

Conceptualization of Viddha Karma in Netra Roga

Dr.Milind Sakhare¹, Dr.AnilDeshmukh², Dr.Rekha Jori³, Dr.Nilesh
Deshmukh⁴, Dr.Rohan Bargal⁴

PG Scholar, Dept of Shalakyatantra, SST's Ayurved College, Sangamner, Maharashtra
HOD and Professor, Dept of Shalakyatantra, SST's Ayurved College, Sangamner, Maharashtra
Associate Professor, Dept of Shalakyatantra, SST's Ayurved College, Sangamner, Maharashtra
Assistant Professor, Dept of Shalakyatantra, SST's Ayurved College, Sangamner, Maharashtra

Submitted: 01-08-2023

Accepted: 10-08-2023

ABSTRACT

Ayurveda is one of the world's oldest medical sciences. Ayurveda is derived from the words "Ayu" and "veda." Ayurveda means "knowledge of life," as "Veda" means "knowledge" and "Ayu" means "life." There are eight speciality branches of Ayurveda. Shalakyatantra is one of them. According to Sushruta, among the five sense organs, siro and netra are the most important in Shalakyatantra. While treating Netra Roga Vaidya should try to alleviate pain associated with various disorders. A person suffering from PAIN is constantly restless, which is a common 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 snehana, 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] In Viddha karma, a needle with a bevel or hole is used to evacuate vitiated dosha, but in Acupuncture, the needle does not have a bevel or hole. That is the primary distinction between Viddha karma and acupuncture. Sushruta Acharya mentioned Ashtavidha Shastra karma in Sushruta Samhita (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.

I. INTRODUCTION

Ayurveda has three doshas, seven dhatus, and three malas. Ayurveda also stated 20 guna, but there are ten principle guna and ten defiants.

So Ayurveda has the concept of ushna and sheeta. We all know that ushna has an ascending tendency and sheeta has a descending tendency. The same idea is presented in Chinese medicine. According to this science, the upper part of the body is YANG (HEAT), while the lower part is YIN (cold).²

The dominance of one guna suppresses the dominance of its opposite guna, for example, if ushna guna is dominant, it overrides sheeta guna. According to Ayurveda, both dhatus coexist without conflict. Diseases occur when their balance is disrupted. Rasa and Rakta dhatu are important in the sharira of the human body. Their ushnatva and Sheetatva properties are also essential for preserving swastha. Rakta gives rise to Pitta. Kapha is derived from Rasa, and Rakta is derived from Rasa. These dhatu can move. But this mobility is not without chala guna of vata³ and vata causes

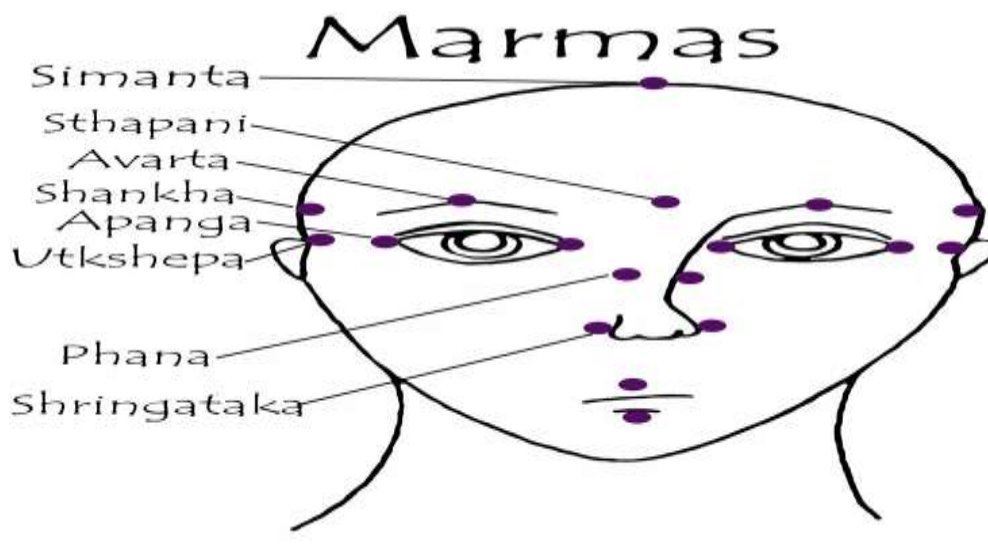
pain. So viddha Karma is ideal chikitsa for pain management. The deranged status of ushna and sheeta guna can be corrected with in a short time. While doing Karma, Physician should try not to injure the Marma.

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.



History of Viddha Karma:-

During the reign of Maharaja Ashoka, around the 8th century BC, at the Indian Buddhist University of Takshashila, there was a pioneer of Buddhist theology, 'Mosk: Acharya Mosk followed the paths of nonviolence, and he also insisted on not using weapons 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.

II. 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) Aroom
- 2) B.P.apparatus
- 3) Needles- Needle No-26 1&1/2

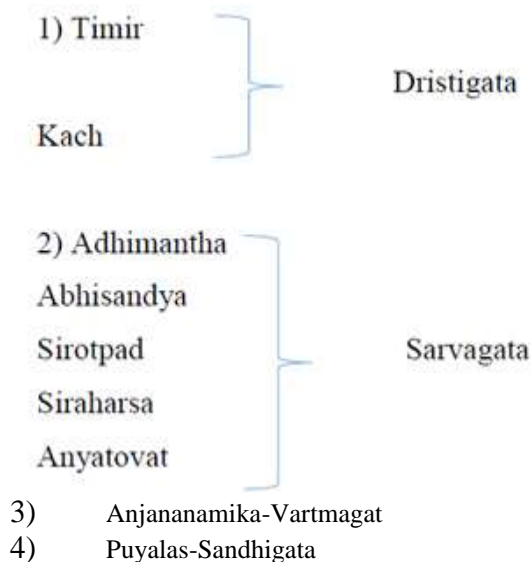
Contra-Indications

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



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.

- 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

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]

Samyakyoga^[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

III. DISCUSSION

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 Vidhha Karma there is Sukshma or Aavyakta 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.

IV. 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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