



Case Study

ROLE OF VIDDHAKARMA IN MANAGEMENT OF ASHOPHA AKSHIPAKA - A CASE STUDY

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ABSTRACT

The colorful surrounding can be perceived by individual with the help of *Chakshurendriya* i.e. eye. This sense organ acquires utmost importance as this is one of the vital sense perceptions for human beings.

A 36 year old male patient was voluntarily selected for this study. He was diagnosed with *Ashopha Akshipaka* on the basis of symptoms wise burning sensation, sticky discharge, pricking sensation, heaviness, mild congestion, ocular pain and discomfort in both eyes. *Viddha karma* (bloodletting) is the only treatment modality selected for this study. Total 3 sittings of *Viddhakarma* (bloodletting) done consequentially for 3 days. *Viddhakarma* (bloodletting) done at the points described by *Acharya Sushruta* in *Sushruta Nidana Sthana* as *Apang* (Depression at lateral end of the eye brow), *Lalate* (on the forehead one and half finger above the eyebrow) and *Upanasika* (lateral aspect of alla). After first sitting Patient got relief, more than expected. *Viddha karma* (bloodletting) shows significant result in *Ashopha Akshipaka* and it helps in reducing the intensity of the symptoms in short period of time without any medicine.

INTRODUCTION

Eye is an important sense organ of our body without which one cannot see the universe. Infact, human being is extremely dependent on this sense organ. Eye is a different sense organ. If eye focuses on sense object one can perceive it. *Sushruta* has described *Ashopha Akshipaka Vyadhi* in *Sarvagata Netra Roga*.^[1] The Vitiated *Tridoshas* (three elements in Ayurveda) along with *Rakta Dhatu* (blood) moves through *Sira* (vein) towards eye and causes symptoms of *Ashopha Akshipaka* such as itching, marked congestion with pricking pain, heaviness, burning sensation, lacrimation may be warm and cool, clear or thick. *Acharya Sushruta* has described *Viddha karma* (bloodletting) as treatment modalities in *Akshi Roga* (eye disorder) and *Acharya Vagbhata* described

Vidhdhakarma (bloodletting) as treatment modality in *Ashopha Akshipaka* in *Uttarsthana* of *Vagbhat Samhita*.^[2] *Viddha karma* (bloodletting) is also known as *Vedhana karma*. *Acharya Sushruta* explained *Ashtavidha Shastra Karma*, *Vedhana* is one of them.^[3] *Viddha* derived from the word *Vyadha*, *Vyadha* means bore a hole to drain the entrapped *Vayu*. In *Sushruta Samhita Acharya Sushruta* described different points for *Viddhakarm* (bloodletting).^[4]

CASE STUDY

In this case study, 36 years old male patient, working as auto driver was selected for *Viddha karma* (bloodletting) in the management of *Ashopha Akshipaka*. The patient visited our OPD of *Shalakyatantra* with c/o of sticky discharge from both eyes, burning sensation, pricking sensation and ocular pain since 10-12 days. Patient has no h/o of any major illness/drug allergy/surgical illness/addiction. Two treatment modalities wise modern (topical antibiotic drops) and Ayurveda (*Viddhakarma*) procedure were explained in detail to the patient. Hence with all above conditions, it was decided to treat the patient with *Viddhakarma* (bloodletting).

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AIM

- ✓ To study the effect of *Viddhakarma* (bloodletting) in the management of *Ashopha Akshipaka*.

OBJECTIVES

- ✓ To study the effect of *Viddhakarma* (bloodletting) in *Ashopha Akshipaka*.
- ✓ To reduce the symptoms of *Ashopha Akshipaka*.

MATERIALS AND METHODS

Material

26 number and 1/2 inch needle, cotton gauze, spirit

Methodology

Study location - *Shalakyatantra* department

Duration of study - 3 sittings

Follow up - Consequent day

Standard Operating Procedure of *Viddhakarma* Method

Poorvakarma

1. Written informed consent taken.
2. Patient was made to lie down in supine position.
3. BP and Pulse of patient taken.

Pradhankarma

1. The points of *Viddha karma* (bloodletting) were cleaned with spirit swab.
2. with the help of 26 number and 1/2 inch needle, a gentle prick of 1.5 -2.5 mm deep made at *Apang* (Depression at lateral end of the eye brow), *Lalate* (on the forehead one and half finger above the eyebrow) and *Upanasika* (lateral aspect of alla).



Pachyat Karma

Blood oozed out from the pricked site was wiped out with the help of sterile cotton swab.

Criteria for the assessment of effect of the treatment

The assessment was done on the basis of relief found in the clinical symptoms and signs of the *Ashopha Akshipaka*.

According to their severity clinical symptoms and signs were given suitable gradation and assessment done before, during and after treatment.

Subjective Parameters

- ✓ *Netra Daha* (burning sensation)
- ✓ *Netra Aarktata* (redness)
- ✓ *Netra Todavat Vedana* (pricking pain)
- ✓ *Pichchil Netra Strav* (purulent discharge)
- ✓ *Netra Shula* (ocular pain)

Table 1: Measurement Criteria for Symptoms and Signs

0	Normal
+	Mild
++	Moderate
+++	Severe

Site of *Viddhakarma* (bloodletting)

Viddhakarma points described by *Sushruta* in *Sushruta Samhita Nidan Sthana* are

1. *Upanasika* (lateral aspect of alla)
2. *Apang* (depression at lateral end of the eye brow)
3. *Lalate* (on the forehead one and half finger above the eyebrow)

Table 2: Assessment Criteria

Symptom	Day 1	Day 2	Day 3
<i>Netra Daha</i> (burning sensation)	+++	+	0
<i>Netra Aaraktata</i> (redness)	++	+	0
<i>Netra Toda</i> (pricking pain)	+++	++	+
<i>Pichchil Netra Strava</i> (purulent discharge)	+++	+	+
<i>Netra Shula</i> (ocular pain)	+++	+	0

DISCUSSION

Ashopha Akshipaka Vyadhi was explained by *Acharya Sushruta* in *Sarvagata Vyadhi* of *Netrarog*. In this *Vyadhi* (disease), there is vitiation of *Tridosha* Along with *Rakta Dhatu* (blood). *Acharya Sushruta* has described *Vedhana karma* (bloodletting). *Acharya Sushruta* has mentioned that pain is the chief symptom of *Vata dosha* (one of the element) vitiation. It does not arrives in the absence of *Vata Dosha* (one of the element).^[5] In *Viddha Karma* (bloodletting), the hallow fine needle is used for piercing at points given by *Acharya Sushruta* like *Apang* (depression at lateral end of the eye brow) , *Lalate* (on the forehead one and half finger above the eyebrow), *Upanasika* (lateral aspect of alla). In *Ashopha Akshipaka* there is vitiation of *Vata dosha* (one of the element) along with other *Doshas* like *Pitta* and *Kapha Dosha* and *Dhatu* like *Rakta* (blood) and symptoms are seen accordingly. After inserting needle at *Apang* (depression at lateral end of the eye brow), *Lalate* (on the forehead one and half finger above the eyebrow), *Upanasika* (lateral aspect of

alla), patient feel lightness at that site due to *Vatanulomana* (regulation and alleviation of *Vata*) with its *Laghu* and *Chala Guna*.^[6] When needle was pierced at that site, *Vatanulomana* takes place and little blood oozed out which gives symptomatic relief in the case of *Ashopha Akshipaka*.^[7] 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* (bloodletting).

CONCLUSION

Viddha (bloodletting) treatment shows significant results in eye diseases like *Ashopha Akshipaka*. Patient got 60% percent relief after first sitting itself. *Viddhakarma* (bloodletting) gives better symptomatic relief in *Ashopha Akshipaka* although it is simple, economical and effective procedure which does not produce any adverse effect.

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