Sandhi*, morning stiffness in *Gulfa Sandhi*.

According to various *Samhitas*, treatment for *Vatakantaka* is *Shaman* of vitiated Vata by *Bahya Snehan*, *Upanaha*, *Raktamokshana*, *Viddhakarma*, *Bandhana*, and *Abhyantar Errand Snehapana*. All these are *Vata Shaman Chikitsa Upakrama*.

### CONCLUSION:

From above discussion we can conclude that *Bahya* and *Abhyantar Vata Shamana Chikitsa* is the management of *Vatakantaka* (plantar fasciitis).

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### Cite this article:

AN AYURVEDIC MANAGEMENT OF VATAKANTAKA (PLANTAR FASCIITIS) OVER  
MODERN TRATEMENT: REVIEW LITERATURE  
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Ayurline: International Journal of Research In Indian Medicine 2019; 3(4) : 1 - 3