



Agnikarma Dahana Upakaranas A Review of Classical and Modern Approaches.

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ABSTRACT

Many musculoskeletal and chronic conditions are treated with agnikarma, a therapeutic thermal cauterization method that is described in Ayurveda. The kind of Dahana Upakarana (cauterization tools) is a major factor in the effectiveness of Agnikarma. The purpose of this review is to examine traditional references and classifications of Dahan upakaranas and compare them to the instruments and resources utilized in modern clinical practice. In order to improve comprehension and application of Agnikarma in the current therapeutic environment, it emphasizes the development, usefulness, and significance of each tool.

Keywords: Agnikarma, Dahana upakarana, Ayurveda, Para surgical procedure, Thermal cauterization, Shalaka, Diathermy

INTRODUCTION

Agnikarma is considered superior to Ksharkarma because,

If the disease is treated by Agnikarma, it does not recur.

The diseases which cannot be cured by using medicines, weapons or alkalis are cured by Agnikarma treatment.

Agnikarma is a significant para-surgical procedure mentioned in Ayurvedic texts, particularly indicated for conditions where Shamana Chikitsa is insufficient. The procedure

involves the controlled application of heat through specially designed instruments called Dahana Upakaranas. The choice of these instruments depends on the Dosha, Dushya, anatomical location, and severity of the disease. With advancements in technology, various modern tools have been introduced to perform Agnikarma, which mimic or improve upon the classical instruments. This review provides an overview of both traditional and modern instruments used for Agnikarma.

• CLASSICAL PERSPECTIVE OF DAHANA UPAKARANAS

▪ Definition and Purpose

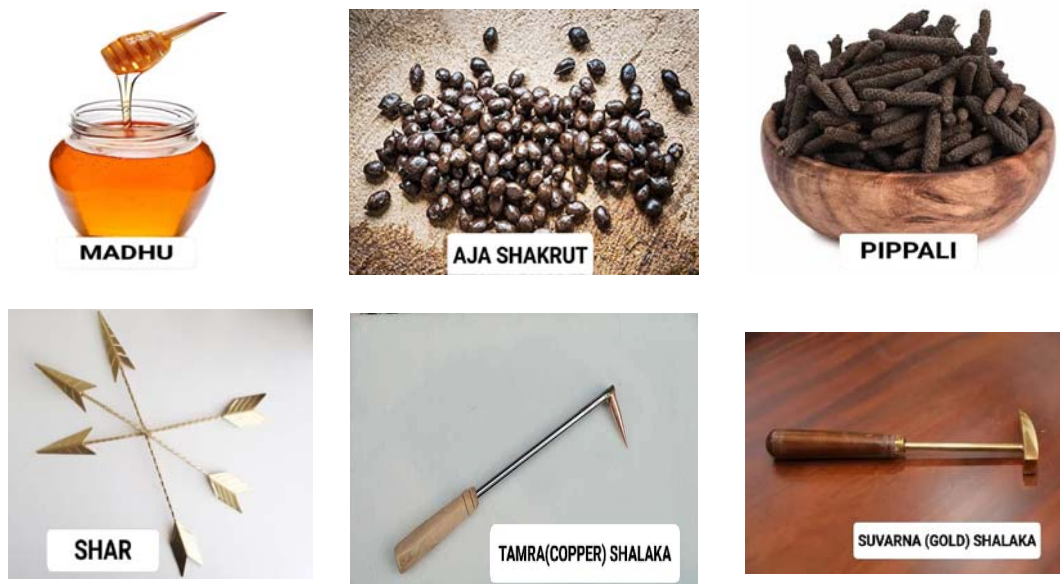
In Ayurveda, Dahana Upakaranas are tools designed to deliver heat to affected body parts for therapeutic cauterization. These are crafted from metals and materials capable of retaining high temperatures without degradation.

▪ Types according to classical texts

Acharya Sushrut has considered Pippali, Ajashakrit (goat's horn), Godant, Shar, Shalaka, Jambavoustha, Itar Lauh (iron, copper, silver etc.), Madhu, Jaggery, Sneha etc. as burning equipments.

▪ The above mentioned equipments are used in different diseases:

1. In tvakagata vikara: Pippali, Ajashkrit, Godant, Shar, Shalaka etc. are used.
2. In mamsgata vikara: Jambavoustha, Itar Lauh (iron, copper, silver etc.) are used.
3. In sira, snayu, sandhi and asthigata vikara: Madhu, Guda, Sneha are used.



- Depending upon the metal used they are also classified as³ –
 1. Suvarna shalaka- used in delicate areas like eyes and face
 2. Rajat shalaka- for medium heat-sensitive areas
 3. Tamra shalaka- used in disorders with kapha predominance
 4. Loha shalaka- for conditions requiring deep tissue heat
 5. Panchaloha shalaka- multipurpose tool with composite metal
- **MODERN ADAPTATIONS OF DAHANA UPAKARANAS**

Modern alternatives to traditional instruments that provide improved control, hygiene, and efficiency are now used by practitioners due to the advancement of medical technology.
- **CONTEMPORARY EQUIPMENT AND TOOLS⁴**
 1. Diathermy or electric cautery- provides steady, accurate heat. frequently used as an alternative to traditional metal rods.
 2. Gas torch device- Portable, controllable flame devices that resemble conventional heated shalakas are known as gas torch devices.
 3. Thermal Probes: - Electric or battery-powered probes with temperature control mechanisms.
 4. The Infrared Agnikarma Device-It is a controlled, non-invasive heat delivery method that is becoming more popular for treating musculoskeletal disorders.



- **ADVANTAGES OF MODERN INSTRUMENTS**
 - Enhanced safety and sterilization
 - Precise temperature control
 - Reusability and ease of handling
 - Portable and efficient for outpatient settings.

- **COMPARATIVE ANALYSIS**
- **Classical vs Contemporary tools**

ASPECT	CLASSICAL UPAKARANAS	CONTEMPORARY DEVICES
MATERIAL	Metals, horn, stone	Stainless steel, ceramics, electronics
TEMPERATURE CONTROL	Manual	Automated
PRECISION	Moderate	High
STERILIZATION	Difficult	Easy (autoclavable)
PORTABILITY	Limited	High
REUSABILITY	Yes	Yes
RISK OF INFECTION	High	Low
SKILL DEPENDENCY	High	Moderate
APPLICATION FLEXIBILITY	Limited shapes and sizes	Variety of probes and tips available

CLINICAL SIGNIFICANCE⁵

Both classical and modern Dahana Upakaranas have demonstrated clinical efficacy in treating conditions like:

- Gridhrasi (Sciatica)
- Sandhigata Vata (Osteoarthritis)
- Arbuda (Benign growths)
- Vatakantaka (Calcaneal spur)
- Kantaka (Corn/warts)
- Avabahuk (Frozen shoulder)
- Shiroroga
- Granthi
- Arsha
- Apachi
- Charmkil

The specific selection of the instrument depending on the clinical need ensures maximum therapeutic benefit and minimal complications.

CONCLUSION

Dahana Upakaranas are the cornerstone of the Agnikarma procedure, and their proper selection plays a vital role in therapeutic success. Classical tools hold immense value in traditional practice and remain relevant in certain clinical scenarios. However, integration with modern devices has improved procedural precision and patient safety. The application and effectiveness of agnikarma in modern therapeutic settings can be improved by combining knowledge of both traditional wisdom and new developments.⁶

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