

**MANAGEMENT OF CHARMAKEELA (WART) BY AGNIKARMA  
– A CASE SERIES**

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**ABSTRACT**

Ayurveda classics have advocated the use of various procedures to treat *kshudraroga*, & *agnikarma* has been mentioned for its proper management. *Acharya sushruta* has mentioned *Charmakeela* in *kshudrarogas*. The pathogenesis of *charmakeela* is due to vitiation of *vata* and *kapha* over the skin causes the development of hard nailed structures called *charmakeela*. *Charmakeela* in Ayurveda can be compared with Warts. The Human Papilloma Virus [HPV] is one of the common causes for the warts & most people experience this at some point in their life. In today's sophisticated society, external features like hair and skin decide the status of person and make one more conscious about them. Regarding management of this diseases different types of treatment procedures are explained like administration of

drugs internally, external application of drugs and Para surgical procedures e.g. *agnikarma*. *Agnikarma* is minimal invasive procedure which do not causes scar, there is no recurrence and found to be more beneficial in treatment of *charmakeela*. *Agni* has been considered superior among *anushastras* for possessing fast actions and permanent cure. It has been attributed the quality of curing the diseases which cannot be cured by other therapeutic method such as surgery treatment with *kshara* and medicinal management.

**KEYWORDS:** Agnikarma, charmakeela.

**INTRODUCTION**

*Acharya sushruta* has mentioned *Charmakeela* in *kshudrarogas*.<sup>[1]</sup>

*Ayurveda* classics have advocated the use of various procedures to treat *kshudrarogas*, and *agnikarma* has been mentioned for its proper management.<sup>[2]</sup>

In today's sophisticated society, external features like hair and skin decide the status of person and make one more conscious about them.<sup>[3]</sup>

Agnikarma is minimal invasive procedure which do not cause the scar formation, no recurrence and found to be more beneficial in treatment of *charmakeela*.<sup>[3]</sup>

*Agni* has been considered superior among *anushastras* for possessing fast actions and permanent cure.<sup>[5]</sup>

## MATERIALS AND MEATHODS

### MATERIALS

- *Agnikarma shalaka (Tamra Shalaka)*
- Gas burner
- Internal medications like *Sukshma Trifala Vati, Shatadhout Ghrita* ( for preventing post treatment infections and may also have a limited role in preventing recurrence after excision of warts)

### Method

#### Study subjects

- The patients of the study were selected from OPD of Department of Agadtantra, Government Ayurved College Nagpur, Maharashtra.
- Patients who were found to be suffering from *Charmakeela* (warts) were screened.
- 5 patients fulfilling the inclusion criteria of the study were taken irrespective of Sex, Religion, Marital status, Socio-economic status & Occupation.
- After detailed clinical examination, plan of treatment is decided as to perform
- *Agnikarma chikitsa* to the patients,

#### Inclusion criteria

- Patients of age 16 to 50 yrs.
- Patients irrespective of sex religion, and occupation.
- Patients having *charmakeela* (warts).

**Exclusion criteria**

- Patients contraindicated for *Agni karma*.
- Patients having any serious systemic disease.
- Pregnant women, Children and People aged below 16 yrs. and above 50 years.

**Literary**

- A literary aspect of study was collected from classical Ayurveda text books, Modern text books, and is updated with recent articles in well-known Medical Journals and Websites.

**Procedure****Poorva karma**

- Collection of required materials.
- Written consent of the patient.
- Preparation of part.

**Pradhan karma**

- Surrounding area were cleaned, dried & drapped.
- *Agnikarma Shalaka* heated and placed over the warts.
- Whenever needed *Shalaka* reheated and applied until the whole *charmakeela* was removed from the base.
- *Dahan* procedure stopped after getting *Samyak Dagdha Lakshanas*.

**Paschat karma**

- Application of *Shatadhout Ghrita* at *Dagdha Sthan*.
- Internally *Sukshma Trifala Vati* 500 mg was given in BD dose with *Koshnajala* for 7 days.

**OBSERVATION**

Observations are recorded just before and after the treatment & on the 7<sup>th</sup> day after treatment.

	Age	Site of (warts) charmakeela	No. of (warts) charmakeela	Complications (If any)
Case 1	50 year/ male	Left Periorbital region	5	None
Case 2	35 years/male	Below Left eye	1	None
Case 3	24 years/ male	Dorsal Aspect of neck	1	None
Case 4	28 year /female	Left Zygomatic region	1	None
Case 5	30 years / Male	Rt. Lateral aspect of neck	1	None

## DISCUSSION

In this study 5 patients suffering from charmakeela were included and agnikarma procedure was performed on them. Occurrence of kshudrarogas is very high in society now days. Its prevalence is everywhere and they cannot be considered as minor and neglected.

On examination we can see that most of the kshudrarogas are deeply rooted in skin where internal medications are not of much use. Hence in most of the kshudrarogas agnikarma is preferred as a treatment.

Agnikarma helps in controlling the bleeding. Chances of infection are also less as agnikarma itself is a sterile procedure.

Therefore agnikarma can be used as an effective cosmetology procedure for treatment of all kind of kshudrarogas especially charmakeela(warts).

## RESULT

The examination of the patient was carried out on before treatment, after treatment and on 7<sup>th</sup> day, it is observed that warts have been completely removed with treatment of *Agni karma*.

## CONCLUSION

- The study concludes that Agni karma is an effective procedure for treatment of
- *Charmakeela* (warts).
- It is much cost effective to the patient.
- Procedure can be done easily in OPD.
- No hospital stay required.
- No surgical procedure needed.

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