



**EFFECT OF VIDDHAKARMA IN MANAGEMENT OF MUSCULOSKELETAL PAIN  
(SHOULDER PAIN): A CASE STUDY**

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**ABSTRACT**

*Suchivedhana* terms as *Viddhakarma* classical Treatment For Pain Management described in Sushruta Samhita is one of the most widely Popular day by day in pain management used as alternative therapy in the management of Musculoskeletal disorders like Low Backache, Shoulder Joint pain , Cervical Pain. Pain is the common complaint in any musculoskeletal disorder and Its Prevalence and work related to Pain management increasing day by day in present era to reduce cost effectiveness of the management for this condition. Many would view this result as Evidence of in effectiveness for this intervention. In *ayurvedic* literature *vata dushti* can be treated by *Suchivedhana (Viddhkarma)*. And ayurvedic surgery in ancient india was extremely advanced today there was no doubts that ayurvedic viddhakarma originated from practice of using needles in surgery and the knowledge of pressure points (marmashtana). so in *Shoulder Joint Pain and stiffness*. I have kept the patient under *Suchivedhana (Viddhkarma)*. therapy upto satisfactory level of relief from pain. I have given 6 Days treatment and the patient got complete relief from pain. Follow up kept for next 1 months.

**KEYWORDS:** *Suchivedhana, Viddhkarma, Shoulder Joint Pain, Vata dushti.*

**INTRODUCTION**

Shoulder Joint pain and stiffness is major musculoskeletal health problem in middle age as well as elderly age group persons. and specially in hard working professions. This is most often seen in the patients over the age of 40 years. According to *Ayurveda* this condition occurs due to *Vata dosha* vitiation along with *Kapha dosha*. *Ayurveda* clearly mentioned this condition as treatable. as a result of *Vata dushti pain and stiffness occurs with tingling sensation in affected area*. In modern science only treatment available for this condition is analgesic, Muscle Relaxants and anti-inflammatory drugs. Disease can be compared with Avabahuka. *Suchivedha (viddha)* treatment indicated for *Vata dushti* in *Mansa dhatu*.

**CASE STUDY**

In this case study a 68 yrs aged male patient working as farmer was selected for *Siravedhana (viddhakarma)* in management of shoulder joint pain with shoulder stiffness who visited to OPD of *Shalyatantra* Department, Govt. Ayurved College, Osmanabad on 20th July 2017 with complaints of Rt.shoulder joint pain with stiffness, pain in cervical region, pain radiating to right Arm with tingling sensation since 1 month. Restricted movements at the right shoulder joint. No H/o

Fall down. The history suggested that he had worked hard in farm that he pick up small to large size of stones in farm and throw outside of farm in about 1 - 2 acres of the total area of field. And arises a bove condition. He received analgesic, anti-inflammatory but without any significant and satisfactory relief. hence Routine Blood investigation done. After careful assessment and examinations patient was diagnosed with shoulder Joint Pain and it was decided that this be treated with *viddhakarma Chikitsa* daily for 6 days with two sittings upto complete relief from pain. Patient got relief from pain after completion of 12 th Day. After the completion of 6 th day patient got relief from pain, tenderness, stiffness and restricted movement. And all symptoms were relieved no any adverse effects being observed throughout the entire period. To observe any recurrence of symptoms patient was followed upto 1 month but recurrence of symptoms were not observed. Patient was fully satisfied with *Suchivedhana (viddhakarma) Chikitsa*.

**AIM AND OBJECTIVE**

- To Reduce pain
- Improve function by mobilizing the appropriate Shoulder Joint segments, address myofascial

imbalance and look at trigger point therapy using needles.

- Improve wellbeing.

#### MATERIALS AND METHOD

Needle (26 No.) or Insulin Needle, Cotton Gause, Spirit.

#### Method

First clean the surface area with spirit. then mark more painful points as well as Identify Trigger points. the angle of the needle can be at 90 degree to the skin and may have deeper penetration due to more muscle availability. insert needle to a certain depth with the aid of small rotation created by index finger and thumb. As the needle rotated, it is also pushed in further into the skin. while one hand is used to insert the needle, other hand assist by either gathering the skin or by steadying the surrounding area. angle of insertion is depends on the area being punctured and effect desired. After insertion of needle in corresponding marma or points the energy will tend to grab the needle point and begin a therapeutic effects. removal of the needle after only few Seconds of insertion will simply disperse energy, an effect which sometimes may be desired. Repeat the procedure for next 6 days with one day break followed by mild snehan.

#### RESULTS

Represents the pre and post assessment of patient after *Viddhakarma* therapy.

Criteria	Before treatment	After treatment
PAIN	Severe Pain	No Pain

Treatments of acupuncture over 12 days improved overall wellbeing, improved sleep, increased shoulder joint function and the most importantly reduced pain in the short-term.

#### DISCUSSION

As per Ayurvedic concept, It is a type of *vata vyadhi*. Pain is the sign of *Vatadushti*. *Viddhakarma* mentioned in the selective clinical condition where *vata dushti* present. Strotorodha due to Kaphavrutta vata dosha have been considered causative factors for Shoola in the musculoskeletal pain. *Viddhakarma* procedure relises energy (vata) in affected area. which reduces Shoola and neutralize vata so that shoola get relieved. and patient got relief from pain, tenderness, stiffness and restricted movement Hence *Viddhakarma* is safe, cost effective with less complication, which gives sudden relief in Pain.

#### CONCLUSION

*Viddhakarma* has an important role in the management of pain in musculoskeletal disorder in the short-term. From the above case it can be concluded that *Viddhakarma* is an effective method for the management in musculoskeletal pain. It proves better than any other treatment. *Viddhakarma* gives significant result in musculoskeletal pain (shoulder pain).

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