

## Original Research

## A Case Report On Management Of Kukundar Marma Abhighata By Agnikarma

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### ABSTRACT

Marma comprises an important place in Ayurveda literature. Marma injuries have been mentioned since ancient times in the context of war fares. Now in this changing scenario we need to look at it in a different perspective and in a wider range. Kukundara Marma, a Vaikalyakara Marma structurally categorized under Sandhi Marma<sup>1</sup>. The location is said as on either side of 'Pristavamsha' on 'Jagana Bahir baghaga', injury to which causes loss of movement and loss of sensation in the lower part of the body<sup>2</sup>. In Ayurveda various modalities like Agnikarma, Vidhakarma etc. has been described for abhighata. In present study 55 years old female patient came with the complain of pain in the low back along with difficulty in movement since 3 months, she had history of fall 5 days back and heavy weight lifting during daily household work since long time. After thorough clinical assessment she was diagnosed as Kukundar marma abhighata and she was given Agnikarma for 4 sittings on 3 days gap along with some internal medication and she got relief in pain and movements were improved. So Agnikarma is can be beneficial in Kukundar marma Abhighata.

### INTRODUCTION

Knowledge about Marma is important in surgical procedures like Agni Karma, Ksharakarma & Shastrakarma. It helps to perform these procedures without complication. In case of trauma, it is useful in understanding the possible anatomical structure affected and possible deformities which can be produced. Hence the knowledge about Marma is essential. Kukundara is one of the Vaikalyakara Marma, two in number, present on both sides of the spine, related to the dorsolateral aspect of the pelvic bone and structurally categorized as Sandhi Marma. According to the Susruta Samhita, an injury to the Kukundara marma results in loss of movement and loss of sensation, which requires further emphasis on anatomical, functional and clinical reasons supported by current science.<sup>3</sup>

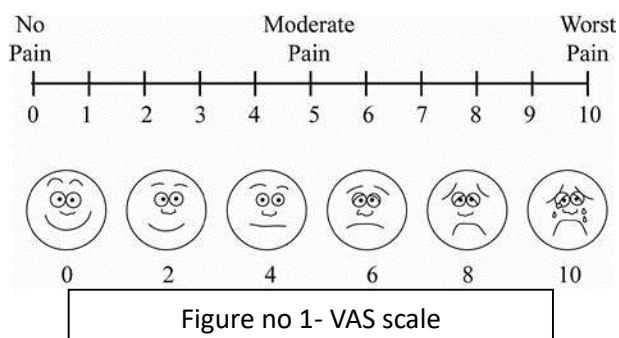
### CASE

A female age 55 years visited Shalya Tantra OPD of Quadra institute of Ayurveda, Roorkee with complains of pain in low back region associated with difficulty in movements since 3 months. She had history of fall 5 days back and heavy weight lifting during daily house hold works since long time. Onset of pain was sudden in nature along with restricted and difficulty in forward and backward bending of the low back.

### Clinical Examination:

- Site- lumbosacral region

- Pain present radiating towards right lower limb till mid-calf region According to VAS Scale grade 6
- Difficulty in the movement of lower limb without support
- Sensations- present
- Gait – Antalgic



**Diagnostic criteria:<sup>4</sup>**

- SLR & DSLR - Positive
- Posterior shear test- negative
- Gapping test- positive
- Sacroiliac squish test- positive
- FABER test- positive
- X- Ray L.S spine shows no bony deformity

**Plan of treatment:**

**Karma:** - after taking informed consent from the patient, patients was given prone position. Tender points near sacroiliac joint identified and Agnikarma with panchaloha Shalaka done. Jatyadi ghrita was applied on the part where agnikarma was performed.

Therapeutic intervention:

1. Prasarinyadi kashaya 20ml BD with 40 ml Luke warm water (after food)
2. Simhanad Guggulu 2BD (after food)
3. Rasarajeahwar ras 1 BD

**Study Duration:**

Total 12 days (Agnikarma done every 3 days gap for 2 weeks total 4 sittings)  
Ayurvedic medication given for 15 days.

**Assessment Criteria:**

Clinical assessment of the patient was done on 1<sup>st</sup> and 12<sup>th</sup> day of the treatment.

**RESULTS: -**

Patient got significant relief after Agni karma as pain subsided and range of movements improved.

After Treatment	Signs & symptoms	Before Treatment
Grade - 2	Pain	Grade- 6
70 degrees	Forward bending	30 degrees
60 degrees	SLR&DSLRL	30 degrees

**DISCUSSION: -**

Kukundara Marma is categorized under sandhi marma situated on either side of vertebral column (Prushthavamsha ubhayataha), on the outer aspect of Gluteal region (Jaganah bahirbhaga), with dimensions of 1/2 angula pramana. It can be understood that Prushthagata Kukundara marma is located in outer aspect of

Gluteal region on the both sides of vertebral column. So anatomically this area is related with sandhi as main structure entity and most probable joint is sacroiliac joint.

Here in this patient the cause of the pain can be injury and also the long-standing pressure by heavy weight lifting during daily work, this also holds significant on Kukundara marma abhigata as mentioned by Acharya Sushruta. Agnikarma is beneficial in all painful disorders According to scientist Dr Ven Hanff, the place where heat burns the local tissue metabolism is improved, thus various metabolic and rejuvenating changes takes places at the site of heat burns, and it leads to increase demand of oxygen and nutrients of the tissues at the site of heat burns. It also excretes the unwanted metabolites and toxins. Due to increased local metabolism, the waste products (metabolites) which are produced gets excreted, which normalize the blood circulation thus resulting in reduction in intensity of pain.<sup>5</sup>

**CONCLUSION: -**

The observation revealed that Agnikarma Chikitsa provided significant relief in the management of symptoms of Kukundara Marma abhigata(injury) along with Ayurvedic medicine such as pain, tenderness, stiffness & restriction of movements. Early diagnosis of Kukundara marma abhigata will be beneficial for better management and effective results. Diagnostic tool mentioned above needs to be followed for proper diagnosis of Kukundara marma injury. In initial stage of abhigata(injury) Agnikarma therapy is a fast-acting, rapid Action, less time-consuming, easy-to-use, and non-invasive alternative method.

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