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VIDDHA KARMA – A CLASSICAL REVIEW

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ABSTRACT: Ayurveda has blessed us with multiple, effective harmless treatments and medications. Among them Viddha Karma is a unique treatment of Ayurveda which gives instant relief and disease management.

Viddha Karma is one among the Shastra Karma as explained in Brihatrayee, Laghutrayee and other classics. It is the treatment of puncturing or piercing certain points that reduce pain. It removes the obstruction of the blood vessels and establishes the circulation by clearing Srotas and stimulation to sensory fibers from peripheral receptors reduce the transmission of irritating signals from the affected area is the main mechanism of action of Viddha Karma.

KEYWORDS: Ayurveda, Viddha Karma, Shastra Karma, Brihatrayee, Laghutrayee, Puncturing, Receptors, Sensory fibers, Stimulation etc.

I. INTRODUCTION

Now a day's musculoskeletal system disorders are prevalent throughout the world, it gives immense pain in muscles, bones, ligaments, tendons and nerves etc. In Ayurveda musculoskeletal system disorders are included under Vatavyadhis by Brihatrayee, Laghutrayee and other classics. For the purpose of relieving pain and stiffness Viddha Karma was practicing by traditional Vaidyas since time immemorial and it was told as Ardh Shalya Chikitsa¹. Many clinicians are following the Ayurvedic aspect of Viddha Karma and practicing it under the proper aseptic majors. It is one among the Shastra Karma, in which puncturing or piercing certain points reduces pain. It removes the obstruction of the blood vessels and establishes the circulations by clearing Srotas and stimulations to sensory fibers from peripheral receptors reduces the transmission of irritating signals from the affected area is the main mechanism of action of Viddha Karma.

PROCEDURE OF VIDDHAKARMA

In Ayurveda Viddha Karma is one of the Ashtavidha Shashtra Karma (surgical procedures)² for managing pain especially musculoskeletal system disorders like pain in the low back, shoulder, ankle, heel, knee joint etc. Viddha Karma is quickly responding³ treatment modality with needles of various size and is cost effective. Viddha Karma points are taken in relation to Marma points⁴ and according to the vitiation of Doshas, it should be done by Suchi (needle)⁵. For Viddha Karma different points are selected on the basis of disorders and according to the site the size of needle are fixed⁶. The part where the needle is to be pricked there first it has to be cleaned with spirit and then povidine iodine solution painting is to be done, then needle is inserted on the selected points for 15 to 30 seconds and after which it has to be removed slowly in clock wise direction⁷.

A FEW SITES OF VIDDHAKARMA

A Few sites where the Viddha Karma can be done are -

1. Padadaha, Padaharsha, Avbhahuka, Chippa, Visarpa, Vatashonita, Vatakantaka, Vicharchika, Padadari - Viddha should be carried out about two Angula above the Kshipra Marma.
2. Apchi - Viddha should be carried out two fingers below the Indrabasti Marma in the forearm and leg.
3. Galganda - Viddha should be carried out on the Sira of Urumoola.
4. Pliha Roga - Viddha should be carried out near the Kurpersandhi middle portion at left arm or in between Kanisthika and Anamika fingure.
5. Yakridaludara, Kasa, Shwasa - Viddha should be carried out Siras of right arm.
6. Pravahika with pain - Viddha should be carried out all sites of Shroni with the difference of two Angula.
7. Parivartika, Updandh, Shookdosha & Shukra Roga - Viddha should be carried out middle Siras of Medhru (Penis). 8. Mutraviddha - Viddha should be carried out left & right both the flanks Siras of Vrishna (Testis).
9. Antraviddhi & Parsavassoola - Viddha should be carried out Siras, situated at left middle of axila and breast.
10. Trityaka Jwara - Viddha should be carried out middle vein of Triksandhi.
11. Chaturthaka Jwara - Viddha should be carried out middle vein of below Skandhsandhi any lateral aspect.
12. Jihva Roga & Dantroga - Viddha should be carried out of veins, located below tongue.
13. Karna Roga - Viddha should be carried out of veins upper side of ear.
14. Nasa Roga - Viddha should be carried out at front part of nose.
15. Timir Roga, Akshipaka, Siro Roga, Adhimanth etc - Viddha should be carried out at veins near the nose⁸.
17. Grudhrasi & Visshvachi - four Angula above or below the knee and elbow joint⁹.
18. Shlipada - In Vataja condition after the Snehana and Swedana four fingers above the ankle joint and four Angula below the ankle joint. In Pitaja condition four Angula below the ankle joint. In Kaphaja condition the dorsum of greater toe in between the first inter-phalangeal joint and the proximal border of nail¹⁰.

SUITABLE TIME FOR SIRAVEDHA

Viddha Karma can be done in Varsha Ritu, devoid of clouds, in Grishma Ritu (cold climate), in Hemanta Ritu after noon¹¹.

MODE OF ACTION

Viddha Karma works over Tridosha and Rakta¹². It opens the route of entrapped Vayu by clearing Srotas and helps to remove freely in the body. On removing the obstruction of the blood vessels, establishing the circulation and stimulation to sensory fibers from peripheral receptors, to reduce the transmission of irritating signals from the affected area is the main mechanism of action of Viddha Karma.

Due to Viddha Karma large sensory fibers from peripheral tactile receptors including the nerve endings become clear and it helps to reduce the transmission of pain signals from a local area or sometimes even a diffuse area located in many segments. The immune system responds to this treatment by releasing endorphins which help to reduce the pain and also initiates the body to secrete chemicals like opioids etc. Thus Viddha Karma therapy helps to maintain balance between Vatta, Pitta and Kapha in the body.

BENEFITS OF VIDDDHA KARMA

1. It is simple, safe and can be done in OPD procedures.
2. Economical treatment for patients.
3. It releases endorphins, opioids and enzymes that reduce pain.

CONTRAINDICATION OF VIDDDHA KARMA

The Viddha Karma is contraindicated in some general conditions like Baala, Vriddha, Krisha, Bheeru, Upvasa, Pipasa, Garbhini, Rooksha, Kshatakshina, Parishranta, Madhyapana, Vamita, Virikta, Asthapita, Anuvasita, Jaagrita, Kliba, Kasa, Shwasa, Shosha, Pravridha-Jwara, Akshepaka, Pakshaghata,

Some specific conditions like Adrishta Sira (invisible Vein), which are not depressed, not elevated etc¹³. In the condition of emergency and Vishopsarga (complications of poisoning), the Viddha Karma can be done at Abedhya Siras also¹⁴.

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