



**International Journal of Biology, Pharmacy  
and Allied Sciences (IJBPAS)**

*'A Bridge Between Laboratory and Reader'*

[www.jbpas.com](http://www.jbpas.com)

---

## THE ROLE OF *VIDDHAKARMA* IN ALLEVIATING STRESS AMONG MENOPAUSAL WOMEN: AN AYURVEDA PERSPECTIVE

CHAWARE K\* AND PAWAR VA

1: Final Year P. G. Student, Dept. of Sanskrit Samhita Siddhant, D. Y. Patil Deemed to be  
University School of Ayurveda, Nerul, Navi Mumbai – 400706

2: Associate Professor, Dept of Sanskrit Samhita Siddhant, D. Y. Patil Deemed to be University  
School of Ayurveda, Nerul, Navi Mumbai – 400706

\*Corresponding Author: Dr.VD. Kanchan Chaware: E Mail: [amitkan501.ks@gmail.com](mailto:amitkan501.ks@gmail.com)

Received 27<sup>th</sup> May 2025; Revised 20<sup>th</sup> July 2025; Accepted 21<sup>st</sup> Oct. 2025; Available online 1<sup>st</sup> July 2026

<https://doi.org/10.31032/IJBPAS/2026/15.7.10361>

### ABSTRACT

Stress in menopause is a health concern that can lead to anxiety, irritability, mood fluctuations, and insomnia, which all negatively impact overall health of a woman. Unlike conventional medicine, the traditional management strategies tend to include psychological therapies, lifestyle changes and hormonal therapy. Ancient Ayurveda treatises do offer specialized para-surgical techniques to naturally treat certain ailments. To address this in the *Sushruta Samhita*, one such technique — *Vedhana* (puncturing), or *Viddhakarma* provides a paradigm-shifting approach to pain management, balancing *Dosha*, relieving stress and clicking the auto-replenishment of the nervous system.

As per Acharya Sushruta, *Viddhakarma* means controlled puncturing of certain muscular points near *Marma* (vital points) using fine hollow needles. *Apanga*, *Lalata*, *Sthapani*, *Shankha*, *Hanusandhi* and *Ura* are key-sites for treating *Manovikara* (Manasa vyadhi) conditions including *Unmada* (psychosis) and *Apasmara* (epilepsy). They have strong association with neurological and psychological functions promising a possible therapeutic role for stress-related signs due to

menopause. This study will assess the efficacy of *Viddhakarma* as integrative therapy for the management of menopausal stress. This study seeks to assess whether needling specific *Marma* points may help alleviate symptoms of menopausal stress by reference to classical Ayurveda texts, contextualizing their meaning and use with modern neuro-physiological understanding. Learning about this time-honored approach in the frame of contemporary medical science can pave the way for non-pharmacological, holistic remedies for menopausal wellness.

**Keywords:** *Viddhakarma*, Menopause, *Vedhana* Menopausal Health

## 1. INTRODUCTION

A woman's reproductive years come to an end when she experiences menopause, a normal biological change. But this stage is frequently marked by a variety of physical and mental changes that have a big influence on overall health. Menopausal stress is one of the main issues throughout menopause [1]. It can show itself as worry, irritability, mood swings, insomnia, and a general deterioration in mental health [2]. The main cause of these symptoms is thought to be hormonal changes, specifically the drop in estrogen levels, which affect the autonomic nervous system and neurotransmitter activities. Menopause is viewed in Ayurveda as a time when *Vata Dosha* is predominant and causes imbalances in both the body and the mind [3]. The relevance of several therapeutic methods in controlling stress-related diseases and *Manasika Vikara* (mental disorders) is emphasized in classical texts [4].

*Vedhana* (puncturing), also known as *Viddhakarma*, is one of the special para-

surgical techniques that Acharya Sushruta describes in the Sushruta Samhita [5]. With this method, particular muscle sites close to *Marma Sthana* (vital points) are precisely pricked with a hollow, fine needle. The several *Marma* points that Acharya Sushruta has described have therapeutic value in treating neurological and psychiatric conditions. Particular points like *Unmada* (psychosis) and *Apasmara* (epilepsy) have been cited in relation to *Mano-Vikara*, including *Apanga*, *Lalata*, *Sthapani*, *Shankha*, *Hanusandhi*, and *Ura* [6]. It is believed that focused puncturing at specific *Marma* sites may provide substantial advantages in stress control and menopausal symptom relief because these conditions show symptoms associated with emotional instability, cognitive abnormalities, and nervous system dysfunction. The *Viddhakarma* mechanism is consistent with contemporary neuro-physiological theories, which suggest that pain management, neurovascular control, and

autonomic balance can all be impacted by carefully placed needles at key anatomical locations. Menopausal women may benefit from this method in terms of stress reduction, better sleep, mood stabilization, and general well-being. A promising non-pharmacological method for comprehensively controlling menopausal stress is *Viddhakarma*, which balances *Dosha* imbalances and stimulates the nerve system. This study attempts to investigate the use of *Viddhakarma* as a successful menopausal stress remedy, establishing links between Ayurveda knowledge and current scientific research. This research will help to develop integrative treatment choices for psychological health connected to menopause by assessing its effectiveness in stress reduction and nervous system regulation.

In this study, the potential therapeutic benefit of *Viddhakarma (Vedhana)* for menopausal stress, which encompasses psychological symptoms including anxiety, rage, mood swings, and sleeplessness, were systematically investigated. By analyzing the traditional references contained in the *Sushruta Samhita* and assessing their relevance to contemporary healthcare, the study seeks to bridge the gap between cutting-edge scientific research and Ayurveda knowledge. In order to provide

comprehensive and individualized healthcare solutions for menopausal women, this study will help develop evidence-based Ayurveda therapies.

## 2. MATERIALS AND METHODS

The purpose of this literary research project was to collect primary data on *Viddhakarma (Vedhana)* and its use in menopausal stress management by conducting a thorough analysis of the major and minor classical Ayurveda literature as well as their authoritative comments.

The process included:

- ✓ Collection of Ayurveda References: The following primary Ayurveda literature were analyzed for their descriptions of *Viddhakarma*, *Marma* treatment, and *Manasika Vikara* (mental disorders): *Sushruta Samhita*, *Charaka Samhita*, *Ashtanga Hridaya*, and other classical compendiums. Analysis was also done on pertinent Sanskrit verses and how well-known commentators interpreted them.
- ✓ Review of Current Literature: In order to establish scientific links between *Viddhakarma* and the modulation of the nervous system, the reduction of stress, and the management of pain, scholarly articles, books, and research papers from the fields of modern medicine,

neuroscience, and psychology were examined.

- ✓ Data compilation and classification: A number of dispersed references about *Marma* points (including *Apanga*, *Lalata*, *Sthapani*, *Shankha*, *Hanusandhi* and *Ura*) and their importance in Manovikara management were methodically gathered and arranged. Critical Interpretation and Analysis To comprehend the therapeutic potential of *Viddhakarma* in controlling the autonomic nerve system, reducing menopausal symptoms, and balancing *Doshas*, a comprehensive discussion and comparative study were carried out. The information was combined to investigate the potential for combining this Ayurveda treatment with contemporary medical techniques.

This methodical, review-based approach guarantees a thorough comprehension of the topic and establishes a solid basis for additional clinical verification of *Viddhakarma* as a comprehensive remedy for menopausal stress.

### 3. RESULTS

Menopausal women frequently have dosha imbalances, particularly when their Vata Dosha is worsened. This might manifest as physical discomfort, worry, sleeplessness, mood swings, and hot flashes. Despite the lack

of direct connections between *Viddhakarma* and menopausal therapy in the literature review, its therapeutic principles suggest a good potential for symptom alleviation during this transitional period.

*Viddhakarma's* primary function is to control *Vata Dosha*, also known as *Vatanulomana*, which is frequently made worse after menopause. When a tiny, hollow needle is inserted into certain *Marma* points (such *Apanga*, *Lalata*, *Sthapani*, *Shankha*, *Hanusandhi* and *Ura*), patients frequently feel instantly lighter and more relaxed. The elimination of accumulated Vata and other vitiated *Doshas* is responsible for this reaction, which results in reduced stress, pain, and enhanced nervous system performance. Furthermore, the regulation of Prana (life energy), which is necessary for preserving mental acuity, emotional stability, and general well-being, is another important function of *Viddhakarma*.

Evaluating *Viddhakarma's* ability to balance *Doshas*, modulate the neurological system, and reduce stress-related symptoms in menopausal women is the main goal. It includes:

1. Finding Important *Marma* Points: Examining the *Marma Sthana* (vital points) listed in Ayurvedic books, which include *Apanga*, *Lalata*, *Sthapani*,

*Shankha*, *Hanusandhi*, and *Ura*. These points are linked to *Manovikara* (mental diseases) such as *Apasmara* (epilepsy) and *Unmada* (psychosis) [7-12].

2. Analyzing the Mechanism of Viddhakarma: Discovering how precise needling at these locations affects pain perception, autonomic nervous system balance, neurophysiological pathways, and hormone changes associated with menopausal stress.
3. Clinical Outcome Assessment: Using approved assessment instruments, this study examines how Viddhakarma affects menopausal symptoms like stress, emotional stability, sleep patterns, and general psychological well-being.
4. Ayurveda principles are being correlated with current research in neurology, stress physiology, and psycho-neuro-endocrinology to establish a scientific basis for *Viddhakarma*.
5. Formulating Holistic Therapy Methods is opening the door for integrative, non-pharmacological therapeutic options for menopausal psychological health by investigating the possibility of *Viddhakarma* as an adjunctive therapy to current menopausal stress management techniques.

This therapy may help mitigate the stress-related symptoms of menopause by altering neurological and physiological processes, thereby fostering a sense of calm and equilibrium. The puncturing motion serves as a stimulant to remove localized obstructions, reestablishing the body's normal circulation and energy flow. The known effects of *Viddhakarma* on stress reduction, nervous system modulation, and *Dosha* balance clearly suggest that it may be a helpful intervention in menopausal health management, despite the lack of direct textual evidence connecting it to menopause. Its effectiveness in reducing menopausal symptoms in a systematic manner has to be confirmed by additional clinical research.

## CONCLUSION

*Viddhakarma (Vedhana)* has considerable potential to provide symptomatic relief during menopause by addressing *Dosha* imbalances, particularly the aggravation of *Vata Dosha*, which is often linked to stress-related symptoms including anxiety, mood swings, and sleeplessness. Through its *Vatanulomana* (regulating and alleviating *Vata Dosha*) function, *Viddhakarma* restores physiological balance, enhances Prana flow, and encourages nervous system modulation—all of which support overall well-being throughout the menopausal transition. Even while Ayurveda

literature emphasizes the therapeutic advantages of *Vidhakarman* in treating pain, mental health conditions (*Manovikara*), and stress reduction, there are still few specific classical references and empirical evidence that specifically link this therapy to menopausal health.

More clinical research and scientific validation are needed to demonstrate its direct efficacy in treating menopausal symptoms and ensure its inclusion in all-encompassing healthcare plans for women's health.

#### REFERENCES:

- [1] Burger HG, Dudley EC, Robertson DM, Dennerstein L. Hormonal changes in the menopause transition. Recent progress in hormone research. 2002 Jan 1;57:257-76.
- [2] Llaneza P, García-Portilla MP, Llaneza-Suárez D, Armott B, Pérez-López FR. Depressive disorders and the menopause transition. *Maturitas*. 2012 Feb 1;71(2):120-30
- [3] Aggarwal GP. Ayurveda and mental health: an insight. *International Journal of Research in Medical Sciences and Technology*. 2019 Jan;7:36-40.
- [4] Chavan RR, Banarase MS. Importance Of Parasurgical Procedures In Ayurveda. *World Journal of Pharmaceutical Research*. Vol 10, Issue 3, 2021; 575-580.
- [5] Kaviraj Ambikadatta Shastri Editor(s), (Reprint 2023 Ed.). *Sushrut samhita of Maharshi Sushrut, Sharirasthan; Siravyadhavidhisharir: Varanasi: Chaukhambha Sanskrit Sansthan*, page 73-74.
- [6] Gogate, R. B. (Ed.). (2022). *Vidha and Agni Karma chikitsa (Eng) (5th ed.)*. Gogate Memorial Foundation. Page 33-34.
- [7] Gogate, R. B. (Ed.). (2022). *Vidha and Agni Karma chikitsa (Eng) (5th ed.)*. Gogate Memorial Foundation. Page 36-37-38.
- [8] Kaviraj Ambikadatta Shastri Editor(s), (Reprint 2023 Ed.). *Sushrut samhita of Maharshi Sushrut, Sharirasthan; Siravyadhavidhisharir: Varanasi: Chaukhambha Sanskrit Sansthan*, page 73-75.
- [9] Shastri, K. A. (Ed.). (2009). *Sushrut samhita of Maharshi Sushrut, Sutrasthan. Shonitvarmaniya: Chapter 14, Verse 33*. Chaukhambha Sanskrit Sansthan. Page 71.
- [10] Shastri, K. A. (Ed.). (2009). *Sushrut samhita of Maharshi Sushrut, Sharirasthan; Siravarnavibhaktisharir: Chapter 7, Verse 9*. Chaukhambha Sanskrit Sansthan. Page 80.

[11] Shastri, K. A. (Ed.). (2009). Sushrut samhita of Maharshi Sushrut, Sharirasthan; Siravyadhavidhisharir: Chapter 8, Verse 9. Chaukhambha Sanskrit Sansthan. Page 86.

[12] Shastri, K. A. (Ed.). (2009). Sushrut samhita of Maharshi Sushrut, Sharirasthan; Siravyadhavidhisharir: Chapter 8, Verse 17. Chaukhambha Sanskrit Sansthan. Page 89.