



Case Study

**SIGNIFICANCE OF VEDHAN KARMA IN RESTRICTED AND PAINFUL SHOULDER JOINT
DIAGNOSED AS VATARAKTA**

Pal Subodh^{1*}, Paradkar Hemant², Pathrikar Anaya³, Attar Sajida⁴

*1PG Scholar, ²Associate Professor, ³Professor and HOD, ⁴Assistant Professor, Department of Kayachikitsa, APM's Ayurved Mahavidyalaya, Mumbai, Maharashtra, India.

Article info

Article History:

Received: 07-10-2023

Accepted: 12-11-2023

Published: 10-12-2023

KEYWORDS:

Vedhan karma,
Viddha karma,
Vatarakta, Instant
Pain relief, Kshipra
marma.

ABSTRACT

Vatarakta is a disease of Avarana pathology caused by vitiated Rakta and Vata. The Vata gets vitiated by its own causes and its movement gets restricted by vitiated Rakta which leads to Vatarakta. In this disease, Vata and Rakta get vitiated by distinct etiological factors. One of the major causes of Rakta and Vata Dushti is trauma as told by Acharya Charaka in Jwar chikitsa. Severe pain is the major symptom of Vatarakta that gets relieved instantly by Raktmokshan as advised by Acharya Charak. Vedhan Karma was selected for Raktamokshan. Vedhan Karma (piercing) is one of the eight surgical procedures (Ashtavidha Shashtra Karma) explained by Acharya Sushruta. It is very simple and cost-effective. The points of Vedhan are specific according to diseases.

After proper history taking and diagnosis, if Vedhankarma is done in the appropriate place we get instant results. It is safe, time-saving, and cost-effective. Hence a study was carried out using Vedhankarma in a case of painful, restricted movements of the left shoulder joint which was diagnosed as Vatarakta. For Vedhan, Suche Shastra (26 no. needle) was used. The patient got instant relief from pain and improvement in restricted movement.

INTRODUCTION

Nowadays due to improper lifestyles and food habits imbalance of Doshas occurs which leads to various diseases. Ayurveda says that every disease is caused by the imbalance of Vata, Pitta, and Kapha. When these vitiated Doshas are localized at the defective body system i.e., Kha vaigunya leading to the formation of disease.^[1] Here begins pathophysiology which leads to disease within a few days. Vatarakta is such a disease, described in Ayurvedic texts which is led by vitiated Vata and Rakta. It is a type of Avarana pathology.^[2] In this disease, both Vata and Rakta get vitiated independently further leading to Vatarakta.^[3] Along with other causative factors one of the causes that leads to Vata and Rakta dushti is Abhigata, Acharya Charaka explains about this in Jwar chikitsa.^[4] The major symptom of Vatarakta is severe pain in affected joints and for instant pain relief,

Acharya Charaka has advised Raktamokshan.^[5] For Raktamokshan, Vedhan karma was chosen. Vedhan Karma is one of the eight surgical procedures (Ashtavidha Shashtra Karma) explained by Acharya Sushrut.^[6] It is very simple and cost-effective also. Vedhan is a Sanskrit word that means "to pierce or penetrate". The points of Vedhan are specific according to diseases.^[7] For Vedhan Suche Shastra is advised.^[8]

Vedhan karma helps to relieve pain by puncturing the site and relieving the obstructed Vata ^[9] which is the main cause of pain as explained by Acharya Sushruta.^[10] Even if it is not considered to be the complete treatment of Vatarakta, it definitely helps to relieve the pain severity in Vatarakta patients.

Patient Information

A 38-year-old patient, a salesman by profession came to OPD of Seth R.V. Ayurvedic Hospital, Sion, Mumbai, with complaints of painful, restricted movements of the left shoulder joint for 6 months. NSAID and exercises gave him mild relief but as it was temporary it didn't relieve restriction and pain completely. After proper history taking it was found that he met an accident i.e., fall on his outstretched hand, 6 months back by slipping of foot. As he is a salesman he has to walk a lot in the sun. Food timings

Access this article online	
Quick Response Code	https://doi.org/10.47070/ijapr.v11i11.2994
	Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)

are irregular, with *Katu rasatmak aahar* (like *Vadapav*, *samosa pav*, etc.). Considering *Aghataj Vata* and *Rakta dushti* and *Hetujanya Raktadushti* the condition was diagnosed as *Vatarakta*.

History: The patient had no history of any major illness.

Personal History

- Appetite- Good
- Diet- Mixed type
- Sleep- Improper since 6 months
- Micturition- Normal
- Bowel- Normal
- Addiction- Not found

Family History

- Maternal- Not specific
- Paternal- Not specific
- Married- 1 son, 1 daughter

General Examination

- G.C.- Good
- *Nadi* – 76/min
- *Mutra* – 6-7 vegas/day
- *Mala* - *Samyak*
- *Jivha* - *Niram*
- *Shabda* - *Spashta*
- *Sparsha* - *Anushna*
- *Druk* - *Prakruta*
- *Akruti* - *Madhyama*
- B.P.- 130/84 mm of hg
- Icterus- Not found
- Pallor- Not found
- Lymphadenopathy- Not found

Systemic Examination

- RS: AE-BE, Clear
- CVS: S1S2 normal, no abnormal sound added
- CNS- CNS- Conscious & Oriented
- P/A- Soft and non-tender

Clinical findings

- Muscle tone: Normal
- Deformity of left shoulder joint- Absent
- Muscular atrophy- Absent
- Tenderness- Mild tender
- Local temperature- Normal
- Restriction of movements with severe pain

Restriction range of movements

- Abduction- 50 degree painful
- Flexion- Painful
- Extension- Painful
- Internal rotation: Severe pain with the dorsum of hand touching to L2 only.

Diagnosis

On the basis of the history taken and considering his diet habit and history of fall the diagnosis of *Vatarakta* was made.

Therapeutic Intervention

Medicines were prescribed considering *Vatarakta* but before that *Vedhankarma* was done to relieve the pain and restricted movement.

Vedhankarma was done as follows:

Procedure: After taking Informed written consent a point 2 *Angula* above *Kshipra marma* [Fig.1] was marked as described by *Acharya Sushruta*.^[11] It was then sterile and the site was left to be dried.

In *Pradhana karma* (operative) by using *Suchee* (sterile disposable needle no. 26), *Vedhankarma* was done on the marked points in *Ardha-Yava Matra* (Depth 6-8mm) [Fig.2].^[12]

The blood started letting out and stopped on its own after a few drops which has been considered as *Samyak viddha*^[13] as only vitiated *Rakta* comes out initially and stops on its own is explained by *Acharya Sushrut*.^[14]

In *Paschata karma* the local area was cleaned, again with dry gauze. The needle was discarded and no dressing was required.

OBSERVATIONS AND FINDINGS

Immediately after *Vedhankarma* the pain was relieved and movement was drastically improved. [Fig.3] [Fig.4].

Follow-up: on the 7th day follow-up there was no reoccurrence of symptoms.

DISCUSSION

There are various causative factors for *Vatarakta* explained in Ayurvedic texts. One of the causes is *Aaghat* (trauma). *Aaghat* leads to the vitiation of both *Vata* and *Rakta*. In such conditions, site-specific *Raktamokshan* is advised in texts. *Raktamokshan* helps to relieve obstruction of *Vata* due to bloodletting. *Upasthambhit Vata prakop* get pacified leads to pain relief.

CONCLUSION

It is said that Ayurvedic medicines act slowly but it is the need of time to research the facts and discover fast-acting Ayurvedic modalities. So a case study was done to see the beneficial effect of *Vedhan karma* on pain management and restricted movements. This *Karma* is time-saving, cost-effective and highly efficient.

In Ayurveda, it is said that *Vata dosha* is the main reason for pain. In *Vatarakta* disease vitiation of *Vata* and *Rakta* takes place. Also in Ayurvedic contexts, *Siravedh* is said to be a very efficient treatment in the management of *Vatarakta*. So the procedure of

Vedhankarma was done and showed instant results as described by our *Acharyas*.

Patient Perspective

The patient was pleased after getting relief from pain and restricted movement.

Declaration of Patient Consent

The authors certify that they have obtained the patient consent form, where the patient has given his consent for reporting the case along with the images and other clinical information in the journal. The patient understands that his name and initials will not be published and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

REFERENCES

1. Khandel S.K. Kha vaigunya. In: Deole Y.S., Basisht G., eds. Charak Samhita New Edition. 1st ed. Jamnagar, Ind: CSRTSDC; 2020. https://www.carakasamhitaonline.com/index.php?title=Kha_vai_gunya&oldid=42540. Accessed August 9, 2023.
2. Ramachandran AP, Prasad SM, Prasad UN, Jonah S. A comparative study of Kaishora Guggulu and Amrita Guggulu in the management of Utthana Vatarakta. *Ayu*. 2010 Oct; 31(4): 410-6. Doi: 10.4103/0974-8520.82027. PMID: 22048531; PMCID: PMC3202258.
3. 3rd ed. Varanasi: Chaukambha Krushnadas Academy; 2020. Chakrapanidatta, commentator Charaka samhita, Chikitsa sthana, Vatashonita Chikitsa Adhyaya 29/5-7; p. 960.
4. 3rd ed. Varanasi: Chaukambha Krushnadas Academy; 2020. Chakrapanidatta, commentator Charaka samhita, Chikitsa sthana, Jwar Chikitsa Adhyaya 3/113; p. 121.
5. 3rd ed. Varanasi: Chaukambha Krushnadas Academy; 2020. Chakrapanidatta, commentator Charaka samhita, Chikitsa sthana, Vatashonita Chikitsa Adhyaya 29/35; p. 966
6. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sutrasthan 5/5 p.19
7. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sharirsthan 8/17 p.381
8. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sutra Sthaan 8/4,p.38
9. 3rd ed. Varanasi: Chaukambha Krushnadas Academy; 2020. Chakrapanidatta, commentator Charaka samhita, Chikitsa sthana, Vatashonita Chikitsa Adhyaya 29/36; p. 967
10. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sutra Sthaan 17/7, p.83
11. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sharir Sthaan 8/17, p.381
12. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sharira Sthana Chapter 8/9, p.380
13. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sharira Sthana 8/11, p.380
14. 2023 edition, Chaukamba Surbharati Prakashan, susruta samhita of Susruta with the Nibandha sangraha commentary of Sri Dalhanacharya Sharira Sthana 8/12, p.381

Cite this article as:

Pal Subodh, Paradkar Hemant, Pathrikar Anaya, Attar Sajida. Significance of Vedhan Karma in Restricted and Painful Shoulder Joint Diagnosed as Vatarakta. *International Journal of Ayurveda and Pharma Research*. 2023;11(11):83-86.

<https://doi.org/10.47070/ijapr.v11i11.2994>

Source of support: Nil, Conflict of interest: None Declared

*Address for correspondence

Dr. Pal Subodh

PG Scholar,

Department of Kayachikitsa,
APM's Ayurved Mahavidyalaya,
Sion, Mumbai

Email: palsubodh33@gmail.com

Mob No. 8208235239

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.

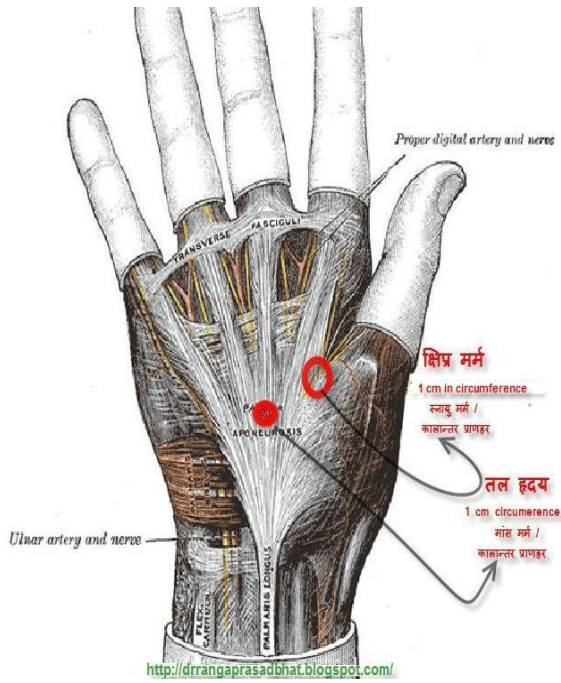


Figure 1: Kshipra Marma



Figure 2: Vedhan



Figure 3: Before Viddha Karma



Figure 4: After Viddha Karma