



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

## ROLE OF *VIDDHAKARMA* (PUNCTURING SELECTED POINT) IN THE MANAGEMENT OF *KARNABADHIRYA* (MIXED TYPE OF HEARING LOSS): CASE STUDY.

Dr. Manjusha M. Swami<sup>1</sup>, Prof. Dr. Mrs. Nilakshi S. Pradhan<sup>2</sup>

1. M.S. Scholar, Department of Shalakyantra, MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune.
2. Professor and H.O.D., Department of Shalakyantra, MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune.

**Abstract:** One of the five vital sense organs of body include ears, leading a life without this sense organ makes a life 'non-Sense'. As per WHO estimates in India, there are 63 million people are suffering from Auditory Impairment. There is no approved treatment, since it is considered permanent. To evaluate the efficacy of *Viddhakarma* (puncturing) in the management of *Karna Badhirya* (deafness). In this study 36 years old male patient of left ear hearing loss was selected from OPD of *Shalakya Tantra*. *Viddhakarma* (puncturing) with the needle 26 ½ Inch over *Karnapali Samantat* (Posterior to superior helix) and near *Vidhur Marma*. *Viddhakarma* showed marked results in deafness. Although deafness is not a fatal condition but it impairs quality of life. In this case *Viddhakarma* was performed along with *Ghrutapana* (drinking clarified butter) and *Mruduvirechana* (purgation). After 12 sittings of *Viddhakarma* patient could hear with his left ear and understanding of sounds.

**Keywords:** Deafness, *Karna Badhirya*, PTA (Pure Tone Audiometry), Puncture, Sense Organ, *Viddhakarma*.

### I. INTRODUCTION:

*Vitiated Vayu* (one of the elements in *Ayurveda*) involving the *Shabdavaha Srotas* (Auditory pathway), causes deafness or loss of hearing and this condition is known as *Karna Badhirya* (deafness). *Acharya Charaka* has mentioned *Badhirya* in *Nanatmaj Vata Vyadhi* (diseases caused by individual doshas *Vata* imbalanced alone). He also mentioned *Indriyapradoshaj Vikara* (disability of sense organs) in *Sutra Sthana*. *Indriya Upatapa*: Disturbed function of sense organs. *Indriya Upaghata*: Complete loss of function of sense organ *Cha.Su.28/20*<sup>[1]</sup>

**1.1 DEFINITIONS:** An individual who can't listen the loud sound eventually suffers from *Badhirya* (deafness). *A.Hr.U.17*<sup>[2]</sup>

Deaf - Those with profound hearing loss who cannot understand sounds with or without hearing aids

Hard of Hearing - Those with hearing losses that impair their understanding of sounds, including communication

**1.2 PREVALENC:** As per WHO estimates in India, there are approximately 63 million people, who are suffering from Significant Auditory Impairment; this places the estimated prevalence at 6.3% in Indian population. As per NSSO survey, currently there are 291 persons per one lakh population who are suffering from severe to profound hearing loss<sup>[3]</sup>

**1.3 CAUSES:** Conductive causes include:

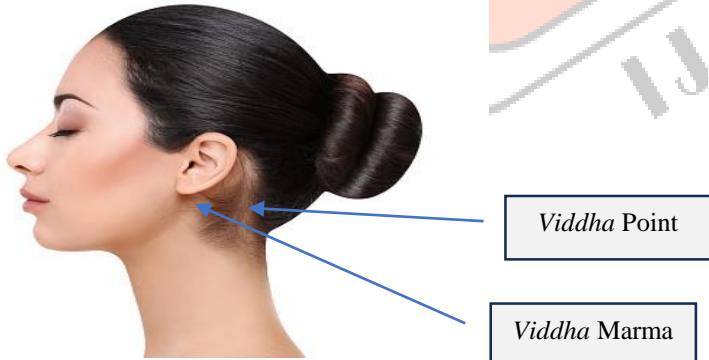
Tumours or foreign objects in the ear canal and even impacted earwax, fluid in the ear, infections, including those that cause very high fever, malformation of the outer or middle ear and perforated eardrums, which is a hole or tear in the eardrum.

Sensorineural causes include:

Diseases and illnesses, including viral infections, Meniere's disease, and autoimmune diseases, such as Cogan's syndrome, drugs that damage hearing or ototoxic drugs, such as some antibiotics and cancer chemotherapy agents, exposure to loud noise, genetic syndromes, low birth weight, prematurity or malformation of the inner ear, head trauma, presbycusis, which is age-related gradual hearing loss.

*Viddha* (puncturing) should be done posterior and above auricular space in earache and all ear diseases. *Su. Sha.* 8/17<sup>[4]</sup>

[Table No. 1 *Vidhura Marma*]

<b>Marma</b>	<b>Vidhura Marma</b>
Location	<i>Vidhura Marma</i> is located exactly behind and below the ear. ( <i>Su. Sha.</i> 6/27) <sup>[5]</sup> They are 2 in number and located on either side of the neck.
Measurement	<i>Vidhura Marma</i> occupies a space of $\frac{1}{2}$ <i>angula</i> dimension (approximately equal to the horizontal dimension or breadth of middle segment of one's own middle finger)
Components	Middle ear cavity Posterior auricular artery Posterior auricular veins Tympanic membrane Structures of the Middle Ear
Mode of Action	<i>Vidhura Marma</i> is related to the ear and ear functions. It is made up of important structures of the middle ear including tympanic membrane, ear ossicles (small bones in the middle ear), the important nerves of the ear and Eustachian tube. These structures take part in conduction, modulation and alteration of sound waves. They help in mechanism of hearing. According to <i>Ayurveda</i> it is the site of <i>Shravana Indriya</i> (mechanism of hearing). Any injury to the <i>Vidhura Marma</i> can cause deafness.
Picture	<p><b>Image no. 1</b></p> 

## II. RESEARCH METHODOLOGY

**2.1 CASE REPORT:** A 36 years old male patient visited *Shalaky Tantra* OPD of Sane Gururji Hospital having complaints of Left Ear Numbness, Left Ear Tinnitus (Buzzing Sound), Left Ear severe hearing impairment. Informed and written consent taken for *Viddhakarma*.

### MEDICAL HISTORY OF PATIENT:

No H/O of any major medical illness,  
No H/O of any surgical illness,  
No H/O of any drug and food allergy,  
No any family H/O of Deafness.  
No any substance abuse.

[Table 2: *Ashtavidha Pariksha.*]

<i>Nadi</i> (Pulse): 76/min	<i>Sparsha</i> (Touch): Normal
<i>Mala</i> (Stool): <i>Malavastambha</i> (Constipation)	<i>Jivha</i> (Tongue): <i>Niraam</i> (uncoated)
<i>Mutra</i> (Urine): Normal	<i>Druka</i> (Eyes): Normal
<i>Shabda</i> (Speech): clear	<i>Akruti</i> (Built): <i>Krush</i>

[Table 3: *Dashvidha Pareeksha*]

<i>Prakriti</i>	<i>Vata Pitta</i>
<i>Saara</i>	<i>Madhyama</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Pramana</i>	Awar Height 5 Feet, Weight: 53 kg
<i>Saatmya</i>	<i>Sarva Rasa Satmya</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Aahara Shakti</i>	<i>Madhyam</i>
<i>Abhyavaran Shakti</i>	<i>Madhyama</i>
<i>Jarana Shakti</i>	<i>Madhyama</i>
<i>Vyayama Shakti</i>	<i>Madhyama</i>
<i>Vaya</i>	<i>Madhyam</i>
<i>Vikruti</i>	<i>Vata Dosha</i>

## 2.2 ON EXAMINATION OF EARS:

### RIGHT EAR:

EAC: NAD

Wax: Absent

Discharge: Absent

Tympanic Membrane: Intact

Rinne's test: AC > BC

### LEFT EAR:

EAC: NAD

Wax: Absent

Discharge: Absent

Tympanic Membrane: Intact

Rinne's test: BC > AC

Weber's test: Lateralisation to Left Ear.

Advised: PTA (Pure Tone Audiometry)

## III. DIAGNOSIS: Left Ear mixed type hearing loss

### 3.1 ASSESSEMENT:

The patient was assessed during the treatment period and after 12<sup>th</sup> session of *Viddhakarma*. The case was assessed with Rinne's test, Weber's test and Audiometry reports.

## IV. TREATMENT:

The following treatment was given to the patient.

- *Viddhakarma* (puncturing selected points) Left Ear: *Karnapali Samantat* <sup>[6]</sup> (Posterior to superior helix near hairline margin) and two fingers above *Vidhur Marma* near hairline margin.
- *Gandharva Haritaki Churna* 1 Table spoon with warm water before sleeping at night.
- *Goghurutapana* (drinking clarified butter) (2 table spoon cow ghee with 1 cup hot milk)

#### 4.1 *Viddhakarma* (puncturing selected points) standard operating procedure (sop)

##### *Poorva karma* (pre-procedure)

1. *Viddhakarma* (puncturing selected points) should be carried out in clean and ventilated room with sufficient light.
2. *Vaidya* should be worn sterile gloves, mask and surgical cap.
3. Tools - disposable needle no. 26 (1/2) inch.

##### [Image No. 2] Disposable needle no.26(1/2)inch



1. Select *Viddha* points and their sequence for a disease as per *Marmas* of *Shalaky Tantra*.
2. Prick the disposable needle perpendicular to the *Viddha* point.
3. The disposable needle must be hollow; during *Viddhakarma* (puncturing selected points) process if disposable needle is filled with blood, then it should be replaced with another one.
4. Keep the disposable needle pricked for 5-6 sec.
5. The vitiated blood has low coagulant tendency to flow freely. Once the impure blood drains out, the fresh blood automatically clots. So, blood should be allowed to flow freely after *Viddhakarma* (puncturing selected points).
6. The blood should be allowed to flow freely after *Viddhakarma* (puncturing selected points) since it drains out vitiated dosha. Usually about 0.2 – 0.5 ml blood drains out from *Viddha* point. [Images: 3 *Karnapali Samantat* <sup>[6]</sup>]



##### [Images: 4 Near *Vidhur Marma*]



##### *PASCHAT KARMA* (POST-PROCEDURE)

Post *Viddhakarma* (puncturing selected points), patient should not take too hot or too cold food or beverages since hot food increase blood flow and on the other hand cold food causes indigestion. Patient should take light food which is easy to digest in order to avoid heat. *Cha. Su. 24/23* <sup>[7]</sup>

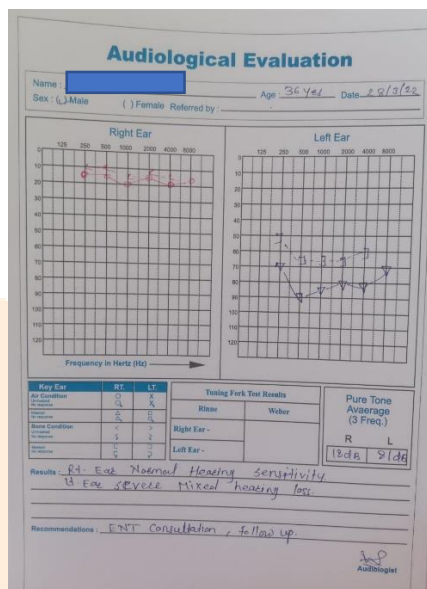
### 3.2 PREVENTION:

- Avoid listening of loud noise for a long time.
- Use ear plugs to block out sounds.
- Avoid inserting objects into your ear.
- Wear helmet when you ride a bike.
- Avoid popcorn, corn chips, beans, raw vegetables, and cold drinks should be avoided.

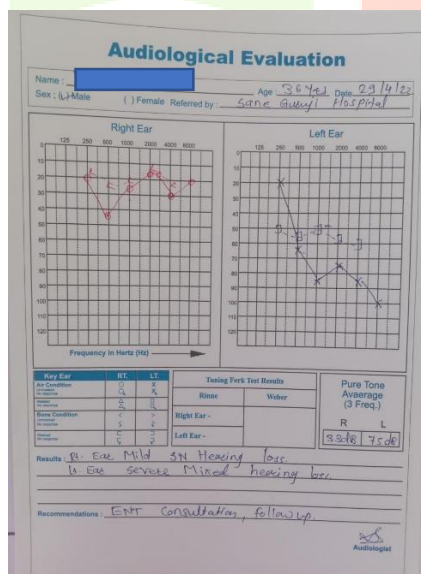
### 3.3 DIAGNOSTIC ASSESSMENT

**Audiometry Reports of the patient Before and After the *Viddhakarma* (puncturing selected points)**

**[Image No. 5 Report Before Treatment]**



**[Image No.6 Report After Treatment]**



[Table no. 4] follow up and outcome with timeline

Signs and Symptoms	Before VK	1 <sup>st</sup> F/U	2 <sup>nd</sup> F/U	3 <sup>rd</sup> F/U	4 <sup>th</sup> F/U	5 <sup>th</sup> F/U	6 <sup>th</sup> F/U	12 <sup>th</sup> F/U
Left ear numbness	++++	0	0	0	0	0	0	0
Left ear tinnitus	++++	+++	+++	++	++	0	0	0
Left ear hearing loss	++++	+++	++	++	++	+	+	+
Rinne's Test	BC > AC	BC > AC	BC > AC	BC > AC	BC = AC	AC > BC	AC > BC	AC > BC
Weber's Test (Lateralization)	Left Ear	Left Ear	Left Ear	Left Ear	Left Ear	Left Ear	No Lateralization	No Lateralization

## V. DISCUSSION:

*Suchi* (Needle) is one of the *Shastras* that can be used for *Rakta Vistravan* (Blood let go). Su. Su. 8/4<sup>[8]</sup> *Viddhakarma Sthan Su. Sha. 8/19<sup>[9]</sup>*. On the basis of *Samanya Chikitsa* of Deafness (*Karnabadhira*) and *Vata Dosha* predominance. *Ghratapana* (drinking clarified butter) and *Anulomana* (purgation) with *Gandharva Haritaki* facilitate nourishment of nerve (*Vataghna Chikitsa*). Action of *Viddhakarma* (puncturing selected points) is mainly by letting go vitiated *Vata Dosha* after pricking with the disposable needle. It increases local blood circulation which may be responsible to nourish the left ear in this case. Because of *Viddhakarma* (puncturing selected points) near *Vidhur marma*, stimulation to the left ear was achieved which is responsible for betterment in hearing. Audiometry reports of left ear, before and after *Viddhakarma* show a total amount of 6 dB improvement i.e. 81 dB to 75 dB.

## VI. CONCLUSION:

Although deafness is not fatal condition, but it is associated with impaired quality of life. The potential of *Ayurvedic* treatment like *Viddhakarma* (puncturing selected points) can definitely be revealed in mixed type of hearing loss. A case series or pilot study should be conducted in similar cases to validate this case report which may prevent or treat such cases and may ultimately play a role in national prosperity by improving quality of life of the individuals.

## REFERENCES:

1. Ravindra Datta Tripathi Charaka Samhita Vol.1, by Acharya Charaka, Chaukhamba Sanskrit Pratishthan; 2009; 431p
2. Ganesh Krishna Garde, Ashtanga Hridaya Acharya Vagbhata; 2014; 403p
3. Garg S, Chadha S, Malhotra S, Agarwal AK. Deafness: burden, prevention and control in India. Natl Med J India. 2009 Mar-Apr;22(2):79-81. PMID: 19852345.
4. Sharma PV, Sushruta Samhita Vol. by Acharya Sushruta. Varanasi. Chaukhamba Visvabharati; 2000; 102p
5. Sharma PV, Sushruta Samhita Vol. by Acharya Sushruta. Varanasi. Chaukhamba Visvabharati; 2000; 194p
6. Gogate RB, Viddha ani Agnikarma chikitsa, Pune. Vaidyamitra Prakashan; 2006; 33p
7. Ravindra Datta Tripathi, Charaka Samhita Vol.1, by Acharya Charaka, Chaukhamba Sanskrit Pratishthan, 2009; 324p.
8. Sharma PV, Sushruta Samhita Vol. by Acharya Sushruta. Varanasi. Chaukhamba Visvabharati; 2000; 102p
9. Sharma PV, Sushruta Samhita Vol. by Acharya Sushruta. Varanasi. Chaukhamba Visvabharati; 2000; 212p