



## Therapeutic Application of Viddhkarma in Pratishyaya Among Children: A Case Report

Rawat K<sup>1\*</sup>, Prakash A<sup>2</sup>, Verma K<sup>3</sup>

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<sup>1\*</sup> Kanchan Rawat, Post Graduate Scholar, Department of Kaumarbhritya, Uttarakhand Ayurved University, Rishikul Campus, Haridwar, Uttarakhand, India.

<sup>2</sup> Anand Prakash, Post Graduate Scholar, Department of Kaumarbhritya, Uttarakhand Ayurved University, Rishikul Campus, Haridwar, Uttarakhand, India.

<sup>3</sup> Keerti Verma, Professor, Department of Kaumarbhritya, Uttarakhand Ayurved University, Rishikul Campus, Haridwar, Uttarakhand, India.

As Nose is sensory organ performs olfactory & respiratory functions. Due to direct contact of nose with external environment, it is exposed to many micro-organisms & pollutants present in the environment. Because of increased environmental pollution & crowdy life, rhinitis is common disease in this present era. In Ayurveda, the condition can be correlated with Pratishyaya. Ayurveda described Pratishyaya as Vata-Kaphaj Roga with characteristic features like; Nasashrava, Ghranauparodha, Shirashoola, Shirogauravam, Jwara, Kasa, Kaphotklesh, Aruchi, Swarbheda. Ayurveda recommends both Shodhan and Shaman Chikitsa for managing Pratishyaya. In this case Viddha Karma, a form of Shodhana Chikitsa, was selected as the main line of treatment. This therapeutic procedure aids in clearing obstructions in blood vessels, thereby improving circulation and stimulating nerve endings. Consequently, it helps reduce the transmission of pain signals from the affected area. This integrative approach not only addresses the symptoms of the disease but also offers safe, gentle, and effective relief. It exemplifies the enduring relevance of Ayurveda in providing comprehensive and holistic healthcare solutions.

**Keywords:** Pratishyaya, Nasashrava, Ghranauparodha, Shirashoola, Shirogauravam, Jwara, Kasa, Kaphotklesh, Aruchi, Swarbheda

Corresponding Author	How to Cite this Article	To Browse
Kanchan Rawat, Post Graduate Scholar, Department of Kaumarbhritya, Uttarakhand Ayurved University, Rishikul Campus, Haridwar, Uttarakhand, India. Email: <a href="mailto:rawatikanchan@gmail.com">rawatikanchan@gmail.com</a>	Rawat K, Prakash A, Verma K, Therapeutic Application of Viddhkarma in Pratishyaya Among Children: A Case Report. J Ayu Int Med Sci. 2025;10(8):316-320. Available From <a href="https://jaims.in/jaims/article/view/4582/">https://jaims.in/jaims/article/view/4582/</a>	

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## Introduction

*Pratishyaya*, the word itself indicates that is recurrent in nature and can be precipitated even due to trivial of etiological factors.[1] *Pratishyaya* is one among the *Nasagata Roga* (disease related to nose). It happens due to the vitiation of three *Dosha* i.e., *Vata*, *Pitta*, *Kapha*.

वातं प्रतत अतिमुखंश्यायो गमनं कफादीनां यत्र स प्रततश्याय ।  
(उल्लेख)

Disease defined as the secretion produced by the vitiation of *Vata*, *Kapha* flow through the nose.[2] *Pratishyaya* is the causative condition for all the other disease of nasal cavity and hence it is explained with priority of *Nasa Rogas*. *Acharya Sushruta*, *Vagbhatta*, *Madhavakar*, *Bhava Mishra*, and *Sharangadhara* described the five different types of *Pratishyaya*. *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, and *Raktaja*. *Raktaja Pratishyaya* has yet to be described by *Acharya Charaka* and *Kashyapa*. Symptoms of *Pratishyaya* resemble those of Rhinitis. Rhinitis is characterized by inflammation of the nasal mucosa, leading to symptoms such as nasal congestion, runny nose, sneezing, and itching. There are two main types: allergic and non-allergic rhinitis. It is a most common chronic disease in children. An Indian study reported that prevalence of allergic rhinitis was 11.3% in children aged 6-7 years, and 24.4% in children aged 13-14 years.[3] In rhinitis, the nasal mucosa becomes inflamed as a result of infection, allergy, or physical irritation. This mucosal lining is richly supplied with blood vessels. When the sympathetic nervous system is activated, it causes vasoconstriction, leading to the shrinkage of the nasal mucosa. On the other side, stimulation of the parasympathetic system is responsible for excessive secretion from the nasal mucosa and local vessel dilatation. Additionally emotional disturbance also plays a significant role as the hypothalamus controls the autonomic nervous system supply of nasal mucosa. Pathophysiology of *Pratishyaya*: impaired *Agni* is the root cause of many diseases. The manifestation of *Pratishyaya* begins from *Agnimandhya* due to the multiple etiological factors like *Vegadharana*, *Vishmashna*, *Atijalpana* after food, ultimately leads to *Mandagni* and results in formation of *Ama*. This produces vitiation of *Rasavaha*, *Raktavaha*, and *Pranavaha Srotodushti*, which in turn causes vitiation of *Udanvayu*, *Tarpaka Kapha*, and *Bhrajaka Pitta*.

Results in *Sthanasamsrya* of *Tridosha* in head & expel from nostril cause *Pratishyaya*. *Pooravroop* of *Pratishyaya* like *Angamarda* (body ache), *Shirogurutava* (Heaviness of head), *Lomaharsha* (Horripilation) clearly show this association of *Ama* with *Pratishyaya*. [4]

*Pratishyaya* is the only disease explained in *Shalaky Tantra* which develops complication even before the sign and symptoms occur, hence if treated when the *Pooravaroops* are seen, the further pathology can be stopped.[5] The *Roopa* of *Pratishyaya* as per *Acharya Charak* are: *Ghranartitoda* (Pricking pain in the nose), *Kshavathu* (Sneezing), *Jalabhsrava* (Watery discharge), *Swarabheda* (Hoarseness of voice), *Shirashoola* (Headache).

*Acharya Kashyap* mentioned many co-morbidities about *Pratishyaya*, which are, *Mukha Roga*, *Karna Roga*, as *Vata* gets stuck in the head region, nose, and oral cavity, which causes a change in the sensation of smell. It may cause loss of smell. *Kapha* aggravation causes unclear passages, and *Pitta* aggravation causes putrefaction and a bad smell.

In this case *Viddha Karma*, a form of *Shodhana Chikitsa*, was selected as the main line of treatment. In this a dry hollow needle for puncturing is used. This case report highlighted the effect of *Viddha Karma* in treating a Rhinitis patient.

## Case Report

A Nine-year-old male child with chronic episodes of continuous sneezing (8-9 times/day) with rhinorrhea (watery discharge from nose) in the early morning, associated with heaviness in the head region, has been presented in the outdoor department of Kaumarbharitya, Rishikul Campus (Haridwar). These symptoms get aggravated by seasonal variation. He was suffering from these complaints over a period of 4-4½ years. He took contemporary treatment for the same condition and used to get symptomatic relief temporarily. So, the patient came to the hospital for further betterment.

**Family history:** Not any

### Clinical finding

On general examination, the patient was fit and well oriented. Patient has good appetite and has habit of eating packed food 4 times/week.

Period of sleep is regular. Anthropometry measure are as follows-

Parameters	Findings
Weight	28.5 kg (Expected Wt.:29 kg)
Height	134cm (Expected Ht:131cm)
Head Circumference	52cm
Chest Circumference	55cm
Mid Upper arm Circumference	19cm (Rt), 19cm (Lt)

The growth and development are proper as per his age.

### Systemic examination

The patient was aware of the date, time, and location. His gastrointestinal system and cardiovascular system were also normal.

At rest, the respiratory rate was 24 breaths per minute and other vitals are in normal range.

### Local Examination

#### Examination of Nose:

1. Inspection - Swelling of the nasal mucosa, both nostrils had clear, watery thin secretions.
2. Anterior Rhinoscopy - Lower and anterior part of septum & middle turbinate appears red, floor of the nose becomes red, mucosa is red and nasal septum is normal.
3. No other severe anatomical structural deformities found.

On examining the patient with the help of *Ashtvidha Pariksha*, the finding are-

#### Ashtvidha Pariksha

**Nadi:** Vata Pradhan Pittanubandhi

**Mala:** Nirama

**Mutra:** Samanya Pravrti, Peetabh Varn

**Jivha:** Lipta

**Shabda:** Spastha

**Sparsha:** Ruksha, Samsheetoshana

**Drikka:** Samanya

**Aakriti:** Samanya

#### Samprapti Ghataka of Pratishyaya

**Dosha:** Udanvayu, Tarpaka Kapha, and Bhrajaka Pitta

**Dushya:** Rasa, Rakta

**Agni:** Mandagni

**Srotas:** Rasavaha, Raktavaha, Pranavaha

**Srotodushti:** Sanga, Attipravrti

**Samuthana:** Shira

**Adhithana:** Nasa, Shiras

### Treatment Plan

By keeping the *Dosha- Dushya Samurrrchana* in mind, the patient was advised to use *Viddhkarma* along with the adjuvant *Ayurvedic* medicines to pacify *Doshas*.

### Intervention

The patient was treated with 7 sittings of *Viddha Karma* regularly for 7 days. *Viddhakarma* was performed in three stages i.e., *Purvakarma*, *Pradhanakarma*, and *Paschatkarma*.

#### 1. Purva Karma:

The patient gave informed written consent, and all the equipment required for and *Viddha Karma* was kept ready.



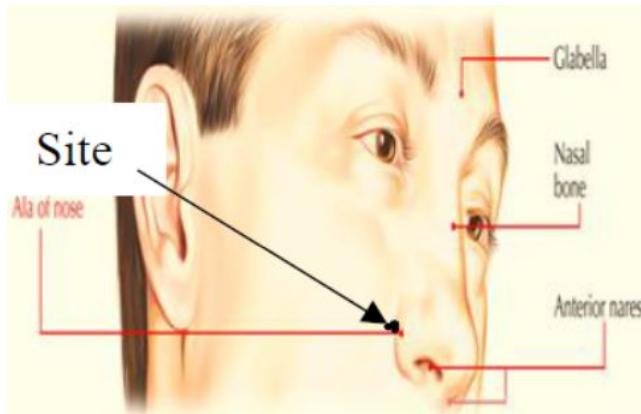
**Figure 1: Equipment required for Viddha Karma (26 no. needle, Cotton, Surgical spirit)**

#### 2. Pardhana Karma:

The patient was advised to sit in a comfortable position and points were marked on *Upnasika* (lateral aspect of ala) of the child for the *Viddha Karma* with the help of a marker by locating the appropriate site for the procedure.

#### Anatomy of Upnasika

- Nerve: Infraorbital branch of Trigeminal nerve.
- Vascular: Lateral nasal branch of facial artery.
- For *Viddha Karma*, we use Needle No. - 26 1 & 1/2, Pierce it 2-4 mm for Skin.



**Figure 2: Viddha Karma**

**3. Pashachaat Karma:** Pathya and Apathya (avoid junk/packed food, spicy and salty food) were advised to the patient as per the disease and Dosha Pradhanata. Additionally, daily Yoga practice for 20 minutes was recommended.

## Result

Regression of patient's symptoms was observed from the third day of treatment and complete remission of the condition was observed by 7th day of treatment. During the treatment no minor or major complication was observed in the patient.

Days	1	2	3	4	5	6	7
Episodes of sneezing	Present	Present	Present	None	None	None	None
Rhinorrhoea							
Heaviness in head region							

## Discussion

Rhinitis diminishes the quality of life for many patients, disrupting their sleep quality and cognitive function and inducing irritability and fatigue. Moreover, it is associated with reduced school and work performance. Due to excessive intake of junk food items (*Virudhahara*), unawareness regarding health and hygiene, and exposure to the environment and infectious agents, school-going children are more prone to recurrent upper respiratory tract infections. Frequent and improper sleeping can cause vitiation of *Vata* and *Kapha*, which may cause *Pratishyaya*. *Nidana Parivarjana* should be done initially in the Pediatric population.

### Probable mode of action of Viddha Karma

*Viddha Karma* is among the *Shashtra Karma* as explained in *Brihatrayee*, *Laghutrayee*, and other classics. It involves the therapeutic puncturing or piercing of specific anatomical points using a fine, hollow needle. In conditions such as *Pratishyaya* (rhinitis), where there is a predominance of *Vata* and *Kapha* Doshas, the insertion of the needle at the *Upanasika* (nasal region) brings about a sensation of lightness, primarily due to the regulation and alleviation of *Vata* (*Vatanulomana*). In this process there is *Sukshma* or *Avyakta Rakta Srava* is always attained, which aids in clearing the obstructed channels (*Srotasas*), restoring proper blood flow, and promoting detoxification. Additionally, the stimulation of peripheral sensory fibres reduces the transmission of irritating stimuli from the affected area, representing a key mechanism in the therapeutic action of *Viddha Karma*. This stimulation further activates the immune response, leading to the release of endorphins, which contribute to pain relief and reduction of inflammation.



## Conclusion

*Pratishyaya* is a condition primarily affecting the *Nasa* (nose) and *Shiras* (head). In the current era of increasing environmental pollution, the incidence of allergic rhinitis (*Pratishyaya*) is steadily rising.

Management of *Pratishyaya* involves *Shaman Chikitsa*, *Shodhana Chikitsa*, and strict adherence to *Pathya-Apathya*. *Viddhkarma* therapy used in treatment are known for balancing *Doshas*, detoxification, relief in symptoms, nerve stimulation. This holistic approach effectively providing safe, gentle, and reliable relief to the patient.

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