

## Management of Carpal Tunnel Syndrome by *Agnikarma* – A Case Study

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Carpal Tunnel Syndrome is a common condition that causes pain, numbness and tingling in the hand and arm. The condition occurs when one of the major nerves to the hand, the median nerve is squeezed or compressed as it travels through the wrist. In most patients, carpal tunnel syndrome gets worse over time, so early diagnosis and treatment are important. If pressure on the median nerve continues, however, it can lead to nerve damage and worsening symptoms. To prevent permanent damage, surgery to take pressure off the median nerve may be recommended for some patients. Ayurveda has an advocated various treatment modalities such as *Snēha*, *Upanāha*, *Agnikarma* and *Bandhana*. Amongst these, *Agnikarma* seems to be more effective in providing distinct and instant relief. A 40 years old female patient was presented with severe pain, numbness and tingling in the hand and arm for 8 months. On examination, it was elicited that the patient was unable to hold objects properly by the affected hand. After careful examination, patient was treated with *Agnikarma* without any oral medication. Superficial multiple wounds produced by *Agnikarma* healed within 5-7 days. Patient visited for follow-up for 1 month after completion of treatment. Patient was advised not to lift any heavy objects and perform any twisting movement for further 6months. It was concluded that *Agnikarma* can be recommended as an effectiveness treatment for Carpal Tunnel Syndrome.

**Key words:** Agni karma, Carpal Tunnel Syndrome, Numbness, Tingling