

EVALUATION OF A CASE STUDY OF EFFECT OF VIDDHAKARMA IN VISHWACHI W. S. R TO CERVICAL RADICULOPATHY

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ABSTRACT

Many *Vatavyadhi* therapies were proposed by Ayurveda. Cervical problems are similar to vata disorders. *Vishwachi* has a clinical appearance that is comparable to Cervical Radiculopathy a degenerative disorder of the cervical region. In this disease, extreme and radiating pain occurs from the shoulder joint to arm and fingers. *Viddhakarma* is explained in *Sushruth samhita* which works very good in pain management and does eradication of *avrodhga*[obstruction]. In ayurveda avrutta type vata is the main cause of pain in *Vishwachi*. A case study of a 45 years old female patient with the complaints of shool in right arm, *sancharivedana* from *ansa sandhi* to palm, pricking pain in biceps region, *stambha* was treated with ayurveda. This whole study was completed in 14days, where *Viddha karma* was performed on every alternate day in 7 settings. *ViddhaKarma* is effective in reducing pain and related symptoms.

KEYWORDS: *Vishwachi*, Cervical Radiculopathy, Ayurvedic Chikitsa, *Viddha karma*.

INTRODUCTION

Vishwachi is a sickness that affects the neck and upper extremities and has signs and symptoms similar to *Ruk*, *Stambha*, *Toda*, *Karmakshaya*^[1] and Bahu's Chestapaharana. It has two types—*Vataja* and *Vatakaphaja*. In modern terms, the ailment is comparable to Cervical Radiculopathy.

Cervical radiculopathy is a condition characterized by malfunctioning of the cervical nerve roots, with pain extending from the neck into the damaged root's distribution. Acute cervical radiculopathy usually has a self-limited clinical course, with a spontaneous improvement rate of up to 75%. The most common pain and neurologic characteristics associated with radiculopathies of the cervical nerve roots. C6 and C7 are the most common root involvement levels; upper cervical radiculopathies (C2-C4) are less common. Cervical radiculopathy is characterised by discomfort radiating from the neck into the damaged root's distribution. Pain can occur in a variety of locations and patterns, and a conventional dermatomal distribution of pain is not always evident.^[2]

The main goal of treatment in this illness is to alleviate pain; hence analgesics, muscle relaxants, and physiotherapy are all administered. People are turning to Ayurveda to discover a better solution for this ailment due to the negative side effects of pain relievers. Ayurveda is considered to be one of the world's oldest medicinal sciences. It covers the fundamentals as well as the practical aspects of life processes, health, and disease management. For each condition, there are precise principles to follow. *Vataja Vishwachi* is a type of *Nanatmaja Vikara*. In Ayurveda, there are specific line of treatment described for *vataavyadhi*, but Acharya Sushrut has particularly explained *Viddha karma* in *Vishwachi*.^[4] As *Vishwachi* is a *vataavyadhi*, in which the symptom is severe pain due to *vata* and *Viddha karma* is an intense pain reliever. It decreases the pain by eliminating the *avruttavata* (obstruction) around the place where is pain present and *vata* is the causative factor of all the pain.^[3]

Aim of the present study was to evaluate the effect of *viddhakarma* in *vishwachi*.

CASE HISTORY

MATERIALS AND METHODS

- Study design – Single-arm clinical case study.
- Study Place- *Kayachikitsa* OPD Ayurved Hospital.
- Informed consent was taken from the patient

Plan of Study

Sr. No	1	2	3	4	5	6	7
Days	1st day	3rd day	5th day	7th day	9th day	11th day	13th day
Viddha karmadone	✓	✓	✓	✓	✓	✓	✓

Procedures

Pre procedure

For Viddha Karma material required

- 26^{1/2} number needle
- gauze piece
- Spirit
- marker

Procedure

- Sitting position.
- Marked the area with marker, where the four Anguli (distance between the first finger to the fourth finger of patient) below and above the right elbow joint.
- Clean that area with spirit.
- Then injected the needle into the marked area and remove back within 60 second.

Post-Procedure

- Clean the blood with gauze.
- Rest



Case Presentation

A forty five-year-old, married house wife was suffering with *shool* in right arm region, *sancharivedana* from shoulder joint to palm region, pricking pain, *stambha* since 1 year and came to the *Kayachikitsa* OPD at Ayurveda Hospital.

Chief Complaints

1. *Ruka*(Pain) in right arm.
2. *Toda* (Pricking Pain)

3. *Stambha* (Stiffness) – Difficulty in movements.

4. Radiating pain from right shoulder joint to palm region.

Past History- There is no history of any illness or accident or fall.

Family History –Nil.

On Examination

Blood pressure – 120/90 mm of Hg

Pulse-74/minute

Nadi – *Vata Pradhan pitta*

Mala– 1 time/day unsatisfied

Mutra – 4–5 times/day

Jivha – *Niram*

Nidra – Normal

Kshudha – Normal

Weight – 60 kg

Therapeutic intervention

Viddha Karma: The patient was advised seven settings of *Viddha Karma* on alternate day. In this study location of *Viddha Karma* was four *Anguli* (distance between the first finger to the fourth finger of patient) below and above the right elbow joint and 2 *anguli* above *shipra marma*.^[6]

Table 1: *Ruka* (Pain).

Sr. no	Pain	Grade
1	No pain	0
2	Mild pain	1
3	Moderate pain	2
4	Severe pain	3

Table 2: *Toda* (pricking pain).

Sr. no	Toda(prikingpain)	Grade
1	No pricking pain sensation	0
2	Mild priking pain sensation	1
3	Moderate priking pain sensation	2
4	Severe priking pain sensation	3

Table 3: Stambha (Stiffness).

Sr. no	stiffness	Grade
1	No stiffness	0
2	Mild	1
3	Moderate	2
4	Severe	3

RESULTS AND OBSERVATION**Table 4: Assessment Before and After Treatment.**

Sr. No	Parameters	Grades Before Treatment	Grades After Treatment
1	Ruka(Pain)	3	1
2	Toda(Prickingpain)	2	1
3	Stambha(Stiffness)	2	0

After above observation it was seen that there was significant result in the symptoms of gridhrasi. After 7 settings of the viddhakarma and improvement in flexibility was seen.

DISCUSSION**Mode of Action of Viddha**

In *viddha karma*, when we insert the needle into the painful site first *aavrutavata* (obstruction) which comes out (*vatanuloman*) by which the pain is relieved immediately. At the time of *vatanuloman*, little quantity of blood also came out which gives the *raktamokshan* (bloodletting) effect.^[6] *Acharya Sushrut* advised specific points for *viddha karma* along with the area of pain. When needles go inside it causes the release of neurotransmitters like endorphins pain killers that may inhibit pain pathways.

CONCLUSION

In this study, the patient got almost 75% relief which is very high that is also in a very short time of period. Above results reveal that *Viddha Karma* is a potential management option for the pain-related condition of cervical radiculopathy.

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