

Role of Agni Karma by Haridra in management of Yakrit Vikara: A Case Study

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Abstract

Background: In Ayurveda, *Yakrit Vikara* means group of various liver disorders. Here *Yakrit* means Liver and *Vikara* refers to disorder or diseased condition. When function of this organ is disturbed it indirectly leads to various Gastro-Intestinal disturbances. *Aaharaja* And *Viharaja Hetus* cause vitiation in *Doshas* which takes *sthanasranshaya* at *Yakrit* presented through various symptoms.

Case Report: In this present study an Indian Male Patient aged 38 years came with complaint of *Anna nirgalana Kashtata* (Dysphagia) and *Udara Shoola* (Pain in Abdomen) since 4 days with raised values of SGOT, SGPT and Direct Bilirubin.

Result: The single sitting of *Agni Karma by Haridra Rhizome* led to reduction in values of SGOT, SGPT and Direct Bilirubin in just 24 hours. Also, patient had relief in symptoms within 10 days. This is an effort to show a better and faster alternative for early stage of *Yakrit Vikara* by successfully treating the A Case with *Agni Karma* Therapy.

Keywords: *Yakrit, Yakrit Vikara, Liver Disorders, Agni Karma, Haridra Kanda, SGOT, SGPT.*

Introduction

In Ayurveda, *Acharya Bhavaprakash* has explained *yakrit vikara* as a separate *roga*,^[1] while other treatises has explained it under *Udara Roga*.^{[2][3][4][5]} *Yakrit Vikara* means group of various liver disorders. Here *Yakrit* means Liver and *Vikara* refers to disorder or diseased condition.

The present case was diagnosed as *Yakrit Vikar* on the basis of *Lakshanas* and with the help of impaired values of Liver Function Test. *Acharya Sushruta* has mentioned *agnikarma* near wrist joint of Right hand in cases of *Yakritdallyodhara*.^[6] *Haridra* rhizome being *Tikta-Katu rasa, Ushna veerya, Katu vipaka* and *Laghu, Ruksha* guna restores the liver functions.^[7] By targeting specific point on the body which is associated with liver health, *Haridra Agnikarma* aims to restore balance and alleviate the associated symptoms.

A Case Report

A 38-year-old Indian male presented with complaints *Anna nirgalana Kashtata* (Dysphagia) and *Udara Shoola* (Pain in Abdomen) since 4 days with raised values of SGOT, SGPT and Direct Bilirubin.

Present Complaints –

Nirgalana Kashthata (Difficulty in Swallowing)

Udara Shoola (Pain in Abdomen)

Ura Shoola (Pain in Chest Region)

The patient had the above complaints in the last 4 days

History of personal illness

Patient had a history of agnimandhya and Jwara 10 days ago. He had taken Modern medicines for the same but after that he started suffering from the symptoms mentioned above along with raised values of SGOT, SGPT and Direct Bilirubin. Patient visited my Clinic on 23th September 2022.

Past History

No H/O HTN / DM / Asthma / T.B. / Any measure Surgery

General Examination

On examination

Temp - Afebrile

Pulse - 65 /min

B.P. – 110/70 mm of Hg

Weight – 45 Kg

Systemic Examination

RS – AEBE clear

CVS – S1S2 Normal

CNS – Conscious and Oriented

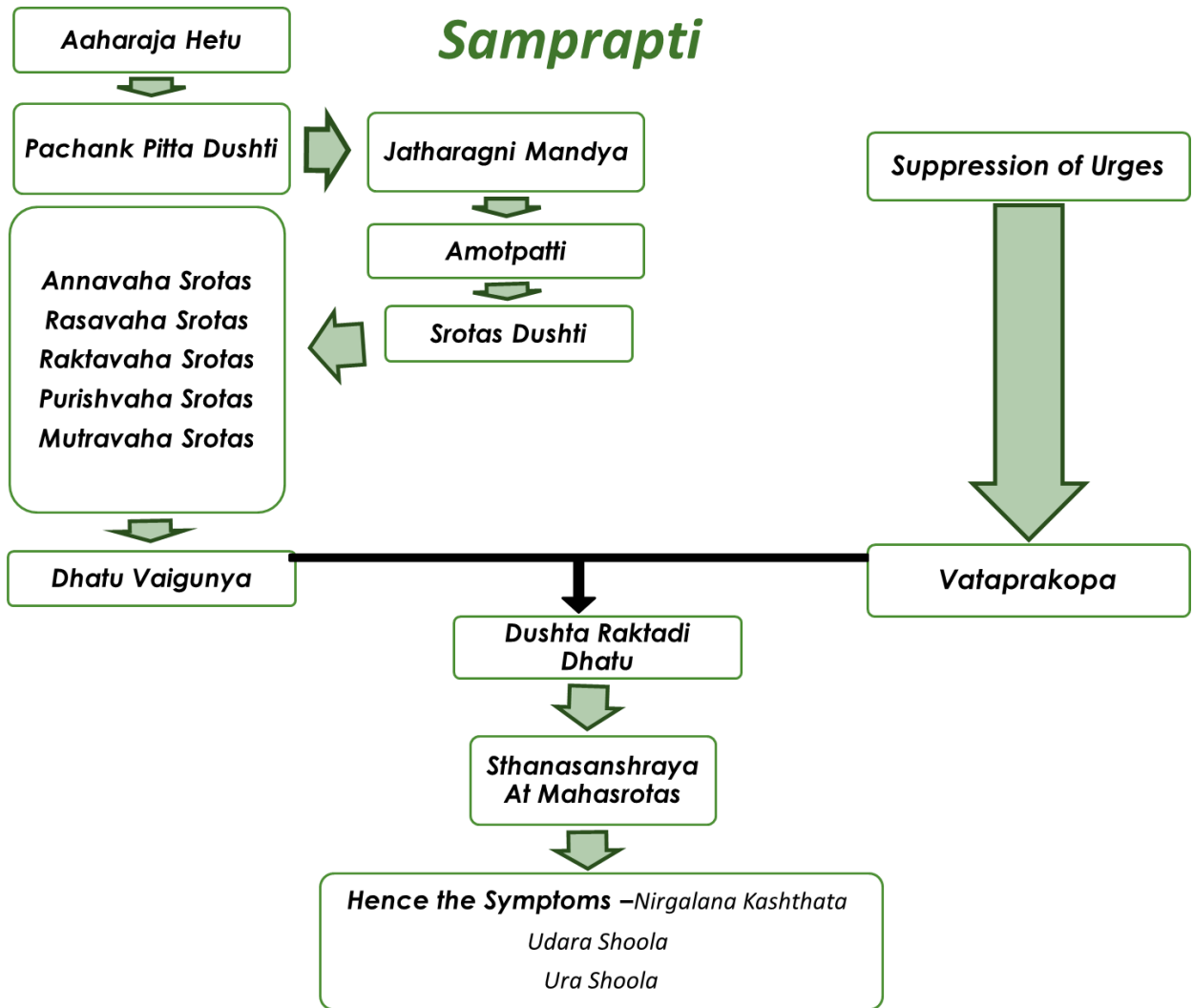
P/A – Hard, Tenderness

Dashavidha Parikshana

1. *Nadi – Pitta Vata Pradhan*
2. *Mala – Drava Mala 3 times/day*
3. *Mutra – 8 times/day; 3 times/night (Ushna ++)*
4. *Jivha – Saam*
5. *Akruti – Krusha*
6. *Agni – Mandya*
7. *Koshtha - Mrudu*
8. *Shabda – Prakrut*
9. *Sparsha – Ushna*
10. *Druk - Prakrut*

Samprapti -

•*Hetu Sevan* – Tobacco – 8 times daily, Exposure to Sun and Wind, *Ati-Katu Sevan* like spicy food, *Kharda* – Green chilly chutney, Suppression of Thirst Urge and Hunger Urge, Drinking water (300 ml) immediately before meal and after meal. Intake of excess of Oily food. Tea 5 times/ day.



Material And Method

The procedure of *Agni Karma* is done in three steps 1) Pre-Procedure 2) Main Procedure 3) Post-procedure

Requirements for this *Chikitsa* – 1) Room 2) BP Apparatus 3) Haridra Rhizome (*Curcuma Longa*) – As modified shalaka.

Shaman Chikitsa was given as follow - *Aarogyavardhini 2 Bid* and *Vishwa Churna* – in *Siddha Ksheera*. Patient was kept on *Dugdha Aahara* for next 10 days after single sitting of *Agnikarma*.

Site for *Agni Karma* –

For *Yakrut Vikara* – It is performed over Right Hand.

Exact Position – *Agnikarma* on *Anghustha moola* over *Kandara*^[8]

(Tendon of *extensor pollicis brevis* / Tendon of *extensor pollicis longus*)

With *Haridra Rhizome* (Direct Heat)

Post Procedure – Application of *Ghrita*.

Observation And Result

With Single sitting of *Agni Karma*, it was observed that there was a significant reduction in values of *SGOT*, *SGPT* and *Direct Bilirubin* in 24 hrs. Symptoms reduced gradually within 10 days. Recurrent

frequency of loose motions ceased and proper bowel movements were noted. He was able to swallow food without difficulty. Pain in the chest region was reduced. Proper digestion of food was noted. The assessment of Objective Criteria along with its results is given in Table 1 and Table 2 respectively and also assessment of Subjective Criteria along with its results is given in Table 3 and Table 4 respectively.

Liver Function Test showed significant changes. A graphical representation of the LFT is given in Fig.2. Before treatment values on 23/9/2022 were Serum SGOT – 91.4 U/L, Serum SGPT – 47.9 U/L and Direct Bilirubin – 0.35 mg/dl. After Agnikarma Sitting on the next day i.e. 24/9/2022 the values changed to Serum SGOT – 31.50 U/L, Serum SGPT – 27.50 U/L and Direct Bilirubin – 0.23 mg/dl.

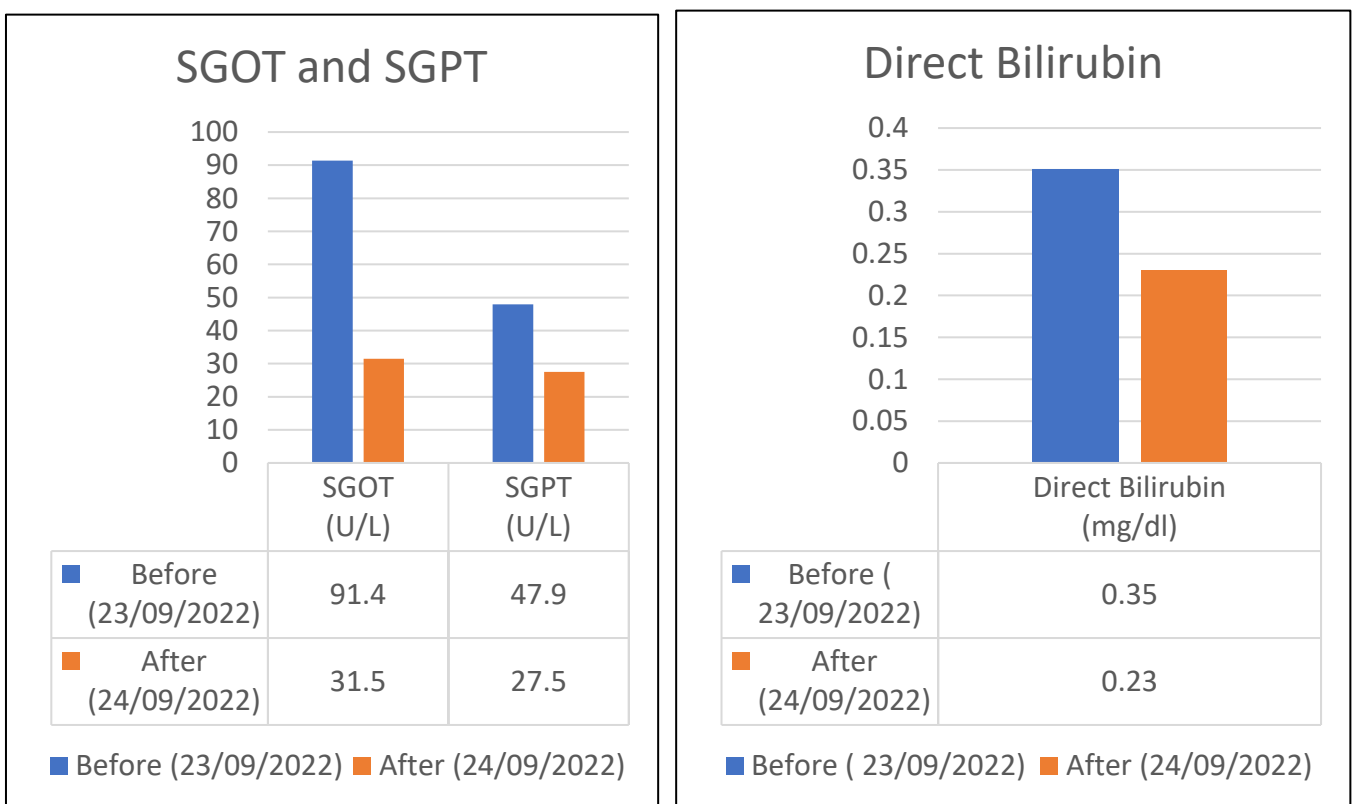


Fig 2. Before and After Values of SGOT, SGPT and Direct Bilirubin

Discussion

As we all know that *yakrut* is the *Mulsthan* of *raktavaha strotas*^[9] and for treating the diseases of *raktavaha strotas* we can consider *yakrut* as the root. In classical text we came across few references of *viddha* and *agni karma* in *yakrut* and *pliha vikar*. Both are the *mulsthan* of *raktavaha strotas*. *Kandara* and *Sira* are the *upadhatu* of *rakta dhatu*.^[10] As *mulsthan* treatment works on *Dathu* and *upadhatu*, Similarly treatment on *Upadhatu* also works on their *mulsthan* and help in reducing *dosha*.^[11] From the site of *agnikarma* there will be discharge for few days. As the direct heat is applied there remains few micro particles of *haridra* which acts like *shalya* and leads to discharge as physiological mechanism of body. *Agnikarma* aims to alleviate symptoms and indirectly restore balance. This precise application of heat to specific point on the body indirectly targets the liver. *Haridra Rhizome* carries heat till 80 degree Celsius when heated directly.^[12] *Agnikarma* provides controlled thermal stimulation which is believed to promote Liver Function, reduce inflammation and promote elimination of toxins from body.

However, Respected Dr. R.B. Gogate’s research suggests that *Haridra* Rhizome *Agnikarma* offer a unique and effective alternative. According to his research, *agnikarma* stimulate the liver which improve overall liver function.

Conclusion

Agni Karma with *Haridra* Rhizome showed significant relief and was found very effective in treating *A Yakrit Vikara*. It can be concluded that *Agnikarma Chikitsa* led to reduction of values of SGOT, SGPT and Direct Bilirubin, thus provided relief in signs and symptoms. Patient is not suffering from any symptoms as mentioned earlier. Bowel Habits were noted to be normal; Appetite and *Bala* had increased. While further research and clinical trails are necessary to validate its efficacy which holds promise as a effective therapy for various liver related conditions. It has potential to enhance liver function and has minimal side effects.

Sr. No.	Parameters	Gradation	
		0	1
1.	SGOT	Upto 35 U/L	Above 35 U/L
2.	SGPT	Upto 45 U/L	Above 45 U/L
3.	Direct Bilirubin	0.0 – 0.3 mg/dl	Above 0.3 mg/dl

Table no. 1 - Objective Criteria Gradation

Sr. No.	Parameter	Gradation	
		Before Treatment	After Single Sitting
1.	SGOT	1	0
2.	SGPT	1	0
3.	Direct Bilirubin	1	0

Table no. 2 - Result of Objective Criteria

Sr. No.	Parameter	Gradation			
		0	1	2	3
1.	<i>Gala Talu Parivartana</i> (Changes in Intake)	Able to Swallow without difficulty	Mild difficulty Like Dysphagia	Moderate difficulty in Swallowing	Severe Difficulty in Swallowing
2.	<i>Ruja</i> (Pain)	No Pain	Mild Pricking pain	Moderate bearable Pricking pain	Moderate Unbearable Pricking pain
3.	<i>Mala Pravrutti</i>	Normal Bowel Movements	Loose motions once in a week	Loose motions twice/ thrice in a week	Loose motions dialy week

(Bowel movements)				
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Table no. 3 – Subjective Criteria Gradation

Sr. No.	Parameter	Gradation	
		Before Treatment	After Sitting
1.	Changes in Intake	2	0
2.	Pain	2	0
3.	Bowel movements	3	1

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