

THE REVIEW OF VIDDHAKARMA IN URDHWAJATRUGATA VIKARA

Dr. Suraj Damodar Lavate^{1*}, Dr. Pournima Fasale² and Dr. Sujata Kate³

¹PG. Scholar Dept. of Shalakyatantra Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

²Guide, Reader, Dept. of Shalakyatantra Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

³Professor & HOD (Department of Shalakyatantra Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

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*Corresponding Author

Dr. Suraj Damodar Lavate

PG. Scholar Dept. of
Shalakyatantra Hon. Shri.
Annasaheb Dange Ayurved
Medical College, Ashta.

ABSTRACT

An Ayurvedic parasurgical procedure like Viddha and Siravedha described in Sushrut samhita. There are eight shastrakarma mentioned in Sushrut samhita it is one of them. Viddha' or 'Vedhana' is a Sanskrit word meaning 'to pierce or penetrate something, whereas Visravana means 'Draining'. There are many peoples correlated Viddha karma with acupuncture but there is huge difference between them as compare to their basic principle and mode of action. Viddha Karma is a miniature of bloodletting procedure in which selected points are punctured with sterile hollow needles. Vidhha points are related to marma points. These marma points are mentioned by the Sushruta in the Sushrut samhita for different diseases.

KEYWORDS: Viddhakarma, Vatadosha Urdhwajatrugata vyadhi.

INTRODUCTION

Viddha is derived from a word Vyadha means to bore a hole. It is done to release the entrapped Vayu from sira thus reducing the pain and also helps to reverse the mechanism of pathology in certain possible way. Acharya Sushruta mention that there will be no pain without Vata Dosha, once this Vata Dosha is treated efficiently the pain subsides automatically. Ashukari Shoola (acute pain) is instantly relieved by Viddhakarma but in Chirkari Shoola (chronic pain) repeated settings of Viddhakarma are required.

Vedhana Karma in brief

Vata Dosha travels all over the body through Vatavani Sira. When Prakrit Vayu is moving in its own Sira then no disturbance in physiological functions and no confusion in mental function is produced. But when this Vayu gets vitiated and occupies its own Sira, it causes various disorders of Vata.

Indications

Lymphatic filariasis, Lameness, Sciatica, Goiter, Spleen and Liver Disorders, Brachial Neuritis, Cysts, Migraine, Ascites, Unmada and Apasmar, Frozen Shoulder, Polyurea etc.

Contra-Indications

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

Procedure of Viddha Karma

Can be divided into three steps

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

Benefits of Viddha Karma

- It is a simplest procedure of blood letting. Instant pain relief.
- Cost effective, No need of hospitalization.
- Removes obstruction of the blood vessels and established circulation.
- Reduces the load of pathogens circulating in the blood.
- Minimal injuries, Pacify swelling and edema.
- Can be done in weak, old aged, and pregnant where the sira viddha is contra-indicated.

Matra - In muscular parts, instrument should be inserted as deep as the measure of a barely grain. On bony part, as measure of half barely or Vrihi (rice) with Vrihimukh instrument.

Points for Vedhana in Urdhwajatrugat Vikara**Karna**

Behind the pinna 2 Angula above the Vidhur Marma. Nerve Supply: Anastomosing branches of great auricular nerve and lesser occipital nerve. Blood Supply: Posterior auricular artery and vein.

Indications

- Karnashool (earache)
- Karnanaad (Tinnitus)
- Karnabadhira (deafness)
- Karnakshwed (tinnitus)
- Bhrama

**Nasarog**

Tip of the nose Upnasika - on lesser alar cartilage at upper margin of alar groove.

Nerve Supply: External nasal Nerve Blood supply: Lateral nasal artery and vein

- Peenasa (rhinitis)
- Gandhag rahan (anosmia)
- Nasavarodha (nasal blockage)

**Shirorog**

Apanga: depression at the lateral end of the eyebrow Nerve Supply: zygomatic branch of facial nerve.

Blood Supply: branch of superficial temporal artery and vein.



Lalata - On the forehead one and a half finger above the eyebrow 2/3 distance from root of nose.

Nerve supply: temporal branch of trigeminal nerve.

Blood supply: supraorbital branch of ophthalmic artery.

- Indralupta
- Arunshika
- Darunaka
- Darunaka



Jivharog

Adhojivhayam-At the base of tongue in between frenulum and lingual veins on bothside.

Nerve supply: lingual nerve, a branch of mandibular division of trigeminal nerve.

Blood supply: deep lingual vein.

Indications

- Jivhakantak
- Upjivhika

**Talu-**

Ativyatyananasya Taluni – on soft palate

Nerve supply: greater palatine and naso palatine branch of maxillary nerve

Blood supply: greater palatine branch of maxillary nerve

**Netrarog**

Bhrumadhya-on the glabella

Nerve Supply: Ophthalmic division of trigeminal nerve

Blood supply: Supraorbital and supratrochlear arteries which are branches of ophthalmic artery

Apanga – Depression at lateral end of the eyebrow.



Bhrupuchha - Below lateral end of eyebrows and lateral to lateral canthus of eye

Nerve Supply: Zygomatic branch of facial nerve.

Blood Supply: branch of superficial temporal artery and vein.



Indications

- Adhimantha
- Abhishyanda.
- Puyalas
- Sirotpat
- Siraharsha
- Vataparyaya
- Anyatovata
- Sashopha Akshipaka
- Ashopha Akshipaka

Probable Mode of Action

According to Acharya Sushruta pain is the cardinal symptom of Vataj Vyadhi. Without involvement of Vayu there is no pain. In Viddha treatment, Avrutta Vata Vayu gets released (vatanuloman) and patient got relief immediately. Also a little quantity of blood comes out giving the effect of Raktamokshana. Placement of needles also cause release of

neurotransmitters like endorphins that may inhibit pain pathways. Stimulation of large sensory fibres from peripheral tactile receptors depresses the transmission of pain signals from the same area as well as from areas sometimes located in many segments.

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