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Instant analgesia through Viddha, a non-pharmacological, cost effective local therapy of Ayurveda (An Indian system of medicine) in Knee Osteoarthritis (OA)

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According to the arthritis Foundation, one in every two will develop symptoms of knee Osteoarthritis (OA) during their lives. One of the primary symptoms of persons with knee osteoarthritis is pain. Severity of the joint pain can vary from a minor ache to a severe and disabling pain accompanied by difficulty in walking due to instability of the knee. Due to the fact that OA is affecting millions worldwide and is often a progressive and irreversible degenerative process, functional improvement and pain control are reasonable treatment goals. Also measures need to be developed to prevent early progression of the disease. Currently the annually estimated cost per year to treat OA ranges from \$15.5 to \$26.6 billion, with some researchers estimating these figures to be much lower and the total cost is actually believed to exceed \$89.1 billion in the near future. Despite the available treatment methods, there still persist a host of inadequacies that make cost containment a real issue Viddha, a non-pharmacological, local therapy of Ayurveda provides immediate pain relief as observed in the pilot study carried out on 10 patients at CBPACS, New Delhi. It is observed that Viddha practiced in patients with knee joint pain, not responding to NSAIDs and analgesics are getting immediate pain relief with increased range of motion etc. All it needs is 26-gauge half inch short, fine, brown hypodermic needle making it very much cost effective, just few minutes for the procedure to perform and significant analgesia without almost nil side effects with possibility of arresting the progression of disease.

Biography

Vishakha Rajesh Wetal is a expertise of Ayurveda, from Pune University with specialty in Panchakarma. She is a clinician and academician and possesses 17 years of clinical, 11 years undergraduate and 8 years post-graduate teaching experience.

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