



Case Study

## EFFECT OF VIDDHA KARMA IN THE MANAGEMENT OF KATIGATA VAAT W.S.R. LUMBAR SPONDYLOSIS

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### ABSTRACT

Lumbar spondylosis is a chronic, non-inflammatory disease caused by degeneration of Lumbar disc and/or facet joints. According to Ayurveda, it is related to *Katigata vata*. Due to extreme vitiation of *Vata* in *Kati* region, causes restriction in movement and pain. Patients often presents with complaints such as Pain in the lumbar region, difficulty in standing and walking, and sometimes pain radiating to legs. And the treatment usually includes NSAIDs, opioids, muscle relaxant, tractions, injections etc. *Viddha karma* is explained in *Sushrut Samhita* and it works very good in instant pain management as it helps in eradication of *Avrodha* (obstruction). *Viddha Karma* is a para surgical procedure which removes the accumulated *Doshas* in the human body via a pricking procedure. Clinical presentation - 72-year-old, female patient with bilateral hip region pain radiation to both legs, for 3 years came to the clinic. Patient was diagnosed with lumbar spondylosis based on X-ray of LS spine. Total 5 sessions of *Viddha karma* were done in an interval of one week and 6th session was done after 3 weeks. Conclusion- Patient felt 70% relief in her symptoms in the first session itself and 90% relief after the complete treatment. While the *Viddha karma* removed the *Avrutta vata* and provided instant relief, Shaman therapy nourished the affected joints and muscles.

### INTRODUCTION

Lumbar spondylosis is a chronic, non-inflammatory disease caused by degeneration of Lumbar disc and/or facet joints. Lumbar spondylosis is a common age-related degenerative condition in the area of the lumbar spine with the gradual formation of bony overgrowth (osteophytes) predominantly those at anterior, lateral, and less commonly posterior aspects of the superior and inferior margins of vertebral bodies.<sup>[1]</sup> Low back pain (LBP) affects approximately 60–85% of adults during some point in their lives. It is estimated that around 85% of adults over the age of 60 have some degree of spondylosis.<sup>[2]</sup> Lumbar spondylosis is present in 27-37% of the asymptomatic population.<sup>[3]</sup>

And is one of the most common causes of low back pain. The symptoms usually include lower back pain, leg pain, as well as numbness and motor weakness to lower extremities that worsen with upright stance and walking, and improve with sitting and supine positioning <sup>[4]</sup>. All these symptoms can be correlated with *Katigata Vata*. *Katigat Vata* is one of a *Vatavyadhi*, which has been described in classical text Charak Samhita<sup>[5]</sup>. It has been correlated in the present study with lumbar spondylosis due to similarity in clinical manifestation and pathogenesis. According to pathogenesis, vitiated *Vata* gets aggravated and fills up the vacant channels in the body like the lower back spine and produce symptoms of low backache, stiffness, numbness, pain while walking and standing. Also pain radiates to one or bilateral lower limbs etc. There is no satisfactory treatment for lumbar spondylosis in modern medicine. The medical management can be approached by a surgical or non-surgical treatment, there is no consensus about the most effective therapy. In medicine, usually NSAIDs are used which gives temporary relief and lot of side effects.

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The physical therapy management consists of a multidisciplinary approach, which includes lumbar traction, manipulation of the spine, massage therapy, TENS, and lumbar back supports. [6] While the surgical management is costly and involves risks and side effects.

*Viddha karma* also known as *Vedhan* has been described in *Sushruta Samhita* as one of the eight *shastrakarma*[7]. This is a sterile procedure which includes piercing the points with special hollow needles considering the anatomy of *Marma* as per Ayurveda. The piercing leads to painful mechanical stimulus which causes release of endorphins thereby, causing immediate pain relief. Acute pain usually subsides immediately after performing *Viddha karma*. For chronic pain, multiple sessions are performed. This therapy is simple, safe, quick, and cost effective and hence in this case study *Viddha karma* was performed along with *Shamana* therapy to give relief from lumbar spondylosis.

### Case Report

A female patient of 72 years old complained of low back pain and bilateral hip pain more towards the left side of the body. The pain radiates to bilateral lower limbs since past 3 years. Patient was diagnosed with lumbar spondylosis as per clinical and radiological findings.

**History of present illness:** Patient was travelling to a trip to Goa from Pune, in the year 2020 where she got multiple jerks from speed breakers on the way. Since then, her pain started. She went to a Chiropractor in California in the year 2021, where she took around 20-25 sitting of therapy. She got temporary relief. Then she went to a Physiotherapist and took 1 month of physiotherapy. After some time, the patient again complained of pain in the lumbar region radiating to both hips, back of the thigh, and legs with severe intensity (LF>RT). The pain was pricking in nature and aggravated by walking and relieved on rest. Hence, she did the X-ray of pelvis and lumbar region where she was diagnosed with lumbar spondylosis and came to the clinic on 13<sup>th</sup> March, 2023

k/c/o – DM for last 15 years on Ayurvedic medicines.

n/h/o – any Surgery

n/h/o – fall/trauma/addiction

n/h/o – Any allergy

Personal history/*Ashthavidha Parikshan-*

*Nadi- Vata kapha Pradhan, Madhyam gati*

*Mal - Prakrut*

*Mutra – Prakrut*

*Jivha- Niraam*

*Sparsha – Anushna*

*Druta – Pitaabh*

*Aakrut – Sthool*

*Agni – Madhyam*

Weight – 83.50kg

O/E – P - 70/min BP – 160/90mmhg Spo2 – 99%

R.S - AEBE CVS – S1S2 N CNS – Conscious and oriented

Investigation– Xray of LS spine – AP and lateral (17/01/2023)– reduced dorsal and lumbar intervertebral disc spaces are seen along with osteophytes/degenerative changes. Suggestive of Lumbar Spondylosis.

**Other investigations:** CBC, RFT, BSL-F&PP, LFT, Lipid profile- WNL

### MATERIAL AND METHODS

- A detailed history of the patient was taken and thorough clinical and local examination was done to rule out any dislocation, fracture, or any other structural abnormality.
- Complete procedure was explained and written informed consent was taken from the patient.
- The tender points were palpated and marked by pen.
- It was then cleaned with a spirit swab.
- By using hollow disposable Needle no. 26 and 1/2, tender points were pierced at 90° angle up to depth of 3-4 mm.
- The needle was placed in the same position for 3-5 minutes and then removed.
- The blood coming out of the needle was cleaned with dry cotton gauze.
- The disposable needle was used only once and was discarded after the session.
- *Viddha karma* was repeated for every once a week for 5 weeks and 6<sup>th</sup> session was done after 3 weeks.
- Patient felt 70 % relief in her symptoms in the first session itself.



**Shaman (Palliative) treatment**

Medicines	Dose	Anupan	Time Duration
1. <i>Eakangveer rasa</i>	125mg bid, after food	Warm water	13/3/2023- 28/3/2023
2. <i>Vatavidhwansa rasa</i>	125mg bid, after food	Warm water	13/3/2023- 28/3/2023
3. <i>Erand tail with Shunthi kashay</i>	10ml oil with 3gm powder, Hs	100ml warm water	13/3/2023 –03/04/2023
4. <i>Trayodashang guggulu</i>	250mg bid after food	Warm water	28/03/2023 –19/04/2023
5. <i>Ashwagandhaadi yoga</i>	3gm bid	Ghrit + warm water	13/03/2023-12/05/2023
6. <i>Maharasnaadi kwatha</i>	20ml bid before food	Warm water	19/04/2023-12/05/2023

Duration of treatment – 13/03/2023 to 12/05/2023

Follow up – after every week for 5 weeks, then after 15 days, then after 3 months.

**Assessment Criteria for Pain and Stiffness**

Absent	0
Mild	1
Moderate	2
Severe	3

**OBSERVATIONS AND RESULTS**

	Before Treatment	After Treatment
Pain	3	1
Stiffness	2	1
Bending distance	84cm	50cm
Pump handle test	Negative	Negative
SLRT	Positive	Negative

**WOMAC Scale**

	Before Treatment	After Treatment
Walking	3	1
Rest	0	0
Stairs climbing	2	1
Bending	3	1
Ascending stairs	2	0
Descending stairs	2	0
Lying on flat surface	2	0
Lifting weights	3	1
Wearing socks in and out	3	1
Getting in and out toilet	3	1

**DISCUSSION**

Lumbar spondylosis can be described as a degeneration of the lumbar vertebrae and it is almost universal with increasing age. It is an important clinical, social, economic, and public health problem affecting the worldwide population. Most of the patients having LS take pain killers for long time and when they develop some side effects like hyperacidity, resistance of pain killer tablets, and no lasting effects

of other therapies, then they come to take Ayurvedic medicines. According to Ayurveda, lumbar spondylosis is correlated with *Katigata vata*, which is one of the *Vata vyadhi* i.e., disease due to vitiation of *Vata dosha*. *Charak Acharya* advised *Snehana*, *Swedana*, mild purgation as a treatment of *Vata vyadhi*. But many times, after taking these treatments still patients complain of pain. In such cases *Sushruta Acharya*

advised *Siravedha* means *Viddha* (bloodletting) treatment as a pain-relieving treatment.

### Probable Mode of Action of *Viddha Karma*

*Acharya Sushruta* said that pain is the cardinal symptom of vitiated *Vata Dosha*. Pain does not arise in the absence of *Vata* and *Dushit Rakta*.<sup>[8]</sup> In *Viddha* treatment when we insert the hollow fine needle into the painful site, first *Aavruta vata dosha* comes out (*Vatanulomana*) with its *Laghu* and *Chal guna* (properties) from that painful site and patient gets pain relief immediately. When the needle pierced in painful part, with *Vatanulomana*, and little quantity of blood also comes out.<sup>[9]</sup> Which gives the effects of *Raktamokshana* (bloodletting therapy).

*Viddha* treatment is like acupuncture treatment. In acupuncture, fine needles were inserted into specific exterior body locations (acupoints) and manipulated to relieve pain.<sup>[10]</sup> *Sushruta Acharya* also advised some specific points for *Siravedha (Viddha)* and also at the site of pain.<sup>[11]</sup> The placement of needles may cause the release of neurotransmitters such as endorphins, pain killers that may inhibit pain pathways.<sup>[12]</sup> Stimulation of large sensory fibres from peripheral tactile receptors depresses the transmission of pain signals either from the same area of the body or even from areas sometimes located in many segments <sup>[13]</sup>. After *Viddha* treatment patients feel *Laghavta* (lightness) at the site of pain which leads to easy movements of that painful body part. This treatment can be done in *Saam* and *Nirama avastha*.

The procedure is simple, economical and can be done in OPD level, and gives up to 50% instant pain relief to most of the patients in just one Sitting. In this case study, patient felt almost 70% relief in her symptoms in just one sitting and upto 90% relief after the complete treatment. She was called after 3 months for the feedback and follow up and she gave a video review where she mentioned she feels 90% better and can do her day-to-day activities comfortably.

### Probable Mode of Action of *Shamana Treatment*

*Viddha* treatment is not useful in breaking the pathogenesis of disease but it gives instant pain relief. Hence *Shamana* (palliative) treatment was given for breaking the pathology of disease.

- 1. *Ekangveer Rasa*:** It is indicated in paralysis, facial paralysis, and sciatica. It contains *Rasa Sindur*, *Abhraka Bhasma*, *Loha Bhasma*, *Tamra Bhasma*, *Nag Bhasma*, *Triphala* and *Trikatu*
- 2. *Vatavidhvansa Rasa*:** Effective *Shoolaghna kalpa* which alleviates irritation of *Vatavahini*. Most beneficial in reducing any type of pain due to *Vata* aggravation. It contains purified mercury, and Sulphur, calyx of lead, tin, iron, copper, mica, and other herbal ingredients.

- 3. *Ashwagandhaadi yoga*** contains *Ashwagandha*, *Chopchini*, *Hadjod*, *Shallaki*, *Guduchi*, *Laksha has Balya* (promoting strength), pain relieving, repairing degenerative cells, bone strengthening, *Rasayana* (rejuvenating), and *Vatashamaka* properties.
- 4. *Trayodashang guggulu*** is a *Guggulu* based formulation containing *Ashwagandga*, *Giloy*, *Shatpushpa*, *Rasna* etc is effective in easing types of pain and pacifies *Vata* disorders like sciatica, stiffness, and pain in the lumbosacral area. It cures all types of *Vata roga* and is also useful for treating joint pain and inflammation.
- 5. *Maharasnadi kwatha*** contains, *Shunthi*, *Nagarmoth*, *Nirgundi*, *Guggul*, *Erand*, *Ajwain*, etc It is used in rheumatoid arthritis, low back pain, muscle twitch, pain due to lumbar spondylosis, thigh cramps, muscle stiffness.
- 6. *Eranda tail with Shunthi kashay*** - 10ml *Eranda tail* (castor oil) was given with 3g *Shunth* powder mixed with 100ml warm water was given after dinner for *Aampachan* and *Vataanuloman*.

### CONCLUSION

*Viddhakarma* along with *Shaman* therapy was found to effective in the management of lumbar spondylosis. Patient got symptomatic relief in previous signs and symptoms and now she can do her daily routine work without pain.

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