

Chapter 37. Viddha Karma

Introduction to Viddha Karma

Viddha Karma is a classical Ayurvedic therapeutic procedure involving precise, superficial punctures at specific points (near indicated marma points or other therapeutic zones) on the body using a specialized needle (Suchi). It is widely employed to alleviate acute and chronic conditions involving pain, inflammation, vatarakta, skin diseases, renal calculus, sciatica, colic pain, infertility, PCOS, rhinitis, eye diseases, alopecia, musculoskeletal disorders, cognitive impairment etc.

Indications for Viddha Karma

- Musculoskeletal disorders (arthritis, joint pain, muscular spasms)
- Neuropathic pain (sciatica, neuralgia)
- Migraine and tension headaches
- Frozen shoulder, cervical spondylitis
- Local inflammatory conditions
- Chronic and acute pain management
- PCOS, infertility
- And more...

In almost all the diseases where Shiravedhan or Raktamokshan is indicated, Viddha Karma can be done.

Contraindications

- Bleeding disorders or anticoagulant therapy
- Severe systemic infections
- Pregnancy
- **On Marma points** - Viddha Karma should not be done on marma points.
- Active skin infections or lesions at the puncture site

Preparation for the Procedure

- **Patient Preparation:**
 - Explain the procedure and obtain informed consent.
 - Ensure patient relaxation, ideally lying comfortably on a treatment table or seated on a stable stool or chair.
 - Clean the area thoroughly with antiseptic solution or surgical spirit.
- **Instrument Preparation:**
 - Sterilized needles (stainless steel Suchi) - ideally 26 x ½ (gauge 26, length ½ inch), rarely in obese people where deep penetration is required - 24 x 1 (gauge 24, length inch)
 - Disposable gloves
 - Sterile cotton swabs
 - Antiseptic solution (e.g., spirit or Betadine)
 - Bandages, leucoplast (usually not needed, but keep it ready)

Procedure Steps

1. **Selection of Points:**
 - Identify and mark the appropriate points according to the patient's condition and marma anatomy.
2. **Needle Insertion:**
 - Hold the needle firmly and insert superficially at the selected point with swift and precise movement. Ideally it should be inserted at 90° from the body surface.
 - Depth typically ranges from 6.3 mm to 12.7 mm (½ inch) depending on location and clinical requirement. Ardha Vrīhi (half of rice paddy) to Vrīhi Praman (= ½ inch). Vrīhi (व्रीहि) is a variety of rice (ṣaṭṭika).
3. **Stimulation Technique:**

- Not required, just prick precisely and remove.

4. **Needle Retention:**

- Retention of needles is not advised. Viddha Karma is a completely different procedure as compared to acupuncture. Here we use hollow needles in Viddha Karma. It is considered that the vitiated Vata Dosha is immediately released passing through the hollow needle when we prick. Rakta Mokshana also occurs at a micro level internally, though in some cases, it may also become externally visible.

5. **Removal and Aftercare:**

- Remove the needle swiftly and apply gentle pressure using a sterile cotton swab. As it is not a classical Shiravedhan, no need to allow bleeding for a specific time.
- Ensure no bleeding or undue discomfort.
- Apply antiseptic dressing if needed.

Post-Procedure Care

- Advise patients to rest briefly after the procedure.
- Instruct patients to avoid strenuous physical activities for at least 24 hours.
- Suggest proper hydration.

Frequency of Treatment

- Acute conditions: Daily or alternate days, total 3-15 sessions.
- Chronic conditions: Weekly or biweekly sessions, total 7-15 sessions.

Documentation

- Record detailed notes including patient details, points selected, duration of needle retention, patient response, and follow-up recommendations.

Safety and Precautions

- Always use sterile, single-use needles to prevent infections.
- Be cautious around sensitive marma points to prevent adverse reactions.
- Monitor patient response closely and discontinue if any complications arise.

Conclusion

Integrating Viddha Karma into your Ayurveda practice enhances your therapeutic capabilities, especially in pain management and musculoskeletal disorders. Ensuring proper training, strict aseptic protocols, and attentive patient monitoring will help achieve effective and safe outcomes.

Viddhakarma Images



Viddhakarma in mouth ulcer





Viddhakarma in pyorrhoea



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