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Viddhakarma & Agnikarma in ENT Diseases

Chandrakumar Deshmukh

Govt. Ayurved Collage Nanded, Viddhakarma Agnikarma Specialist, Pune, Maharashtra, India.

ABSTRACT

Viddhakarma is unique treatment of ayurveda which gives instant pain management and disease management. *Agnikarma* i.e., conduction of heat with Gold Stick is another scientific management of pain in *Ayurved*. Both *Viddhakarma* and *Agnikarma* is more helpful in management of ENT diseases.

Key words: *Viddhakarma, Agnikarma, ENT Disease*

INTRODUCTION

While treating patients using *Viddhakarma* and *Agnikarma*, usually there are patients with pain in joints. A person having pain is always restless. This is routine observation in practice. The patients always demand quick methods to relieve pain. Thus, comes idea of *Viddhakarma* and *Agnikarma* in *Ayurved*. Because there is not quick expected result of *Ayurved* medicine including *Shuoolprashamana Gana*. But extent of *Viddhakarma* and *Agnikarma* is not limited to pain management only. Both are useful in pain as well as disease management. It's applied to ENT diseases also. With the reference of *Siravyadh Adhyaya* and *Agnikara Adhyaya* of *Sushrut Samhita* Chapter 8. These two chapters, we started experiencing the procedures mentioned there in. While doing so many facts came in light which were obscure. This *Viddhakarma* and *Agnikarma Chikitsa* is widely distributed in *Sushruta Samhita*. We started doing and we got better results.

Address for correspondence:

Dr. Chandrakumar Deshmukh

Govt. Ayurved Collage Nanded, Viddhakarma Agnikarma Specialist, Pune, Maharashtra, India.

E-mail: ccd.kumar@gmail.com

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DISCUSSION

Viddhakarma is explained in *Siravyadh Vidhi Adhyaya*. Here *Viddha* means to puncture. In *Siravyadh Vidhi Adhyaya*, there is explanation of *Raktamokshana* and every *Ayurved* physician knows it. We do *Raktamokshana* on explained site. But what to do in references like *Nasaroge*.

There are no any blood vessels to do *Raktamokshana* at many points in *Urdva Jatrugat Vikaar*. So many practitioners do *Raktamokshan* at jugular vein or on hand. But as mentioned *Raktamokshana* is Point specific treatment, there is perfect places of diseased. As in Nose disorder we must do *Raktamokshan* at Tip of nose. There is no point in doing at different places. This problem is solved by acharya *Dalhana*.

Sukshma Viddha Avyaktam Asrujam Stravet |

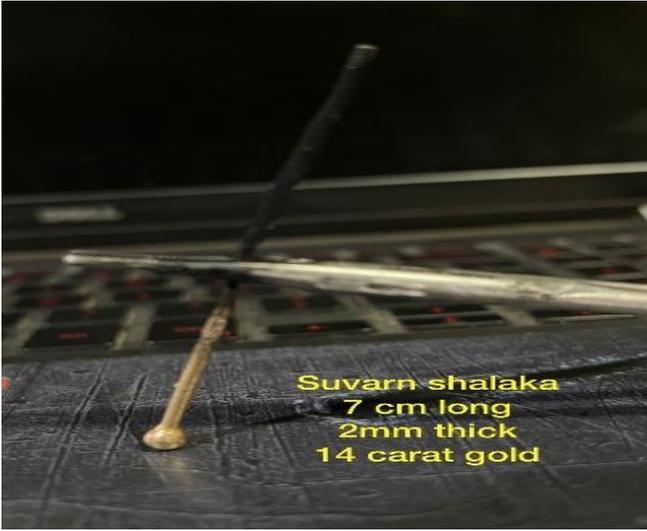
He said at expected site if there is no blood vessel, and then does *Viddha*. Blood letting is not expected or very less blood letting is expected in such cases.

Instrument: for ENT diseases, we use Needle of size 26 no. and ½ length. As it is exact of *Vrihi Pramana*.



Agnikarma

Agnikarma explained according to places of disease. The *Agnikarma* we do is with *Suvarn Shalaka* (Gold stick) with conduction method. Also, we use *Loha Shalaka*, *Raupya Shalaka*, *Pippali*, *Haridra* (Turmeric), *Bhallataka* as explained in *Sushruta Samhita*. If there is no relief of pain or disease with *Kaychikitsa*, use of *Agnikarma* is *Apunarbhava*.



Suvarn Shalaka: Made from 14 carat gold, 7 cm long and 2 mm thick (End 4 mm) We can use 18 carat gold *Shalaka* also.

How Viddhakarma and Agnikarma works

स्नेहादिभिः क्रिया योगयेः न तथा लेपनेः अपि ।

यान्ति आशुः व्याधयः शान्तिं यथा सम्यक् सिराव्याधात् ।

धमन्यः च विशुध्यन्ति दुष्ट रक्तत्वाचः आशयाः ।

तत्र या सूक्ष्म शस्त्र विदधः अव्यक्त असृजम स्तावेत । सु.शा.उ

As we know from *Urdvha Jatrugat Vikara* are due to *Dushta Dosha* comes from *Sira*, *Rakta* to *Shirobhaaga*. Hence in all *Vedya Vyadhi* after *Viddhakarma* we get results as told in *Raktamokshana* by removing *Dosha*.

And *Agnikarma* works by removing *Stambha Guna* and causing vasodilation thus helping in various diseases.

1. Jivhaa Vikara, Dant Vikara : At the base of tongue for disease of tongue and teeth. *Viddha* should be done by raising tongue at its base. On vein situated on both sides of frenulum.



उन्नमित विदष्ट जिह्वाग्रस्याधो-जिह्वायाम् ॥ सु.शा.८/८

जिह्वारोगेष्वधोजिह्वायां दन्तव्याधिषु ॥ सु.शा.८/१७

2. Talu Vikara : For disease of palate and teeth, *Viddha* should be carried out on the palate and gums by opening mouth. This *Viddha* helps in tooth ache, lichen planus, sub mucosal fibrosis etc.



3. Nasa Rog: in *Nasagat Vyadhi*, *Viddhakarma* at tip of nose. This helps in DNS, *Nasavarodha*, Nasal obstruction, allergic rhinitis. If there is *Rakt Pittadushti* then it gives instant changes in symptoms.

नासाग्रे । सु. शा. ८ / १७

गंधाग्रहणे नासारोगेषु सु. शा. ८ / १७



4. Karn Vikaar (Ear disorders): Viddhakarma in Karna Badhriya, Karn Shul, Karnavikar carried out at a point one Angul above Vidhur Marma at margin of hair follicle called as Keshante. In children we treated more than 25 patient of hearing loss who were advised cochlear implant. it works in sensorineural hearing loss in great output. Viddhakram peirod is too long in hearing loss, but karn shul patient gives instant results. Specially ASOM pain

कर्णशूले कर्णरोगे तद्रोगेषु |

विधुरमर्माश्रित अधोभागस्य |



5. Shirorog: Viddhakarma in Shirorog is at Nasasamipasathe. On the lateral side of nose this Viddhakarma is also useful in refractive errors, Akshipaak (conjunctivitis), Adhimantha (glaucoma).

तिमिराक्षिपाक प्रभृष्वक्ष्यामयेषूपनासिके |

एता एव शिरोरोगाधिमन्थप्रभृतिषु रोगेष्वस्ति || सु.शा.८/१७

6. Conjunctivitis (Akshipaak): Akshipaak of inflammatory and non-inflammatory types should be treated by Viddhakarma at Apand Upanasika Lalat Pradesh.

सशोफश्चाप्य शोफस्य तत्र... विध्दवां शिरां भिषक् | सु.उ.१२/३८

सिरांश्चात्र अपाङ्ग्या औपनासिका ललाट्यां वा | टीका

7. Abhishyanad and Adhimanth: all types of Abhishyanada and Adhimantha Viddhakarma at the Upanasika Lalatya and Apang Sandhi. We see more patients of both in our practice specially ophthalmic. With correct Viddhakarma we can see

reduction in IOP 2-3 mm of HG. In this diseases there is importance of accuracy. "Abhyasat Prapyate Drushti Karm Siddhi Prakashini" told in Vagbhat Sanhita. As we do Viddha according to Mandala and Patal. When there is changes in Drushti then we must consider involvement of Shrungatak Marama and Shankha Marm. Shrungatak Marm is the place where four Strotasa are united i.e., Netra Vaha, Nasavaha, Shabdavaha, Jivhaa.

पुराणसर्पिषा स्निग्धौ स्यन्दाधिमन्थ पीडितौ |

स्वेदयित्वा यथान्यायं सिरामोक्षेण योजयेत् ||

सिरामोक्षेणेत्यत्र सिरा उपनासिका ललाट्यां अपाङ्ग्यां वा | टीका

8. Vedhya: Sirotpaat, Siraharsh, Akshipaak, Anytowaat, Puyalas, Vaatviparyay, Adhimanth, Abhishyand. These are diseases mentioned as Vedhya Vyadhi. In all Vedhya Vyaadhi Raktamokshan i.e., Viddhakarma Chikitsa is main Chikitsa. As we know Basti is half treatment in Kayachikitsa, such as Viddhakarma is half treatment in Shalya Shalaky Vyadhi.

As mentioned earlier Raktmokshan i.e., Viddhakarma is point- Sthan specific Chikitsa, we must do Viddhakarma at the specific points mentioned, and Agnikarma is done at maximum point of pain and tenderness.

But in some Vydhi like Anantawaat - Trigeminal neuralgia, Kaach, Timir etc. there is only reference of Raktamokshan but not specific place for it. So with the help of modern science anatomy and Ayurved Netra Sharir, we started Viddhakarma according to Mandal – Pratham Dwitiya, Trutiya etc. and we are getting excellent results in Shalakyatantra diseases.

CASE HISTORY

Age: 56 yr

Previous medical history

Known case of Diabetes - controlled by Tablets, no h/o BP and any previous medical history.

A person came to clinic with Disturbance in vision, unable to see the vision field, some foggy changes in vision. PL - Normal, Finger count - normal.

In OCT – rt eye – There was bleeding



CONCLUSION

For deciding efficacy of *Viddhakarma* we diagnosed this with the *Drushtigat Vyadhi*, as patient was complaining a little pain in rt eye so we decided to *Viddhakarma* only for clinical purpose. We started *Viddhakrama* of *Drushtigat Vyadhi*, First *Bhrumadhya*, *Apang*, *Bhrupuccha* and *Upanasika*. Day 2 - Pain Complaint resolved, Day 3 - Slight vision improved.

After 15th *Viddha* All symptoms resolved. Without any medication we repeated OCT and we got best result.



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