ROLE OF VIDDHAKARMA IN THE MANAGEMENT OF NIMESHA -
A SINGLE CASE REPORT

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ABSTRACT

Introduction: Eye is an important sense organ of our body without which one cannot see the universe. Infact, human beings are extremely dependent on this sense organ. Eye is a different sense organ. If the eye focuses on a sense object one can perceive it. Sushruta has described Nimesha Vyadhi in Vartmagata Netra Roga. The Vitiated Vata Dosha enters Nimeshani Siras, gets localized in the Vartmas and causes symptoms of Nimesha Vyadhi such as increased involuntary movement of eyelid. Acharya Sushruta has described Viddhakarma as treatment modalities in Akshi Roga (eye disorder). Viddhakarma is also known as Vedhana Karma. Acharya Sushruta explained Ashtavidha Shastra Karma, Vedhana is one of them. 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 Viddhakarma. Materials and Methods: A patient with presenting symptoms of Nimesha Vyadhi was selected from Shalakya Tantra OPD of ITRA Jamnagar. Result: Patient showed marked improvement in the complaints after 1 month of treatment. Discussion: Nimesha is Vartmagata Vyadhi. Viddhakarma opens up the route of entrapped Vayu in place of Nimeshani Siras and cure significantly.

KEYWORDS: Nimesha, Viddhakarma, Blepharospasm.

BACKGROUND

As per Ayurveda classics, the sign and symptoms of Nimesha Vyadhi simulate Blepharospasm. Among 24 Vartmagata Rogas mentioned by Acharya Sushruta, Nimesha is one such disease. Nimesha Unmesh is function of Vyana Vayu. According to Acharya
Charak, Adhik Gati (Increased movement) is caused by Kaphavruutta Vyana. It is the condition in which increased involuntary movement of the eyelid occurs. Blepharospasm is a condition of the eyelid, It is a repeated involuntary contraction of the orbicularis oculi muscle. The earliest feature is an increased frequency of blinking. There is an inability to see during the spastic phase. The patient also has some physical and emotional discomfort. It mostly affects elderly females. The exact etiology is not known but is thought to be due to disturbance of basal ganglia. Medical treatment consists of injection of botulinum toxin in the orbicularis oculi muscle, but there some common but temporary adverse effects include ptosis, lagopthalmos, dry eye and occasionally diplopia. Doxorubicin, a chemotherapeutic agent, is also tried to produce chemomyectomy. Surgically, differential section of the seventh nerve or excision of lid protractors with brow suspension can be done. Owing to the possible complications and contraindications of surgery, there is a growing need for drugs that could effectively address the problem.

CASE REPORT
In this case study, a 47 years old female patient, working as tailor was selected for Viddhakarma in the management of Nimesha. The patient visited our eye OPD of Shalakya Tantra with c/o increasing involuntary movement of eyelid & discomfort in both eyes. Treatment procedure was explained in detail to the patient after questioning about the Kshudha, Nidra, Mala Pravritti and Mutra Pravritti. Hence with all above conditions, 3 sitting of Viddhakarma done consequently for 7 day intervals along with locally Goghrit Manda massage with Arandbhrishta Haritaki at bed time.

AIM
● To study the effect of Viddhakarma in the management of Nimesha.

OBJECTIVES
● To study the effect of Viddhakarma in Nimesha.

MATERIALS AND METHODS
● 26 number and 1/2-inch needle, cotton gauze, spirit.

METHODOLOGY
Study location – Eye OPD of Shalakya Tantra
Duration of study - 3 sittings
Follow-up – 7 days interval

**Standard operating procedure of viddhakarma method**

**Poorva karma**
1. Written informed consent taken.
2. BP and Pulse of patient taken.

**Pradhan karma**
1. The points of Viddhakarma were cleaned with a spirit swab.
2. With the help of 26 number and ½ inch needle, a gentle prick of Ardha Yava deep made at Upanasika (Lateral aspect of alla). Lalata (On the forehead half finger above the eyebrow), Apanga (Depression at lateral end of the eye brow).

**Paschchat karma**
Blood oozed out from the pricked site and 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 Nimesha.

**Subjective parameters**
- Increasing involuntary movement of eyelid
- Discomfort in eyes

**MATERIALS AND METHODS**
26 number and ½ inch needle, cotton gauze, spirit.

**Table 1: Measurement criteria for Symptoms and Signs.**

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<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>0</td>
<td>Normal</td>
</tr>
<tr>
<td>+</td>
<td>Mild</td>
</tr>
<tr>
<td>++</td>
<td>Moderate</td>
</tr>
<tr>
<td>+++</td>
<td>Severe</td>
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**Site of viddhakarma**
1. Upanasika (Lateral aspect of alla)
2. Apanga (Depression at lateral end of the eyebrow)
3. Lalata (On the forehead half finger above the eyebrow)
Table 2: Assessment criteria.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Day 1</th>
<th>Day 7</th>
<th>Day 14</th>
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<tbody>
<tr>
<td>Increased involuntary movement of eyelids</td>
<td>+++</td>
<td>++</td>
<td>+</td>
</tr>
<tr>
<td>Discomfort in eye</td>
<td>++</td>
<td>+</td>
<td>-</td>
</tr>
</tbody>
</table>

DISCUSSION

*Nimesha Vyadhi* was explained by *Acharya Sushruta* in *Vartmagata Netraroga*. In this *Vyadhi* (Disease), there is vitiation of *Vata*. *Acharya Sushruta* has described *Vedhana Karma*. *Nimesha-Unmesh* is the chief function of *Vata Dosha*. *Vridhhi of Chala Guna of Vata Dosha* leads to symptoms i.e. increased involuntary movement of eyelid and discomfort in eyelid. It does not arrive in the absence of *Vata Dosha*. In *Viddhakarma*, the hallow fine needle is used for piercing at points given by *Acharya Sushruta* like *Apanga* (Depression at lateral end of the eyebrow), *Lalata* (On the forehead half finger above the eyebrow), *Upanasika* (Lateral aspect of alla). After inserting the needle at that site, patients feel better in discomfort due to *Vatanuloman* of *Vata*. *Viddhakarma* works over *Vata* and *Rakta Dosha*. It opens up the entrapped *Vayu* in place of pathology, helps to reverse the mechanism of *Samprapti* and cures the *Vyadhi* more quickly.

CONCLUSION

*Viddhakarma* treatment shows significant results in eye diseases like *Nimesha*. Patient got 40 percent relief after first sitting itself. *Viddhakarma* gives better symptomatic relief in *Nimesha* although it is a simple, economical and effective procedure that does not produce any adverse effect including dermal allergies.

REFERENCES