

1. Introduction

National Ayurveda research and training center (NARTC) conducted training and workshop on Agni/Viddha karma and Pain Management. The purpose of the training was to apprise the participants with basic application of agnikarma chikitsa for pain management and to enhance the knowledge and skill of the participants for the development of application of Agni/Viddha karma and Pain Management in Ayurveda and to upgrade the knowledge and enhance the skills of the participants in overall treatment through agnikarma. The training workshop was conducted from 2081.11.22 to 2081.11.24 at training hall of NARTC in Kirtipur.

The course was targeted to ayurvedic health professionals as well as Ayurveda Medical Officers, who were interested to upgrade their knowledge and skills in agnikarma. Participants were expected to have an idea that they would develop into a treatment procedure through the practical sessions of the course. Nineteen participants attended the workshop. Participants were from both government and non-government officials, taking training and with ayurveda background. Participants came to attend the training from Kathmandu as well as from other different places of Nepal.

The financial support for the training was provided by GoN. The arrangement of the training was managed and conducted by the training section of NARTC, which include organizational and logistics management of training materials, refreshment arrangement, coordination with staffs, etc. Facilitator were **Dr. Mahesh V. Sanghavi** from **President, Ayurveda Proctology Association, Mumbai, India**

And Dr. Chandrakumar Deshmukh Ayurvedacharya, Viddhakarma Agnikarma Specialist, BAMS DYND (Gold Medalist), REG No.- 170513A, India.

According to Ayurveda, Agnikarma is a superior para surgical procedure. This procedure aims at management of various afflictions by inflicting burns on the tissue surface directly by using different materials known as 'Dahanopakaranas' (tools of cauterization). Agnikarma is a unique para surgical procedure in ayurvedic practice. Specific degree of heat is given to a predetermined site of a body part with specialized instrument by an expert. The treatment aims to relieve pain instantaneously and also to prevent recurrence. The treatment is done usually on OPD basis. This sacred symbol and energy healing system allowing us to give and receive love more deeply. It burns away desire, anger and greed. ... The deeper teachings of the Prema Agni align to the Buddhist practice of the 7 fields of enlightenment. To make an excellent agni kindler, grate equal parts fresh ginger and fresh turmeric, add a squeeze of lime and a pinch of natural mineral or rock salt. If you do not have fresh turmeric, leave it out, or use a pinch of powdered turmeric. Eat 1 tsp 5 minutes before each meal to light the agni. There are five Agnis in each of the five basic elements, namely – Parthiva (earth), Apya (water), Tejas (Agni), Vayavya (vayu) and Nabhasa (akash). Each and every cell in our body is composed of the five mahabhutas or five basic elements. Naturally, each cell (dhatu paramanu) consists of these five Bhutagni also. These are different materials subjected to heat and used for therapy in different conditions. The specificity of tools of cauterization depends on the disease status concerned. For superficial conditions, materials used are of minimum latent heat, whereas in deeper tissues used objects are with maximum latent heat. On this concept, in classics, for the diseases of skin surfaces the materials used for Agnikarma are Pippali (Piper longum), Aja Shakrit (feces of

Goat), Godanta (Teeth of Cow), Shara (Arrow), Shalaka (Probes), Varti(Wicks), Suryakanta (Variety of stone) etc. Likewise, for the diseases of muscles Loha (Iron), Swarna (Gold), Tamra (Copper) and Kamsya (bronze) are used. In deeper and strong tissues like bones, ligaments, tendons, vessels etc., Madhu (Honey), Guda (Jaggery), Vasa(Fat), Ghrita(Ghee), Taila(Oil), Madhucchishta(Beewax) are used. 'Pancha dhatu shalaka' has been used on a regular basis for the purpose of Agnikarma irrespective of the structure involved or level of the pathology. The Pancha dhatu shalaka is made up of Copper, Brass, Bronze, Lead and Tin (in equal quantity). Here the heat, which is transferred to skin acts by removing the obstruction in the Srotas(minute channela) and increases the blood circulation to the affected site. The rate of any metabolic activity is increased by a rise in temperature. From the therapeutic point of view with an appropriate rise in temperature, all cell activity increases, including dilatation of vessels, cell motility, synthesis and release of chemical mediators. More blood circulation, flushes away the inflammation and patient gets relief from the symptoms. Afferent nerves stimulated by heat is having an analgesic effect by acting on the gate control mechanism.

Improperly performed Agnikarma will lead to severe burning sensation, increased pain, destruction of tissue, suppuration, bleeding, non healing ulcer formation etc.

Properly performed Agnikarma by skilled surgeon will give excellent result in several conditions. On the other hand, improperly performed will lead to many complications.

The training workshop was conducted according to the developed design assigning sufficient time for different training activities. Facilitator presented concepts which were followed by discussions and explanations. To make more familiarize with the

topic, practical works were performed. Practical works included identifying the application of agnikarma chikitsa problem, analyzing the problem and making a fine treatment therapy for the patients. Participants were also provided with training materials for future use.

1.1 Objectives

The general objective of the training workshop was to upgrade the knowledge and skill of the participants in the application of agnikarma chikitsa and to treat the patients through this therapy.

The specific objectives of the training workshop were:

- To evaluate the efficacy of *Agnikarma* with *Rajata* and *Loha Dhatu Shalaka* in the management of *Janugata Sandhivata* (OA of knee joint).
- Agni karma', also known as 'dahan karma', is a process used in Ayurveda for various benign diseases that are characterised by pain or bleeding. In this process, the heated rods of gold, silver, iron, copper and pancha dhatu (five metals) are applied directly on the skin at the affected site
- The management of *Kadara* is aimed at removal of the hyperkeratosis lesion by *Agni Karma* along with or without *Shastra Karma*.
- This sacred symbol and energy healing system allowing us to give and receive love more deeply. It burns away desire, anger and greed. ... The deeper teachings of the Prema Agni align to the Buddhist practice of the 7 fields of enlightenment.
- Agnikarma procedure modified scientifically in the branch of ophthalmology as cauterisation, laser and radiation. The concept of agnikarma will be discussed further

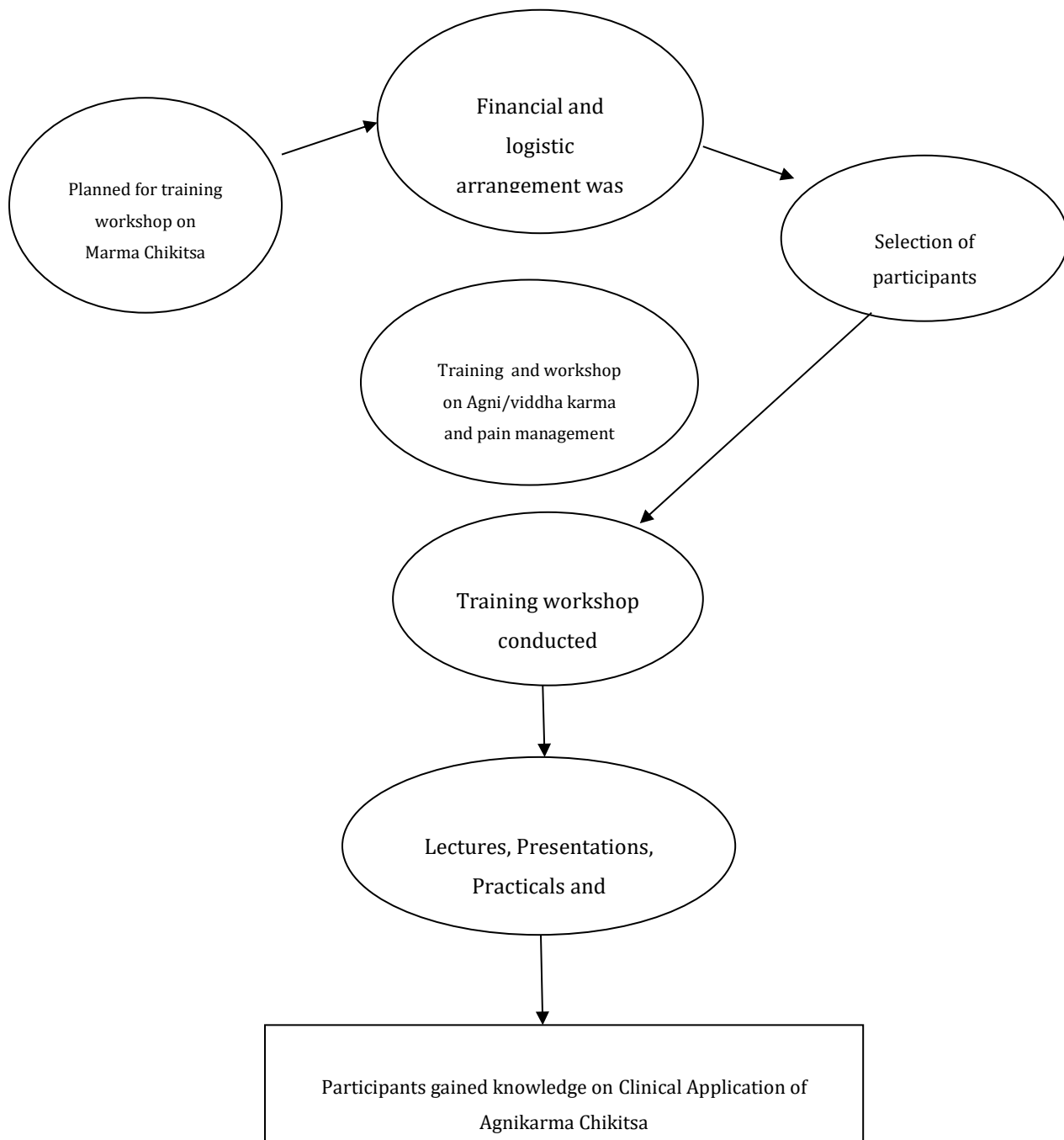
1.2 Expected Outcome

At the end of the training sessions participants were expected to get impression on the following:

- Understand the Basic principles of Ayurveda
- Perform Body constitution examination

- Determine appropriate massage therapies for common health concerns and knowledge of common massage oils
- Know about the healing techniques through agnikarma in the human body
- Practical session of agnikarma therapy.

2. Program Design



Name List of Participants

S.N	Name	S.N	Name
1	Dr. Amit Kumar Karna	14	Dr. Sharad Panthi
2	Dr. Binod Kumar Yadav	15	Dr. Aanchal Shrestha
3	Dr. Sanjeev Kumar Yadav	16	Dr. Saroj kumar Ray
4	Dr. Rohit Yadav	17	Dr. Rishi Keshav Bhusal
5	Dr. Sarbindra Prasad Yadav	18	Dr. Surendra Ray
6	Dr. Nandan Kandel	19	Dr. Dipendra Prasad Yadav
7	Dr. Panilal Paswan	20	Dr. Dipendra Kumar Mandal
8	Dr. Poonam Nepal		
9	Dr. Pujan Aryal		
10	Dr. Maharudra Kumar Thakur		
11	Dr. Suman Khanal		
12	Dr. Surya Narayan Mehta		
13	Dr. Ram Pukar Yadav		

Photographs





