



ASHTA VIDHA SHASTRA KARMA – A REVIEW

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ABSTRACT

Acharya Sushruta was emphatically a surgeon and the Sushruta Samhita is the only complete book we have which deals with the problems of practical surgery and midwifery. Acharya Sushruta has given Ashta vidha sastra karma as a basis of all surgical process.^[1] Chhedhyam, bhedyam, lekhyam, vedhyam, eshnyam, aaharya, visravyam and sivyam are karma. These ashta vidha sastra Ashtavidha Shastra karmas are not only the eight surgical procedures but also the eight basic principles of all the surgical procedures which can be used for all surgery. So, in this study, these ashta vidha sastra karmas are explained in details with its yogya and its application in contemporary science and this topic was selected for the study to understand basic karmas of surgery.

KEYWORDS: Sushruta Samhita, Chhedhyam, Asta vidha sastra.

INTRODUCTION

Purpose of Ayurveda is curing the diseases of those who were afflicted by diseases and protecting those who are healthy.^[2] *Shalya* tantra is made of two words which are *Shalya* and *tantra*. *Tantra* means knowledge and *Shalya* means which causes pain in body or soul. Acharya Sushruta had given specific definition of *Shalya* tantra. According to him, *Shalya* tantra is a branch which gives knowledge about *Shalya*, methods of its removal, yantra, sastra, kshara, agni and *Vrana*. According to him, *Vividh truna* (grass), *kastha* (wood), *pashana* (stone), *panshu* (sand), *loha* (iron or metal), *laustha*, *asthi* (bone), *bala* (hair), *nakha* (nail), *puya* (pus), *srava* (discharge), *dusta* *Vrana* (vitiated wound or ulcer) and *antah garbha* are known as *Shalya*.^[3] Removal of the *Shalya*, we should learn the *ashta vidh sastra karma*.

ASHTA VIDHA SASTRA KARMAS

Acharya Sushruta has given basic principles for the *Shalya chikitsak* to do all the surgical procedures. These are *chhedhyam*, *bhedyam*, *lekhyam*, *vedhyam*, *eshnyam*, *aaharya*, *visravyam* and *sivyam*. Every surgeon should learn these eight principles for being a *Shalya chikitsaka*.

1) CHHEDHYAM

It means Excision.

It should be do with the help of *mandalagra* (round knife), *karpatra* (surgical saw), *vrudhipatra* (scalpel),

nakhasastra, *mudrika* (finger knife), *utpalpatraka* (lancet) and *ardha dhara sastra* (curved lancet) etc. *sastras*.^[4]

Bhagandara, *Aam granthi*, *Tila kalak*, *Vrana vartma*, *Arbuda*, *Arsha*, *Charmakilla*, *Asthi-maamsa gata Shalya*, *Jatamani*, *Maamsa-sanghata*, *Galasundika*, *Snayu kotha*, *Maamsa kotha*, *Sira kotha*, *Valmika*, *Shatponak*, *Adhrush*, *Upadansha*, *Maamsa kandi*, *Adhimaamsa* are the *chhedhya vyadhis*.^[5]

Yogya karma should be done on *Pushpa phala*, *Alabu*, *Kalindaka*, *Trapus*, *Evaru*, *Karkaruka*.^[6]

As per contemporary science, it is the procedure of -ectomy. It can be used in fistula in ano, cyst, ulcer margin, tumors, Bowel resection in bowel obstruction, Urgent spinal decompression – laminectomy in acute spinal cord compression, Amputation of body parts, Excision of the fore skin in paraphimosis, Excision of dead tissue in burn etc.

2) BHEDHYAM

It means incision.

It should be done by *Vrudhipatra* (scalpel), *Nakhasastra*, *Mudrika* (finger knife), *Utpalpatraka* (lancet), *Ardhadhara sastras* (curved lancet).^[7]

Vataj, *Pittaj* and *Kaphaj vidradhi*, *granthi* and *visarpa*, *Vrudhhi*, *Vidarika*, *Prameha pidika*, *Shopha*, *Stana roga*,

Avamanthak, Kumbhika, Anushayi, Nadi Vrana, Vrunda (kanth roga), Puskarika (suka roga), Alaji, Danta pupput, Talu pupputa, Tundi keru, Gilayu, Basti bhedan in Ashmari, Disease due to meda and Prapakina roga are the bhedhya vyadhis.^[8]

Yogya karma should be done on Basti of dead animal or Prasevak should be filled with jala and mrutika.^[9]

As per contemporary science, it is the procedure of -tomy. It is executed to open a cavity for draining out tissue debris, pus & waste discharge, cysts, carbuncles, abscesses, Crico thyroidectomy in acute airway obstruction, Fasciotomy in compartment syndrome, sternotomy, cardiopulmonary bypass and surgical embolectomy, Craniotomy and decompression by removing the clot in intracranial haematoma, Craniotomy in obstructed labour, Episiotomy. In majority of surgical procedures, incision is the first step.

3) LEKHYAM

It means scrapping

It should be done by mandalagra (round knife), and karapatra sastras (surgical saw).^[10]

Rohini, Kilaasa, Upjihva, Medojanya Danta vedarbh, Granthi, Vartma, Adhijihvika, Arsha mandal, Maamsa kandi, Maamsa unnati are the lekhyia vyadhis.^[11]

Yogya karma should be done on Sa roma charma- large skin of dead animal with hair.^[12]

As per contemporary science, it can be used to scrap out the waste, debris or dead material from the affected part. It can be done in keloid, skin patches, Debridement of wound or ulcer, Curette in incomplete abortion, Manual removal of Placenta, scrapping of Fistula tract.

4) VEDHYAM

It means puncturing.

It should be done by kutharika (surgical axe), vrihimukha (trocher), Aara (awl), vetaspatra (scalpel) and Suchi (needle) sastras.^[13]

It should be done in Bahavidha sira, Mutra vrudhi, Dakodara.^[14]

Yogya karma should be done on Sira of dead animal or Kamal nal.^[15]

As per contemporary science, it can be used in ascitis, plural infusion and all laproscopic procedures, inter costal drainage.

5) ESHNYAM

It means probing.

It should be done by eshani (probe).^[16]

It should be done in Nadivrana, Sashalya Vrana, Unmargi Vrana.^[17]

Yogya karma should be done on Kastha eaten by DHUNA, (DHUNOPAHAT), Vaansa, Kamal nal, Dry tumbi.^[18]

As per contemporary science, it can be used in sinus, wound, fistula in ano, Emergency endoscopy, Colonoscopy, Angiography, Cystoscopy, Hysteroscopy, Dilatation in anal stricture.

6) AAHARYA

It means extraction.

It should be done by badish (sharp hooks) and danta shanku sastras (teeth scraper).^[19]

3 types Sharkara, Danta, Karnamala, Ashmari, shalya (Foreign bodies), Mudhagarbha, Faecoliths are the aaharya vyadhis.^[20]

Yogya karma should be done on Panas (katakala), Bimbi phala, Bilva phala majja, Tooth of dead animals.^[21]

As per contemporary science, it can be used for extraction of teeth, urinary calculi, abnormal confounded foetus, ear wax and faeces if accumulated in rectum, Extraction of clot of intracranial hematoma, Expulsion of stomach content by Nasogastric Tube in acute abdominal distension, Extraction of impacted foreign body, Removal of the retained placenta.

7) VISRAVYAM

It means Bloodletting.

It should be done by Suchi (needle), Antarmukh (short scissors), Kushpatra (long double edge scalpel), Aatimukh, Sharaarimukh (long scissor), Trikurchaka sastras.^[22]

Vidradhi (except sannipataj), Kushtha, Pain due to Vata parakopa, Local shophia, Slipada, Visha dushita Rakta, Arbuda, Visarapa, Granthi, Upadansa, Stana roga, Vidarika, Sushiro(danta roga), Gala saluki, Talu kantik, Krimi danta, Dantavesta, Upakusha, Shitad, Danta pupputa, Aostha roga, Kshudra roga are the visravaya vyadhi.^[23]

Yogya karma should be done on Applied Madhu kachchhistha (minbati min- mom) on salmali phalak.^[24]

As per contemporary science, it can be used abscess, skin diseases (inflammatory swelling), elephantiasis, blood poisoning (snake bite), cysts and infected edema.

8) SIVYA

It means suturing.

It should be done by Suchi sastra (needle).^[25]

It should be done in Disease occurs in Meda, Sadyovrana, sulekhitvrana, Chalsandhi aashrit varna, Shastrakarma paschyat Vrana.^[26]

Yogya karma should be done on Sukshma ghana vastra, Soft skin of dead animal.^[27]

As per contemporary science, suturing can be used in incised lesions or wounds, operated tissue and spreadable wounds, suturing of the wound in external haemorrhage, suturing of the traumatic wounds. Suturing is a part of almost all elective and emergency surgical procedures.

• SEEVANA NISHIDDHA VYADHI

Kshara, agni, visha jushta vrana, vrana through which air comes out, Shalya (foreign body) except made from loha dhatu, dushta vrana.

• SEEVANA PRAKARA

1. Rujugranthi.(interrupted)
2. Vellitaka.(continuous)
3. Gophanika.(button hole or interlocking)
4. Tunnasevini(subcuticular)

• SEEVANA DRAVYA

- Ashmantaka, murva, guduchi- plant origin.
- Snayu, bal (hairs) - animal origin.

• SEEVANA VIDHI

It should be not too far or too near.

CONCLUSION

Ashta Vidha Shastra Karma involve procedures such as; *Chedana, Bhedana, Lekhana, Vyadhana, Visravana, Eshana, Aharana* and *Sivana*. These all techniques offer relief in various surgical diseases. Acharya Sushruta had given various sastras for these karmas. He had also given proper yogya Vidhi for the students. We can also find list of diseases which are indicated for these karma. Ashtavidha Shastrakarmas are not the eight surgical procedures; rather these are the eight basic principles of all the surgical procedures which can be used for any surgery even in modern era.

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