
SHORT COMMUNICATION

Agni Karma Device: An Innovative Approach for the Management of Manyasthambha with Special Reference to Frozen Shoulder Using Controlled Precision Heating with device

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ABSTRACT

Diseases caused by vata are increasing day by day due to improper lifestyle and eating habits. One of the common vata disorders frequently seen in outpatient departments is avabhabhu, which can be correlated with frozen shoulder. This condition is characterized by restricted shoulder movement, stiffness, and pain, making daily activities difficult. Avabhabhu (Frozen Shoulder) is one of the 80 types of vata disorders explained in the Samhita. Modern medicine typically uses anti-inflammatory and analgesic medications to manage frozen shoulder, but long-term use of these medications can lead to side effects. In Ayurvedic Samhita, the management of avabhabhu (Frozen Shoulder) with agni karma is mentioned. To modernize this traditional Ayurvedic procedure and make it easier to perform with consistent temperature control, an Agni Karma device has been developed. This article presents a case study on the management of avabhabhu (frozen shoulder) using a software-based agni karma device, demonstrating its success.

Keywords: Agni Karma device, Frozen shoulder, Vata disorders, Pain management, Ayurvedic innovation, Thermal stimulation

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INTRODUCTION

Agni karma (Heat Therapy) is a para-surgical procedure used for managing pain and stiffness. The main principle of this procedure is to use the ushna guna (heat property) of agni (fire) to counter the sheet guna (cold property) of vata and kapha for treating various musculoskeletal conditions. A significant challenge has been seen in the heating and reheating of the dahan upakrana (instrument) during the procedure along with maintaining a consistent temperature. To overcome these challenges, agni karma (Heat Therapy) device has been developed. This device allows the agni karma procedure (Heat Therapy) to be conducted in a more standardized way, making it convenient for both the patient and the practitioner [1].

Agni Karma Device

The Agni Karma device (Heat Therapy Device) represents a significant advancement in the standardization and modernization of the Agni Karma procedure. This innovative device allows precise control and monitoring of the temperature of the *dahan upakrana*. By automating the heating and reheating process, the device ensures a consistent temperature is maintained throughout the procedure, addressing one of the primary challenges in traditional Agni Karma. This consistency enhances the safety and efficacy of the treatment while minimizing the risk of burns or insufficient heat application, which can lead to suboptimal therapeutic outcomes. Furthermore, the device's user-friendly interface enables practitioners to customize the settings based on the specific requirements of the patient and the condition being treated. The integration of technology also allows for documentation of procedural parameters such as temperature, duration, and application points. This feature supports better clinical evaluation and

research, promoting evidence-based practices in Ayurvedic para-surgical procedures. Overall, the software-based Agni Karma device improves the precision, convenience, and reliability of the procedure, making it more accessible and acceptable in modern clinical settings while preserving the core principles of Ayurveda [2-4].



Figure 1: Agni Karma Device temperature



Figure 2: Agni Karma Device temperature

Table 1: Dosha Dushya in Manyasthambha

Dosha	Vata, kapha
Agni (digestive power)	Mandagni
Udbhava sthana	Pakvashaya
Adhithana	Manya Pradesh
Srotas	Asthivaha Srotas (bones) and Mamsavaha Srotas
Srotodusti prakara	Sanga
Vyakta	Pain, stiffness, and restricted motion in the shoulder joint

Patient Information

A 38-year-old female patient presented on March 28, 2025, with complaints of pain in her right shoulder and hand, which she had been experiencing for one year. She also reported minor stiffness and restricted hand movement. The patient had no associated comorbidities and sought Ayurvedic management for her condition

Local Examination

- Tenderness: Present
- Local temperature: Normal - Restriction of movement: Present - Restriction range of movement:
- Abduction: Limited
- Flexion: Limited
- Extension: Limited - VAS score: 7

Associated Symptoms

Shira Shoola: sometimes

Investigations

- Hemoglobin (Hb): Within normal limits
- Random Blood Sugar (RBS): Within normal limits
- HIV: Negative
- HbsAg: Negative
- VDRL: Negative
- X-ray: Confirmed diagnosis of right frozen shoulder

Diagnosis

Right Hand -- frozen shoulder (avabhabhu)



MATERIAL AND METHODS

Agni karma with Agni karma device

Agni Karma

Sittings: Five sessions were conducted at intervals of two days

Follow-up Period: 30 days.

Procedure of Agni Karma with Device

1. Poorva Karma (Pre-procedure)

- Patient Preparation: The patient was positioned comfortably on the examination table.
- Marking the Area: The affected area (right shoulder) was marked for Agni karma.
- Sterilization: The area was cleaned and sterilized using antiseptic solutions.
- Equipment Check: The Agni karma device was checked for proper functioning and set to the required temperature.

2. Pradhana Karma (Main Procedure)

- Heat Application: The Agni karma device was applied to the marked areas on the shoulder. The device uses controlled heat to apply the required temperature consistently.
- Duration: Each point was treated for a few seconds to avoid excessive burning or damage to the skin.
- Observation: The patient's response was monitored continuously to ensure comfort and safety.

3. Paschat Karma (Post-procedure)

- Cooling: The treated area was allowed to cool naturally.
- Application of Soothing Agents: Aloe vera gel or a Ghrita soothing agent were applied to reduce any immediate discomfort or burning sensation.

DURATION

The agni karma treatment was carried out in sessions over the course of two weeks. Each session lasted approximately 15-20 minutes. The details of the sessions are as follows:

- Session 1 (March 28, 2024): Temperature set at 200°C
- Session 2 (March 31, 2024): Temperature set at 200°C
- Session 3 (April 3, 2024): Temperature set at 225°C
- Session 4 (April 6, 2024): Temperature set at 225°C
- Session 5 (April 9, 2024): Temperature set at 225°C



FIGURE – 3Agni karma on Pt. With Agni karma device

RESULTS

Table 2: observation

Criteria	Before Treatment	After Treatment
Pain	Severe	Mild
Stiffness	Severe	Mild
Range of Movement	Limited	Improved
VAS Score	7	2

The observations recorded before and after the treatment demonstrate a marked improvement in the clinical condition of the patient. Prior to the initiation of therapy, the patient presented with severe pain and severe stiffness, which significantly restricted daily activities and functional movements. The range of movement was limited, indicating substantial impairment of joint or musculoskeletal function. The Visual Analogue Scale (VAS) score was 7, reflecting a high intensity of pain.

Following the completion of the treatment, a notable reduction in pain intensity was observed, with pain severity decreasing from severe to mild. Similarly, stiffness was considerably reduced, shifting from severe to mild, suggesting improved joint flexibility and reduced muscular rigidity. The range of movement showed clear improvement, indicating restoration of functional mobility.

Additionally, the VAS score decreased from 7 to 2, signifying a substantial reduction in subjective pain perception. Overall, these findings indicate that the treatment was effective in alleviating pain and stiffness and in improving functional movement, thereby enhancing the patient's quality of life.

DISCUSSION

The application of Agni karma using the device showed significant improvement in the patient's condition. Pain, stiffness, and range of movement were all positively decrease by the treatment. Agni

karma is known to work on the principle of thermal stimulation, which helps in reducing vata dosha [5]. By using a software-based device, the procedure becomes more standardized and controlled, ensuring consistent results. The use of controlled heat helps in reducing pain and stiffness, thereby improving the range of motion [6]. The traditional method of Agni karma involves manual control of heat application, which can be inconsistent and variable. The software-based device, however, allows for precise control over temperature and duration, ensuring a uniform treatment experience. Moreover, the patient's experience and response to the treatment were closely monitored. The significant reduction in the VAS score from 7 to 2 indicates a substantial decrease in pain levels. Additionally, the improvement in the range of movement and reduction in stiffness are indicative of the efficacy of Agni karma in managing musculoskeletal conditions like frozen shoulder. This case study demonstrates the potential of integrating modern technology with traditional Ayurvedic practices to enhance treatment efficacy. The patient did not report any adverse effects, indicating that the treatment is safe when performed under controlled conditions [7-10]. The success observed in this case could pave the way for broader acceptance and utilization of such devices in Ayurvedic practice.

CONCLUSION

The software-based agni karma device proved to be an effective tool in the management of avabhabhu (frozen shoulder). The standardized temperature control and ease of use make it a viable option for both practitioners and patients. This method not only provides a non-pharmacological approach to pain management but also minimizes the risks associated with long-term use of anti-inflammatory and analgesic medications. The success of this case study suggests that incorporating modern technology with traditional Ayurvedic practices can enhance the effectiveness and safety of treatments. Further research and larger clinical trials are recommended to validate these findings and explore the potential of software-based Agni karma devices in managing other vata disorders.

DECLARATION OF CONFLICT OF INTEREST

No conflicts of interest.

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