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## *Viddha Karma* in pain management; a review

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### **Abstract:**

*Today's rat race has made a major shift in the lifestyle of masses. Also the food habits are altered owing to the hazardous outcome. Due to this factors there is vitiation of respective Dosha which results in developing various ailments. In present context, there is increase in the cases of pain related to musculoskeletal system. The involvement of muscles, ligaments and tendons causing strain – sprain locally is observed. Here a noble, easy to perform and highly effective practical procedure called Viddha Karma – dry needling for the same is been discussed in brief. Viddha karma is one of the surgical procedure mentioned by Acharya Sushruta which removed the accumulation of Dosha at the site.*

**Keywords:** *Viddha Karma, surgical procedure, pain*

### **Introduction:**

The pace of day to day life has been increased as there is development worldwide. This had resulted in change of one's routine which is to be adjusted according to profession. Travelling, shift duties, late night working, low physical activities, increasing stress at work places and also in families had impact on ones health. Disorders of joints and musculoskeletal system are very common in present times. This has high prevalence affecting all age groups. Ayurveda describes the root cause of pain any where in body is associated with vitiation of *Vata Dosha*, and its proper treatment helps to relieve the pain. The sensation of pain is associated with inflammatory or non-inflammatory conditions. The basic sensation of pain any where in the body represents the vitiation of *Vata Dosha*. In accordance to Ayurveda the association of inflammatory conditions along with pain denotes the *Pitta Anubandha*, *Aam Avastha* or *Margavrodh* patho- physiology at that site while non-inflammatory conditions with pain represents *Niram Avastha* of *Vata* vitiation. Here the vitiation of

*Rakta Dhatu* also exhibits pain at the given respective site of pathology. Considering above scenario of *Dosha* vitiation, an instant pain reliving technique – *Viddha Karma* can be successfully practiced. *Viddha Karma* – it is a para surgical procedure mentioned by *Acharya Sushrut* in his classic *Sushrut Samhita*. *Acharya Sushrut* had described eight *Shastra Karma* in *Sutra Sthana*. *Viddha Karma* is one of these eight *Shastra Karma*.

It literally means puncturing or piercing specific points in order to relieve the pain.

No.	<i>Shastra Karma</i>
1.	<i>Chedana</i>
2.	<i>Bhedana</i>
3.	<i>Lekhana</i>
4.	<i>Vyadhana – Viddha</i>
5.	<i>Eshana</i>
6.	<i>Aharana</i>
7.	<i>Visravana</i>
8.	<i>Sivana</i>

Pain in general terms can be defined as any suffering of discomfort caused by any etiology anywhere in body. Pain can be of many types like preaking, throbbing, chocking, lightning etc. also it may vary in its intensity from mild to severe pain. This might have acute onset or may be chronic one depending upon underlying patho- physiology. Here in the light of Ayurveda the pain and its origin have utmost importance as these are indicative of *Dosha* vitiation and *Dushya* or *Dhatu* or *Strotas* involvement. Here *Vata Dosha* vitiation is primarily responsible for pain and other *Dosha* along with *Rakta Dhatu* are also subordinates in developing pain in the body.

#### **Treatment protocol -**

In *Viddha karma* we can practice puncturing procedure – preferably on superficial veins for the purpose of bloodletting and also dry needling can be done on muscular parts.

##### **a) *Viddha Karma* – *Seravedhan* - puncturing – used for bloodletting**

In this procedure the vitiated *Dosha* are removed from the site of tenderness by puncturing nearby prominent superficial vein. By doing so the vitiated *Dosha* are evacuated through the medium of *Rakta Dhatu* and patient gets instant ease in the pain sensation. We can use scalp vein needle or 24no. needle for the procedure and 60-80 ml of blood can be removed depending upon the vitals of patient and severity of disease or pain.

##### **b) *Viddha Karma* – dry needling**

This procedure includes piercing the tender muscular point with the help of hollow and fine

needle. We can use insulin needle for this procedure and prick the site of pain, keep the needle inserted for few moments like 10-15 seconds and then it is removed. The procedure is repeated for several times at the given site depending upon *Dosha* vitiation and severity of pain.

#### **Diseases which can be treated by *Viddha Karma* with its mode of action –**

Nature of pain, whether it is pricking or throbbing pain gives us idea regarding the *Dosha* vitiation. In throbbing pain, elsewhere in the body, primarily the vitiation of *Rakta* along with *Vata* and *Pitta Dosha* are responsible. Hence in such scenario *Viddha Karma* / *Seravedhana* is preferred for the purpose of bloodletting. Local vitiation of *Dosha* is released at instance by the virtue of *Seravedhna* and the sensation of pain is eased.

In pricking type of pain, there is primarily vitiation of *Vata Dosha*. Here the dry needling is preferred and is performed on muscular tender part. The puncturing of this muscular part with the hollow needle allows the accumulated *Vata Dosha* to evacuate and thus results in pain reduction. In Ayurveda classics, Acharya mentioned many diseases in which *Viddha Karma* can be performed. Owing to the stage of disease, intensity of pain and *Dosha Dushya Vichar* one can perform *Viddha Karma* for immediate relief.

Following are few diseases to be mentioned which can be treated effectively on opd basis for instant relief for pain.

Pain associated with inflammation and swelling – musculoskeletal pains,

Acute pain conditions like renal colic, gastritis, appendicitis etc.

Pains radiating toward limbs due to nerve compression or muscle spasm like in sciatica, spondylitis, frozen shoulder etc.

Throbbing pain in migraine, eye related pain, neck pain etc.

Any sports injury to the muscles and ligaments causing strain – sprain.

#### **Inference:**

Acharya Sushrut had described *Marma Chikitsa* as one of the prime treatment modality. By knowing the knowledge of *Marma* one can perform the *Viddha Karma* at ease and would fetch promising outcome. A simple opd base and cost effective treatment modality – *Viddha Karma* can be practiced without any untoward effects and will be helpful to reduce the intensity of pain and improve the quality of life.

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