



A Painless Procedure In Vatakantaka (Calcaneal Spur)

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ABSTRACT:

Vatakantaka (Calcaneal spur) is one among *Vataja Nanatmaja Vyadhi*, *Kantavath Vedana* (pricking pain) in *Padatala Pradesha* of *Khudapradesha* (Heel region) is a main characteristic feature, which is caused by *Vishamampade* (walking on irregular surfaces), *Atishrama* (excessive exertion over the heel) etc. This can be correlated to a Calcaneal Spur which is a calcium deposit causing a bony protrusion on the underside of heel bone often frequently associated with plantar fasciitis, treatment includes *Raktavasechana* (blood letting), *Erandataila Pana*, *Agnikarma* (cauterization) and *Samanya Vatavyadhi Chikitsha* (general line of management). *Jaloukavacharana* (leech therapy) is a type of *Ashashtrakruth Raktamokshanopaya* which is indicated in *Avagadha Avastha* (deeply situated), *Grathita Avastha* (hard structures) of *Doshas* and by the word *Sarvani Sarverva* in all condition where ever *Raktavasechana* is indicated. Hence the present study is undertaken to evaluate the analgesic effect of *Jaloukavacharana* (leech therapy) in *Vatakantaka* (Calcaneal spur).

Key Words :

Vatakantaka, *Jaloukavacharana*, *Raktavasechana*, *Raktamokshana*, Calcaneal Spur.

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