

CONCEPT OF VIDHA KARMA IN NETRA ROGA**Dr. Atri Ghosh¹, Dr. Santosh Rahinj², Dr. Minal Rahinj³ and Dr. Prashant Ganbote⁴**¹PG Scholar, Dr. D.Y. Patil College of Ayurved & Research Centre, Pimpri, Pune.²Associate Professor, Dr. D.Y. Patil College of Ayurved & Research Centre, Pimpri, Pune.³Assistant Professor, G S Gune Ayurved College, Ahmednagar.⁴Assistant Professor, Dr. D.Y. Patil College of Ayurved & Research Centre, Pimpri, Pune.**ABSTRACT**Article Received on
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Ayurveda is most ancient medical Sciences in world. Ayurveda derived from 2 word that “Ayu” and “veda”. The meaning of Ayurveda is knowledge of Life as “Veda” means Knowledge and “Ayu” means Life. In Ayurveda there are 8 Specialty branches. One of them is Shalakya tantra. Among 5 sense organs, siro and netra gives more importance in Shalakya Tantra according to Susruta. While treating the Netra Roga Vaidya should try to reduce the pain related to various disorders. A person having PAIN is always restless, which is a routine observation in practice. This is definitely to be an obstruction to his or her routine activities. The patient always demands and expects a quick relief in his Pain, for which there is demand of Injection or Tablets.

Some patients have already undergone treatments such as snehan, swedan, etc. There are several remedies in the form of Drugs or Injections in market. Such medicines are included generally in the group under the name NSAID. All these medicines adversely affect Raktavaha and Mutravaha Srotas. They tend to produce Hyperacidity. Such Drug-induced ailments are very difficult to treat. The Analgesic remedies stated by Ayurveda are not that much effective as like NSAID. The benefits of Snehana and Swedana are limited to certain extent. While learning Ayurveda, it was always heard (due to misconception) from all the seniors as well as society, that there are no effective Analgesic remedies in Ayurveda. In this condition, Viddha karma proves its effectiveness in reducing pain very quickly. Also It is and Simple Procedure & cost effective. There are some similarities of Viddha karma according to Ayurveda and Chinese acupuncture. Both medical sciences stated about anguli pramana. There is clear explanation of surface anatomy in both medical sciences while measuring the

points. Sites for Viddha karma are same in Ayurveda and Chinese medicine.^[1] The needle with a bevel or hole is used in Viddha karma for evacuation of vitiated dosha but in Acupuncture the needle don't have bevel/hole. that is the basic difference between Viddha karma and acupuncture. In Sushrut Samhita, Sushruta Acharya has mentioned **Ashtaviddha Shastra karma** (Eight types of surgical procedures)

1. Chedana (Excision) 2. Bhedana (Incision) 3. Lekhana (Scraping) 4. **Vedhana (puncturing)** 5. Eshana (Probing) 6. Aharana (Extraction) 7. Visravana (Draining) 8. Seevana (Suturing). Out of these eight types of surgical procedures. here '**Viddha**' or '**Vedhana**' is a Sanskrit word meaning '**to pierce or penetrate something**'.

KEYWORDS: Viddha karma, Netra Roga.

INTRODUCTION

Ayurveda has 3 dosha, 7 dhatu and 3 mala. Ayurveda also stated 20 guna but there are 10 principle guna and remaining 10 as their defiants.

गुरुमन्दहिमस्निग्धश्लक्ष्णसांद्रमृदुस्थिराः ।

गुणाः ससूक्ष्मविशदाः विंशतिः सविपर्ययाः । अ. .सं. सू. १

So Ayurveda has ushna and sheeta concept. We all know ushna has an upward tendency and sheeta has downward tendency. Same concept is also given in Chinese medicine. According to this science the upper part of the body is YANG (HEAT) and lower part of the body is YIN (cold).^[2]

The dominance of one guna suppress its opposite guna like if ushna guna is dominant then it overrides sheeta guna. According to Ayurveda both dhatu live together without any problem. If their balance is disturbed then diseases are produced. Rasa and Rakta dhatu plays important role in sharira of Human body. Their ushnatva and Sheetatva property are also important for maintaining swastha. Pitta is generated from Rakta. Kapha from Rasa and Rakta from Rasa. These dhatu can move. But this mobility is not with out chala guna of vata^[3] and vata causes pain. So viddha Karma is ideal chikitsa for pain management. The deranged status of ushna and sheeta guna can be corrected with in a short time. While doing Karma, Physician should try not to injure the Marma.

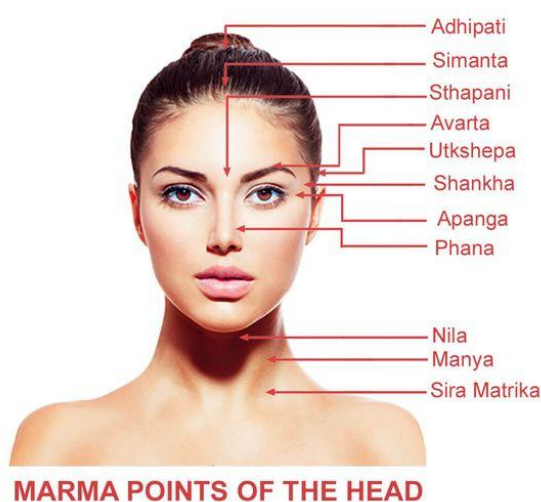
In Netra Roga There 3 important marma^[4]

A) Apanga:- It is situated in the lateral end of the lower side of the eye. It is a sirā marma of the size-half angula.

B) Avarta:- Avarta is a sandhi marma lying above the eye brows. It is of half angula size.

The damage to these two will result in either blindness or visual impairment

C) Shringataka:- It is the junctional area of the channels of nutrition of sense organs like nose, ear, eye and tongue. It is situated between the two eye brows. It is a sirā mama of four angula size. There are four such marmas and are linked to 1. nose, 2. ear, 3. eye, 4. tongue. Any trauma to these points will be fatal.



MARMA POINTS OF THE HEAD

History of viddha karma:- In time of Maharaja Ashoka near about 8th century BC, at the Indian Buddhist University. Takshashila, there was a pioneer of Buddhist theology, 'Mosk: Acharya Mosk followed the paths of non-violence, he also insisted on not using the weapon for treatment.

This same religious significance lead to the birth of medical systems such as VIDDHAKARMA, Martial arts, now considered one of the most important sports, was born as a form of therapy in which the opponent is attacked at certain points of the body without a weapon for self-defense, which is the basic principle of VIDDHAKARMA therapy. The spread of VIDDHAKARMA therapy which originated on the basis of Buddhism and developed on the basis of ancient scriptures and mysticism, is due to the scientific and cultural heritage of India.

In ancient time, VIDDHAKARMA was frequently used by qualified vaidyas. Its quick responding and least time consuming treatment modality with needles. This method of treatment became prevalent all over India It's one of the purest form of Acharya Sushruta's surgical expertise, knowledge and clinical implementation. After becoming prevalent all over India, Viddhakarma, later on widely got spread in to China, Japan, Korea, and Sri Lanka. VIDDHAKARMA therapy also has a special place in the United States recently. Due to the predominance of Buddhism in China, there was a large class of people who believed in it, so a lot of research was done on it. That is why VIDDHAKARMA therapy is known as form of acupuncture and part of Traditional Chinese Medicine which is not at all true. These both treatment modalities are totally different depending on their basic principles and mode of action.

MATERIAL AND METHOD

Procedure of viddha karma:- Can be divided into three steps

1. Poorva karma (Pre procedure)
2. 2-Pradhan Karma (Main procedure)
3. 3-Paschat Karma (Post Procedure)

Requirements for this chikitsa^[5]

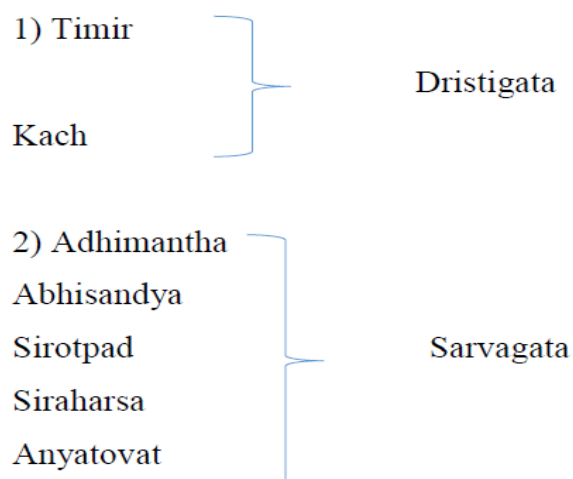
- 1) A room
- 2) B.P. apparatus
- 3) Needles - Needle No-26 1 & 1/2

Contra-Indications

Rainy or cloudy day, extreme cold environment, immediately after meal.

Selection of patient

- 1) Patient should mentally fit and physically strong
- 2) Patient who has a history of any skin diseases at the site of puncture should be avoided
- 3) Who has a history of uncontrolled diabetes and hypertension should be avoided
- 4) Children above the age of 10 years
- 5) Pregnant woman should be avoided.

Diseases of netra roga indicated for viddha karma

3) Anjananamika - Vartmagat

4) Puyalas - Sandhigata

In timira (Partial blindness), akṣipāka (Unceration of the eye) and diseases of the eyes, it should be done either at upanasika (Base of the nose), forehead or outer angle of the eye.

In diseases of the head, adhimantha (Diseases of the eye) and such others it should be done at these places (Base of the nose, forehead, and outer angle of the eyes) itself.^[6]

Site for viddha karma^[7]

1) **Upanasika:-** Nerve: Infraorbital branch of Trigeminal nerve zygomatic branch of facial nerve.

Vascular: Infra orbital branch of maxillary artery. Lateral nasal branch of facial artery.

In Chinese medicine this site 'नासासमिपस्थे' is shown as Depression of the infra orbital foramen.

2) **Apanga:-** Depression of Lateral end of eye brow

Vessels Frontal branch of superficial temporal artery and vein

Nerve:- Zygomatic branch of auricular - Temporal Nerve

3) **Lalatyam:-** On fore head, one finger above eyebrow mid-point

Vessels:- Lateral branch of frontal artery and vein

Nerve:- Lateral branch of frontal nerve.

Depth of vyadhi^[8]

In mamsa – The puncturing should be the size of 1 yava

In bone- The puncturing should be the size ½ yava

In skin- The puncturing should be the size ½ yava

For viddha Karma, we use insulin Needle No-26 1 & 1/2. Pierce it 2-4 mm for Skin, 4-6 mm for mamsa, 6-10 mm for asthi, sandhi and snayu^[9]

Samyak yoga^[10]

- 1) Feeling lightness of the body
- 2) Mitigation of suffering
- 3) Subsiding of severity of the diseases
- 4) Cheerfulness of mind

Mode of action

- 1) Viddhakarma is a sterile procedure of puncturing or piercing selected points with special hollow needles called as "Viddha karma shalaka." The immune system responds to this treatment by releasing endorphin which helps to reduce pain.
- 2) Removal of obstruction in blood vessel and establishment of circulation
- 3) Reduction in Load of pathogens circulating in blood

DISCUSSION^[11]

In Viddha Karma, the hollow fine needle is used for piercing at points given by Acharya Sushruta like Apang, Lalate and Upanasika. In eye diseases there is vitiation of Vata dosha along with other Doshas like Pitta and Kapha Dosha and Dhatu like Rakta (blood) are also involved. After inserting needle at Apang Lalate, and Upanasika, patient feel lightness at that site due to Vatanulomana (regulation and alleviation of Vata). Netra is Ashray Sthana of Alochaka Pitta. Rakta Dhatu is the Ashray Sthana of Pitta Dosha as per Ashrayaashrayi Bhaav. In Viddha Karma there is Sukshma or Avyakta Rakta Srava is always attained. Stimulation to sensory fibres from peripheral receptors reduces the transmission of irritating signals from the affected area is the main mechanism of action of Viddhakarma.

CONCLUSION

Viddha Karma is widely used in Chinese medicine as Acupuncture. Many get confuse Viddha as an Acupuncture method. The principles used in Viddha are entirely different than Acupuncture. Viddha points are in relation to Marma points and uses particular viddha

hollow needles for treatment. Viddha points are based on cell morphology as defined in Vaisheshik Darshan, a branch of philosophy accepted in Ayurveda. In India Viddha Karma is done somewhat less. Now Some Ayurvedic Doctors do Viddha Karma and get very good result by giving the Patient instant Result. It is proved that the ancient knowledge of Ayurveda is very useful. As this Viddha karma shows significant results, large scale clinical study with all laboratory studies need to be initiated.

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