

Effect of Viddha karma in the management of Gandhanasha (Anosmia)

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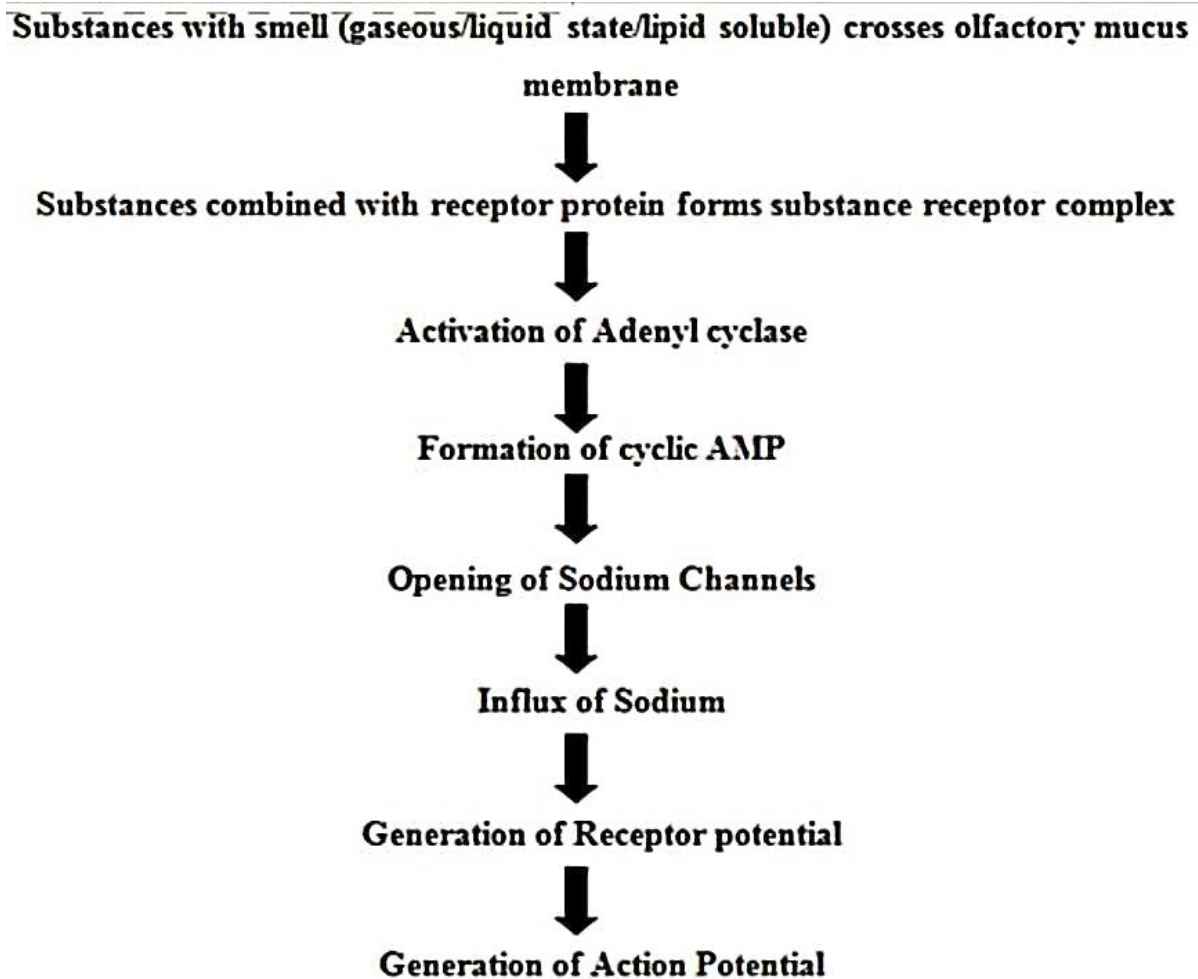
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Abstract- In Ayurveda, Indriyas (sense organs) attain dnyana with the help of Atma&mana. Indriyas are composed of Panchamahabhuta. Ghranendriya is composed of PrithvimahabhutapercievesGandhadnyana.(smell)According to contemporary science, there are about 20 million olfactory receptor cells present in human body. olfactory receptor is a bipolar neuron which is supported by Sustentacular cells.Nasa is the adhisthana of ghranendriya. Phanamarma is situated in nasa which is responsible for Gandhadnyana. Injury to this Phanamarma leads to gandhaaghan or gandhanasha.Anosmia is inability to perceive odor or a lack of funding olfaction- the loss of Sense of smell.In ayurveda, acharyaSushruta has mentioned viddha karma as treatment modality for Gandhanasha. viddha points are based on cell morphology as described in Vaisheshikdarshan; accordingly viddha is performed at Nasagre & Upanasikapradeshi to treat gandhanasha.

Key words: Gandhanasha, Viddhakarma, Anosmia, ghranendriya.

Introduction:

In Ayurveda, Indriyas (sense organs) attain dnyana with the help of Atma, mana&Panchamahabhuta.Nasa is the adhisthana of ghranendriya. Phanamarma is situated in nasa which is responsible for Gandhadnyana. Injury to this Phanamarma leads to gandhanasha. Anosmia is inability to perceive odor or a lack of Funding olfaction- the loss of Sense of smell.According to contemporary science, there are about 20 million olfactory receptor cells present in human body. Olfactory receptor is a bipolar neuron which is supported by Sustentacular cells. Axons of bipolar olfactory receptors pass through cribriform plate of ethmoidal bone ends in paired grey masses called as Olfactory bulbs. Axons synapse with dendrites of mitral cells. Axons of mitral cells leave olfactory bulbs and forms olfactory tract. This olfactory tract ends in cerebral cortex-Primary olfactory area. [1]



Injury or chronic sinusitis, neoplasm, respiratory viral infections leads to loss of smell Anosmia is due to a number of factors, including an inflammation of nasal mucosa, blockage of nasal passages or a destruction of one temporal bone. Inflammation is due to chronic mucosa changes in the para nasal sinus lining, the middle & superior turbinates. [2]

In ayurveda, acharya Sushruta has mentioned viddha karma as treatment modality for Gandhanasha. Viddha points are based on cell morphology as described in Vaisheshik darshan; accordingly viddha is performed at Nasagre & Upanasikapradeshi to treat gandhanasha. Gandhanasha is type of VataVyadhi. Viddha karma is mentioned in selective clinical condition where Vata dushti presents. This procedure releases vitiated Vata in affected area. Vidhakarma is also known as Vedhana. It is one of eight Shashtrakarma mentioned in Sushrut Samhita.³

“गंधाग्रहणेनासारोगेषु नासाग्रे ||” सु.शा 8/17

“उपनासिके नासासमिपस्थे सिरे ||” सु.शा. 8/17 डल्हणटीका.

Case study:

In this study a 52 year old male Patient working as a driver was selected for viddha Karma in management of Gandhanasha (Anosmia). Patient visited OPD of shalakyatantra with complain of loss of sense of smell since last 15 days. Olfactory assessment was performed confirmed the diagnosis of Gandhanasha (Anosmia). Viddha karma chikitsan was performed for 21 days to get complete sense of smell.

Objectives:

1. To assess the effect of viddha karma in gandhanasha (Anosmia).
2. To evaluate the improvement of sense of smell.

Material and method:

Material- 26 and ½ inch hollow, 13mm length, 0.45mm breadth needle, cotton gauze, spirit

Methodology-

- Duration of study: 21 days
- Follow up- 0th, 2nd, 4th, 6th, 8th, 10th, 12th, 14th, 16th, 18th, 20th day.

•Study location- Shalakyatantra OPD

Inclusion criteria:

1. Patient of either gender or age.
2. Patient between age group 18 -50 year.
3. Patient diagnosed with Anosmia

Exclusion criteria:

1. Patient suffering from severe systemic disorders like DM, HTN, HIV, HbsAg.
2. Patient who are contraindicated for viddha karma.
3. 50 avedhyasira in urdhvajatrugata.

Diagnostic criteria: Gandhanasha is diagnosed by examination of ghranendriya. Patient was asked to close eyes. Different odor substances were brought close to patients nostrils. (2cm away from nostrils). Sense of smell was assessed.



Fig.1: Viddha karma performed on nasagre for anosmia

Standard operating procedure of Viddhakarma:

Method

- Purvakarma- Informed written consent was taken. Area around Viddha karma point cleaned with spirit solution.
- Pradhankarma- Viddha karma points of Nasagra, upanasika marked. Viddha karma with 26 and ½ inch hollow, 13mm length, 0.45 mm breadth needle was performed. Needle was inserted at 90° to skin ½ Yawa(2-4mm) deep and gently removed.
- Paschatkarma- Blood oozed out from pricked site was wiped with cotton. Needle was disposed.

Site of Viddhakarma: viddha karma was performed at Nasagra, upanasika. [4]

Mode of action: Viddhakarma acts on Vatadosha and rakta specifically. Normal circulation was established by removal of obstruction in blood vessels. Vatadosha's samyakaavastha was achieved when avarana due to kaphadosha was removed. Gandhagrahana becomes normal when gandhavahi dhamani along with pranavaayu connects to mana and atma. This is perceived by buddhi in the form of gandhagrahana.

Samyaka Yoga: blood stops oozing out from Viddha karma point. Sense of smell increases. [5]

Result: patient's sense of smell was regained after treatment of 21 days. No adverse reaction was observed during the course of treatment. Follow up after 1 month was done to observe the recurrence of symptoms. Patient was satisfied with viddha karma treatment.

Discussion:

Nasa is the adhisthana of ghranendriya. Indriyas (sense organs) attain dnyana with the help of Atma, mana & Panchamahabhuta. In ayurveda, acharya Sushruta has mentioned viddha karma as treatment modality for Gandhanasha. Viddha points are based on cell morphology as described in Vaisheshikdarshan; accordingly viddha is

performed at Nasagre & Upanasikapradeshi to treat gandhanasha. Avaranaof kaphadoshaon vatadosha was removed by viddha karma. Normal circulation was established by removal of obstruction in blood vessles. Viddha karma acts on vata and raktadosha. Gandhagrahana becomes normal when gandhavahidhamani along with pranavaayu connects to mana and atma. This is perceived by buddhi in form of gandhagrahan.

Conclusion:

According to contemporary science, there are about 20 million olfactory receptor cells present in human body. Olfaction is necessary to sense any danger like fire, leakage of gas for safety. Ghranendriya is composed of Prithvi mahabhuta percieves Gandhadnyana. Acharya Sushruta has mentioned viddha karma as treatment modality for Gandhanasha. Accordingly viddha is performed at Nasagre & Upanasikapradeshi to treat gandhanasha. Viddha karma acts on Vatadosha and rakta specifically. Sense of smell of patient regained after treatment of viddha karma. Viddha karma is economical, easy to perform and effective method for treating Gandhanasha (Anosmia)

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