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Management of Tennis Elbow by *Agni Karma*-A Case Study**G.V.P. Samaranayake*1 A.A.J. Pushpakumara 2*****1 Temporary Lecturer, 2 Senior Lecturer, Dept. of *Shalya Shalakya*, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya***** prabashi185@gmail.com**

Tennis Elbow (Lateral Epicondylitis) is a painful condition and causes restricted movement of forearm which requires treatment for long period. The overall prevalence of Tennis Elbow is of 1-3%. The highest incidence is found in young age group and between 40 and 60 years of life. The general causes of Tennis Elbow are overuse of forearm, minor trauma, non-recognized trauma and weight lifting. On the basis of its signs and symptoms, Tennis Elbow can be correlated with *Snāyugata Vāta* described in Ayurveda. A wide range of symptomatic treatments are available such as anti-inflammatory analgesic drugs, steroid injections, exercises etc. which have their own limitations and adverse effects. Ayurveda has an advocated various treatment modalities such as *Snēha*, *Upanāha*, *Agnikarma* and *Bandhana* for *Snāyugata Vāta*. Amongst these, *Agnikarma* seems to be more effective in providing distinct and instant relief. A 40 years old female patient was presented with *shūla* (severe pain), *stambha* (stiffness), restricted movements in lateral part of right *Karpura Sandhi* (elbow joint) for 07 months. There was no obvious history of trauma. On examination, it was elicited that the patient was unable to hold objects properly by the affected hand and maximum tenderness was noticed at the lateral epichondylar region of humerus with no obvious swelling noticed. 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 6 months. It was concluded that *Agni karma* can be recommended as an effectiveness treatment for Tennis Elbow.

Key words: *Agni karma*, Tennis Elbow, *Karpura Sandhi*, *Snāyugata Vāta*