

EFFECT OF VIDDHA KARMA IN THE MANAGEMENT OF TENNIS ELBOW (LATERAL EPICONDYLITIS): A CASE STUDY

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ABSTRACT

Tennis elbow, clinically known as lateral epicondylitis, is a common painful condition affecting the lateral aspect of the elbow and is frequently associated with repetitive wrist and forearm activities. In Ayurveda, the clinical presentation may be correlated with *Snayugata Vata*, where pain and functional impairment are prominent features. A 37-year-old male industrial worker presented with severe pain over the left elbow, restricted movements, tenderness over the lateral epicondylar region, and difficulty in gripping objects for three months. Clinical examination revealed tenderness and mild swelling over the lateral epicondyle, with pain aggravated by elbow movement, lifting weights, and full extension. Radiographic examination showed no significant abnormality. The patient was treated with **Viddha Karma** at seven-day intervals for a total treatment period of 28 days. Written

informed consent was obtained before the procedure. Outcome assessment was carried out using subjective clinical parameters and grip strength measured with an electronic hand

dynamometer. The patient reported progressive reduction in pain and improvement in functional ability and grip strength. Complete relief from pain was observed after three sittings, without any reported adverse effects. This case suggests that Viddha Karma may have a beneficial role in reducing pain and improving functional grip strength in patients with lateral epicondylitis. Further studies with larger sample sizes and controlled study designs are required to establish its therapeutic efficacy.

KEYWORDS: Tennis Elbow, Lateral Epicondylitis, Viddha Karma, Snayugata Vata, Ayurveda, Pain Management, Grip Strength.

INTRODUCTION

Tennis elbow, or lateral epicondylitis, is a painful musculoskeletal condition involving the lateral aspect of the elbow, commonly associated with repetitive use of the wrist and forearm. Patients generally present with pain and tenderness over the lateral epicondyle, difficulty in gripping objects, and pain during activities involving wrist extension or lifting.

A 37-year-old male industrial worker presented to the Surgery OPD with complaints of severe pain in the left elbow joint for three months. The pain was aggravated by elbow movements and lifting weights and was associated with restricted movement of the affected joint. The patient had no significant history of trauma but reported routine occupational activities involving repetitive use of the affected upper limb.

The patient had previously consulted various clinicians and received treatment for the same complaint for approximately three months, but did not obtain significant relief. Routine blood investigations were within normal limits. X-ray examination of the left elbow did not reveal any significant abnormality.

On clinical examination, mild swelling was observed over the lateral epicondylar region. Palpation elicited tenderness over the lateral epicondyle extending towards the dorsum of the forearm. The patient experienced difficulty in holding objects with the affected hand. Maximum pain was reported during full extension of the left elbow.

Based on the clinical history and examination, the patient was diagnosed with **left lateral epicondylitis (Tennis Elbow)**. From an Ayurvedic perspective, the condition was considered under the clinical spectrum of **Snayugata Vata**, and treatment was planned with Viddha Karma as a para-surgical intervention.

Treatment Plan

Considering the condition as *Snayugata Vata*, the treatment was planned with the primary objective of reducing pain, pacifying the aggravated *Vata Dosha*, and restoring the functional capacity of the affected limb.

After detailed clinical assessment, the patient was selected for **Viddha Karma**. Written informed consent was obtained before initiating the procedure.

Treatment schedule

- Procedure: Viddha Karma
- Site: Tender/lateral epicondylar region as per the selected therapeutic points
- Interval between sittings: 7 days
- Total planned duration: 28 days
- Assessment: Before treatment and after subsequent sittings
- Objective outcome measure: Grip strength using an electronic hand dynamometer
- Subjective assessment: Pain, tenderness and functional difficulty

Standard Operating Procedure for viddhakarma

Equipments

- Cotton gauze pads
- Spirit solution
- Disposable needle no.26, 0.45 mm in breadth, 13 mm in length

Purvakarma

- Procedure will be explained to patient.
- Pre procedure assessment of patient will be done.
- Patient will be advised to take liquid diet (yavagu) diet before treatment.
- Informed written consent will be taken regarding the procedure and treatment protocol.

Pradhan karma

- Patient will be made to sit comfortably and instructed to bend the elbow at 90 degrees with pronated forearm
- Markings will be made over 4 anguli above and 4 anguli below elbow joint
- Affected part will be cleaned with spirit gauze piece.
- Then using 26 number gauze needle, viddhakarma will be done upto depth yava praman

6mm

- Needle will be withdrawn after few seconds and site cleaned with spirit swab. Same procedure of Viddhakarma repeated 4 anguli below the elbow joint. This procedure Viddhakarma repeated at interval of 7 days.
- Different needle will be used for each patient.

Paschat karma

- Patient will be observed for about 30 minutes after the procedure
- Patient will be advised not to allow water contact at viddha site for 24 hours

OBSERVATIONS AND RESULTS

The patient demonstrated progressive improvement following Viddha Karma. Reduction in pain and improvement in functional ability of the affected upper limb were observed during the treatment period.

After three sittings of Viddha Karma, the patient reported **complete relief from pain**. Improvement in gripping ability was also observed in the affected hand, as demonstrated by the grip-strength assessment using an electronic hand dynamometer.

No untoward effects or procedure-related complications were reported during the treatment period.

DISCUSSION

In contemporary medicine, lateral epicondylitis is generally associated with overuse and repetitive loading of the musculotendinous structures around the lateral elbow. Pain and tenderness over the lateral epicondyle, particularly during gripping and resisted movements, are characteristic clinical findings.

From an Ayurvedic perspective, the clinical features of Tennis Elbow can be considered in relation to *Snayugata Vata*, where aggravated *Vata Dosha* affects the *Snayu*, resulting predominantly in pain and restricted function.

Viddha Karma is described as a para-surgical procedure in Ayurveda. The therapeutic response observed in this case may be attributed to local stimulation produced by the procedure at the affected region. Such stimulation may influence local circulation and pain-modulating mechanisms and may subsequently contribute to reduction in pain and

improvement in functional capacity. However, these proposed mechanisms should be regarded as hypotheses and require confirmation through appropriate clinical and physiological studies.

The present case showed improvement in both subjective symptoms and grip strength following Viddha Karma. Complete pain relief after three sittings was particularly noteworthy. Nevertheless, because this is a single case report without a control group, the observed improvement cannot establish definitive efficacy or a causal mechanism.

CONCLUSION

Viddha Karma showed beneficial results in this case of left lateral epicondylitis, with reduction in pain and improvement in grip strength and functional ability. Complete pain relief was reported after three sittings, with no adverse effects observed. This case provides preliminary clinical evidence supporting further systematic investigation of Viddha Karma in the management of Tennis Elbow.

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