

Role of Viddhakarma in Management of Gandhanasha W.S.R. to Hyposmia -A Clinical Study

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Abstract: Ghranendriya:

In Ayurveda, Ghranendriya refers to the sense organ of smell, which is responsible for perceiving odors and fragrances. It plays a crucial role in our overall sensory experience and is closely linked to the nasal passages.

Functions of Ghranendriya

1. *Smell Perception: Ghranendriya enables us to perceive different smells and fragrances.*
2. *Nasal Health: A healthy Ghranendriya is essential for maintaining nasal health and preventing conditions like anosmia (loss of smell).*

Importance of Ghranendriya in Ayurveda

1. *Sensory Experience: Ghranendriya is one of the five sense organs in Ayurveda, and its health is crucial for a balanced sensory experience.*
2. *Nasal Health: Ayurveda emphasizes the importance of maintaining nasal health to prevent conditions like rhinitis, sinusitis, and anosmia.*
3. *Holistic Well-being: A healthy Ghranendriya is believed to contribute to overall well-being and quality of life.*

Factors Affecting Ghranendriya

1. *Environmental Factors: Exposure to pollution, dust, and strong odors can affect Ghranendriya.*
2. *Nasal Conditions: Conditions like rhinitis, sinusitis, and nasal polyps can impact Ghranendriya.*
3. *Aging: Aging can lead to a decline in the sense of smell. Ayurveda usually defines hyposmia as Gandhanasha. Which is cause due to many etiologies, including trauma, chronic sinusitis, neoplasms, and respiratory viral infections. Sushruta has described Viddhakarma as a treatment modality for Gandhanasha. Olfactory dysfunction has been associated with alteration in appetite and mood.*

Keywords: Ghranendriya

I. INTRODUCTION

Shalaky Tantra is one of the branch of Ayurveda which associated with disorders related to eye ear, nose and throat or disorders related to above clavicle region.

Ayurvedais one of the most ancient medical science which is rational and scientific among the all-classical text of Ayurveda. Sushrut Samhita and Ashtang Hradaya give a wide description about Vedhana in Shalakyatantra. Description of nasaroga is elaborated in Sushruta Samhita Uttar tantra 22,23,24; In Ashtang Hrudaya Uttaratantra



19,20; In Ashtanga Samgraha Uttarantra 23,24 and Charak Samhita Chikitsa sthana 8-26. Acharya Susruta has explained 31 Nasagataroga with detail sign, symptoms and treatment. Pratishtaya is one among the 31 nasagataroga. Acharya Charaka Explained 17 nasagataroga and Acharya Vagbhata explained 18 Nasagataroga. The role of Viddhakarma proves its effectiveness in improving hyposmia. Hyposmia means reduce sense of smell. It should be tested individually in each nostril. Anosmia or hyposmia can cause due to trauma. Olfactory neurons can recover or regenerate after injury. As per Ayurveda Address for In Ayurveda, the nose (Nasa) is considered a vital organ, closely linked to the brain and the respiratory system. Nasal health plays a significant role in overall well-being, influencing functions like breathing, smell, and cognitive clarity.

CASE STUDY

In this case study 28 years old male patient was selected for Viddhakarma in management of hyposmia. Patient visited to OPD of Shalakyatantra with complain of loss of sense of smell in the last one month, patient having history of road traffic accident one month ago, since the incidence she loss the sense of smell. MRI and routine investigation were done. All investigations were within normal limit. Patient had taken Analgesics, Anti-inflammatory for pain relief. He has taken Anti-oxidants but without any significant result in hyposmia. After careful assessment olfactory function test and examinations patient has reduced ability to detect the smell sensation and diagnosed with hyposmia. It was decided that these be treated with Viddhakarma Chikitsa for 20 days with 10 sittings up to complete getting sense of smell.

OBJECTIVES

1. To evaluate the effect of Viddhakarma in hyposmia

MATERIALS AND METHODS

Material

Needle no 24 and 1/2-inch, cotton gauze, spirit.

Methodology

- Duration of study –20 days
- Follow up –0th, 2nd, 4th, 6th, 8th, 10th, 12th, 14th, 16th, 18th, 20th day.
- Study location - Shalakyatantra OPD.

Diagnostic criteria

Ghranendriya Pariksha Regarding examination of Ghranendriya Pariksha in Ayurveda: Procedure for Hyposmia
Ghranendriya Pariksha is a diagnostic examination of the sense of smell in Ayurveda. Here's a step- by-step procedure for assessing hyposmia (reduced sense of smell)

Smell Testing

1. Smell Identification Test: Use a series of essential oils or fragrances with distinct smells (e.g., lavender, peppermint, eucalyptus).
2. Smell Perception Test: Ask the patient to identify the smells and rate their intensity.

Procedure for Ghranendriya Pariksha

1. Close the eyes of the patient.
2. Different substance having different odor are then brought near patient nostril (2 cm away from the nostril)
3. One by one and each time subject is asked to recognize the sense of smell

Assessment Criteria

1. Smell Identification: Ability to identify different smells.
2. Smell Intensity: Ability to perceive the intensity of smells.



3. Smell Duration: Ability to detect smells over time.

Inclusion criteria.

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

Exclusion criteria

1. Patient suffering from severe systemic disorders, DM, HTN, HIV, HbsAg reactive.
2. AvedhyaSira-50 AvedhyaSirain Urdhvajatrugata.
3. Patient who are contraindicated for Viddhakarma.

Method

PROCEDURE OF VIDDHAKARMA

In Ayurveda Viddha Karma is one of the AshtavidhaShashtra Karma (surgical procedures)⁹for managing pain especially musculoskeletal system disorders like pain in the low back, shoulder, ankle, heel, knee joint etc. ViddhaKarma is quickly responding¹⁰ treatment modality with needles of various size and is cost effective. Viddha Karma points are taken in relation to Marma points¹¹ and according to the vitiation of Doshas, it should be done by Suchi (needle)¹². For Viddha Karma different points are selected on the basis of disorders and according to the site the size of needle are fixed¹³. The part where the needle is to be pricked there first it has to be cleaned with spirit and then povidine iodine solution painting is to be done, then needle is inserted on the selected points for 15 to 30 seconds and after which it has to be removed slowly in clock wise direction¹⁴.

Poorva karma (pre-procedure):

1. Viddhakarma should be carried out in clean and ventilated room with sufficient light.
2. Vaidya should be wearing sterile gloves, mask and a surgical cap.
3. Tools - disposable needle no. 26 1 & ½.

Pradhan karma:

1. Selected Viddha points.
2. Prick the disposable needle perpendicular to the Viddha point.
3. During Viddhakarma process if disposable needle is filled with blood, then it should be replaced with another one.
4. Keep the disposable needle pricked for 5-6 sec.
5. The vitiated blood has low coagulant tendency to flow freely. Once the impure blood drains out, the fresh blood automatically clots. So, blood should be allowed to flow freely after Viddhakarma since it drains out vitiated dosha. Usually about 0.2 – 0.5 ml blood drains out from Viddha point.

Viddha karma points: Nasaagra (tip of nose)⁷ and Upanasika(nasal flares at start of depression)⁸ (Fig. 2 and 3 respectively)





Paschat karma

1. Blood oozed out from the pricked site was wiped with cotton.
2. The needle used for Viddhakarma was disposed off.

Depth of Viddha[3]

1. Skin -1/2 Yawa(2-4mm)
2. Mansa -1 Yawa(4-6mm)
3. Bone -1/2 Yawa(6-10mm)

Samyaka Yoga[4]

1. Blood stops from piercing point.
2. Improve sense of smell.

Follow up study

The effect of therapy was compared before and after treatment based on subjective parameter.

RESULT

Patient got sense of smell after completion of 20th day. All symptoms were relieved, no adverse effects observed throughout the entire period. To observe any recurrence of symptoms was followed up after 1 month but recurrence of symptoms was not observed patient was fully satisfied with the Viddhakarma.

DISCUSSION

Adhithana of Ghranindriya is Nasa inside Sharir which is embedded with dominance of Prithvi Mahabhuta and is responsible for acquisition of its special attributes -Gandha(smell). The Gandhavahi Dhamanis related to Ghranendriya are responsible to complete their respective work viz. transmission and interpretation of sense of smell and this is accompanied by Pranavaayu.

Blood letting caused by Viddhakarma breaks the Avarana of Vata by Kapha Dosha and channelizes the Vata Dosha. Hence the process Gandhagrahana becomes normal. Further the leaning process carries on where the Gandhavahi Dhamani connects Mana which is synchronous with Atma. This is last state where perception of knowledge of sense of smell is felt by Buddhi. It is necessary for normal sense of smell, the respective Ghranendriya.

Mode of action

- Removal of obstruction in blood vessels and establishment of circulation.
- Letting out Vata.

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II. CONCLUSION

Olfactory information plays crucial role in keeping a person physically safe. A loss of sense of smell can increase the risk of not noticing warning signs such as the smell of gas, fire or spoiled food. Vedhanahelp to remove Awaranaof Kapha Doshagiving way to Anuloman Gati of vitiated Vata.

Vedhanaindirectly cures the symptoms. Viddhakarma is a simple, economical, and effective procedure in the management of Gandhanash, without producing any adverse effect.

