



## ROLE OF VIDHA CHIKITSA IN PAIN MANAGEMENT OF JANU SANDHIGATA VATA

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### ABSTRACT

“Pain” is defined as an unpleasant sensation that can range from mild, localized discomfort to agony. Janu Sandhigata Vata is one among the Musculo Skeletal disorders which is prevalent throughout the world, according to Ayurveda all MSK diseases comes under one roof of vatavyadhi i.e., diseases occurred due to vitiation of vata dosha. Sushruta Acharya advised siravyadha which means vidha chikitsa (bloodletting) as a pain-relieving treatment. Suchiviyadhana karma can be considered as the simplest method of Raktamokshana. **Objectives:** In this clinical study vidha karma was selected to assess its role in the pain management of musculoskeletal diseases. **Methods:** This was single arm open label experimental clinical study. Total 30 patients were enrolled in the study fulfilling inclusion criteria. Written informed consent was taken. Vidha karma was done at the site of maximum pain. Readings were taken on Visual Analogue Scale (VAS) before and after treatment. Collected data was analysed with Wilcoxon sign rank test and conclusion was drawn. **Results:** Out of 20 patients 15 patients got 50% pain relief just after vidha karma. Patients could do their movements easily. Results were statistically significant and quite encouraging in single sitting & showed 46.9% effect of therapy to relieve the intensity of pain in musculoskeletal diseases.

**KEYWORDS:** Suchiviyadhana, Raktamokshana, vidha, pain management.

### INTRODUCTION

Disorders of the musculoskeletal system are prevalent throughout the world, and Osteo Arthritis of Knee joint is one of the common MSK disorder, which has features like Pain, Stiffness, Tenderness, Loss of Flexibility & Swelling. Pain can present in various ways as throbbing pain in toothache, eye ache or a colic pain which comes in spasm as in renal calculi, gnawing pain in abdominal discomfort, muscular pain as in sprain, sports injury, joint pain due to swelling and many more; and our answer to this is a pain killer which on frequent usage also kills our resistance power.<sup>[1]</sup> Janu sandhigata vata can be correlated to OA of knee joints which has the features of Vata poorna dhrti sparsha shota {swelling which feels like a bag filled with air} & Prasarana Akunchana vedana {pain during Flexion and extension}.<sup>[2]</sup> Charaka Acharya advised Snehana, Swedana, Agni karma, Upanaha etc. as a treatment of Janu sandhigata vata,<sup>[3]</sup> but many times after taking these treatments still patient complains of pain. In such cases Sushruta Acharya advised siravyadha which means vidha chikitsa (bloodletting) as a pain-relieving treatment. Suchiviyadhana i.e., vyadhana<sup>[4]</sup> karma is the simplest procedure to perform in routine practice and can be considered as a subtype of Raktamokshana.<sup>[5]</sup> Symptoms of a Durvidha sira<sup>[6]</sup> i.e., that a simple puncture though bleeds but does not reveal, also reflects

an idea of Suchiviyadhana. There are many methods of Raktamokshana which can be found in Ayurveda Classics like Shringa, Alabu, Jalauka, Ghatyantra, vigharshna<sup>[7]</sup>, Suchiviyadhana and siravyadha. The basic classification is based on whether it is done by some sharp instrument or by any other method. Shringa, Alabu, Ghati and Jalauka are examples of other methods. Amongst them Siravyadha is considered best method of raktamokshana as it has its effect on whole body. While describing line of treatment of many of the vatavyadhis siravyadha has been mentioned. Many people have a false belief that Ayurveda is no good in times of acute pain, Ayurvedic medicines should only be consumed in chronic illnesses and it always gives very slow results but the thing is they are unaware of the wonder management. Here are the various ways to kill pain. So, in this study vidha was done to the patients who have complaints of localized (pinpoint) pain. Vidha is a sterile procedure of puncturing or piercing selected points with special hollow needles. The immune system response to this treatment by releasing endorphin that helps to reduce pain. It is implied to give an instant and acute pain relief. It doesn't require any internal medication as an additive to enhance its effect. Many get confuse Vidha as an Acupuncture method. The principles used in Vidha are entirely different than Acupuncture. Vidha points are in relation to Marma points and uses particular vidha

needles for treatment. Viddha points are based on cell morphology as defined in Vaisheshika Darshana, a branch of philosophy accepted in Ayurveda.

**Aim:** To study the role of viddha in pain management of Janu sandhigata vata.

**Materials:** Disposable needle no.26x1/2, Spirit, Cotton.

**Methodology:** A single arm open label clinical study. Total 20 patients were enrolled in the study fulfilling inclusion criteria. Written informed consent was taken. Viddha karma was done at the site of maximum pain. Readings were taken on Visual Analogue Scale (VAS) before and after treatment. Wilcoxon signed rank test was applied to data.

### Procedure

The procedure is very simple and does not require any prior blood investigation before performing it. Hardly one to two drops of blood come out during the process. The patient is allowed to sit comfortably and points of maximum tenderness are identified. Points may be 3 to 5 in number. The part is cleaned with spirit and the needle

is pierced 2 to 4 mm for skin, 4 to 6 mm for mamsa and 6 to 10 mm for snayu, asthi and Sandhi<sup>[8]</sup> on painful points until the resistance is felt inside. After 2 to 3 minutes the needle is removed followed by cleaning of the part again. Sticking plaster is used on the prick points and Patient is allowed to open it after 30 minutes.

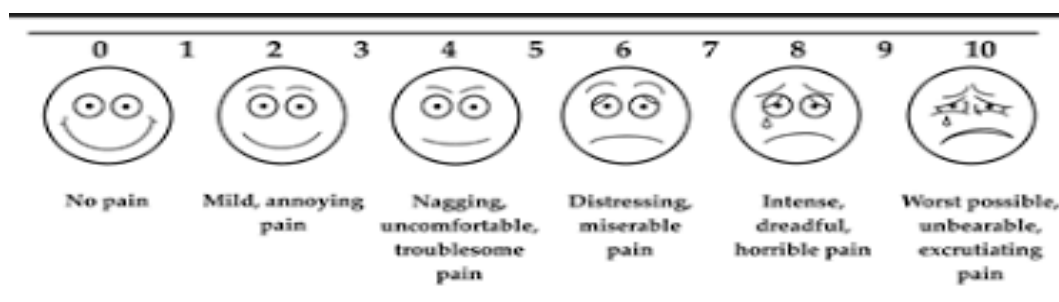
**Inclusion criteria:**

1. Diagnosed patients of osteoarthritis knee.
2. Patients complaining pinpoint location of pain.
3. Age – 20 to 60 years irrespective of gender.

### Exclusion criteria

1. Any other systemic conditions like k/c/o TB, HIV, CA.
2. Any other structural deformities of Knee joint.

**Assessment criteria:** Subjective criteria: To assess pain relief, Visual Analogue Scale was used. On Visual Analogue Scale, patients must mark on '0' to '10' numbers as per their intensity of pain. Readings were taken on Visual Analogue Scale before and after viddha treatment. Readings were taken on vas where patients themselves fill the scale.



### OBSERVATIONS

1. Out of 20 patients 12 were female and 8 patients were male.
2. 4 patients were in 20 to 30 years age group, 10 patients were in 31 to 40 years age group, 3 patients were

in 41 to 50 years age group and 3 patients were in age group of 51 to 60 years.

### RESULTS

**Table 1: Readings on VAS before and after viddha treatment.**

SL NO	BT	AT	SL NO	BT	AT
1	5	2	11	8	4
2	6	4	12	8	2
3	8	4	13	4	2
4	6	3	14	6	3
5	8	5	15	7	4
6	5	2	16	5	2
7	6	2	17	7	3
8	5	3	18	10	7
9	6	4	19	7	5
10	8	4	20	8	6

### Pain relief in percentage

0 – 25 % pain relief = 3 patients  
 26 - 50% pain relief = 13 patients  
 51 - 75% pain relief = 4 patients

76 - 100% pain relief = 0 patients

**Statistical analysis:** Statistical assessment was done by Wilcoxon Signed Rank Test.

**Table 2: Wilcoxon signed rank test.**

Pain	Median		Wilcoxon Signed Rank W	P-Value	% Effect	Result
	BT	AT				
	12.5	4	60	< 0.05	46.9	Significant

Since observations are on ordinal scale, we have used Wilcoxon Signed Rank test to test efficacy. From above table we can observe that P-Value is less than 0.05. Hence, we conclude that effect observed is significant.

## DISCUSSION

The principal manifestation in Osteo Arthritis is pain and impairment in locomotor function. Non-inflammatory conditions are far more prevalent than inflammatory diseases. Hence in this study non-inflammatory conditions like Osteoarthritis, Knee pain & Regional soft tissue pain is common. Most of the patients having these complaints took pain killers for long time. When they develop some side effects like hyperacidity, resistance of pain killer tablets, they come to take Ayurvedic treatments. In present study, 79.5 % relief in symptoms was seen in patients with muscular pain (commonly having spasm, sprain etc.). 74.7% relief in symptoms was seen in patients with neurological pain and 60.5 % relief in symptoms was seen in patients with joint pain. Relief in both the symptoms (pain and stiffness) is statistically highly significant. 70% patients reported relief in pain for next 24 hrs. and no recurrence of pain observed before that. However, after next few hours, pain again started though with less severity.

Acharya Sushruta said that pain is the cardinal symptom of vitiated Vata Dosha. Pain does not arise in the absence of Vata.<sup>[9]</sup> In viddha treatment the probable mode of action may be explained as when we insert the hollow fine needle into the painful site, first aavruta vata dosha is let out (vatanulomana) from that painful site then alpa raktasrava leads to removal of margavarodha of vata and thus results relief in pain. For the same region, Raktamokshana is indicated many of the vata and vatarakta vyadhies to remove margavarodha of vata.

Acharya Sushruta also advised some specific points for siravyadha (viddha) and also at the site of pain.<sup>[10]</sup> The placement of needles may cause the release of neurotransmitters such as endorphins, pain killers that may inhibit pain pathways.<sup>[11]</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. This results in a local lateral inhibition.<sup>[12]</sup>

The procedure was simple, economical and can be done in OPD level, gives upto 50% instant pain relief to most of the patients. After viddha treatment patients feel laghuta (lightness) at the site of pain which leads to easy movements of that painful body part. Viddha treatment is not useful in breaking the pathogenesis of disease but it gives instant relief.

## CONCLUSION

According to above data, it can be concluded that Viddha chikitsa helps to relieve pain in certain painful conditions for approximately 24 hrs. of duration. All patients tolerated the treatment modality well and there were not any side effects noticed in any of the patient. It is helpful to reduce the intensity of pain and helps to improve quality of life, to get long-lasting and complete relief repeated sittings along with medication is necessary.

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