



TRIVIDHA ANUSHAstra PRAYOGA IN URDHWAJATRU VIKARA: REVIEW ARTICLE

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ABSTRACT

Bheshaja, Shastra, Kshara and Agni are four means of treatment according to Acharya Sushruta. Anushastra karma (parasurgical procedures) means performing surgical procedures without using shastras (sharp/surgical instruments). Acharya Sushruta mentioned 14 Anushastras among which Ksharakarma, Agnikarma and Jalaukavacharana given more importance and described in detail. Due to the pradhanyatwa of these 3 procedures in treatment they are known as trividha Anushastra. In most of the urdhwajatru vikaras like danta-dantamoolagata rogas, jihwarogas, tundikeri, vartmarogas, pillarogas of netra, arshas of nasa and karna these are used extensively. Materials and method: This is a conceptual type of study. Textual materials (bhrihatrayi, laghutrayi, various research articles) are used to gather all the available information regarding these Anushastrakarmas. Conclusion: Trividha anushastrakarmas are simple, noninvasive, safe, and cost-effective procedures which can be done on OPD basis. Hence one can give promising results to individual suffering from such ailments and can improve the quality of life.

KEYWORD: Urdhwajatru vikara, Ksharakarma, Agnikarma, Jalaukavacharana.

INTRODUCTION

Shalakyta tantra is one among the eight branches of Ayurveda which includes the diseases of uttamanga / urdhwajatru (parts above the clavicle) and their treatment. Urdhwajatru pradesha gives shelter to sensory organs like Netra(eyes), Shrotra(ear), Rasana(taste perception) and Ghrana(sense of smell), also it is the root of human body.^[1] Hence utmost care should be given to maintain / restore the health of urdhwajatru. In Arsha chikitsa chaturvidha chikitsa is mentioned, treatment is divided into 4 types i.e. Bheshaja (Medicine), Shastra (Surgical), Kshara (Alkali treatment) and Agni (Cautery).^[2] In all the diseases Bheshaja chikitsa can be given, even in initial stage of Shastra sadhya vyadhis. If Bheshaja chikitsa is not giving desired effect, patient is sukumara (Sensitive)/ bala (Paediatric age group), patient is not willing to undergo surgery, in case shastra is unavailable and if shastra karma is difficult to perform one can go for Anushastra karmas. There are 14 Anushastras mentioned in Sushruta Samhita.^[3] Among them Jalauka (Leech), Agni and Kshara are considered as pradhana (Important) and explained in detail by our Acharyas. They are known as trividha Anushastras (3 parasurgical procedures), among them Jalauka is pradhana, Agni is pradhanatara and Kshara is considered as pradhanatama.^[4]

Trividha Anushastras has been extensively used in the treatment of various diseases of Netra, Nasa, Karna, Shira and Mukha. Present era, due to its minimal invasive technique, accessibility, easy and safety usage these para surgical procedures are gaining popularity. Hence an attempt is made to collect all the available information about these procedures in this conceptual study.

MATERIALS AND METHODS

Information about Trividha anushastra, their guna-karma, indications in shalakyta tantra was collected from Sushruta Samhita, Astanga Saangraha, Astanga hridaya and Laghu trayi's.

Ksharakarma: Kshara is considered as best among all the Shastra and the Anushastras. It is pradhanatama among trividha anushastras because it has properties like tridoshaghna, chedana, bhedana, lekhana, shodhana, stambhana, ropana, shoshana.^[5] Based on mode of administration it is of 2 types viz. pratisaraneeya and paneeya.^[6] Based on potency 3 types i.e. mrudu, madhyama and teekshna. As urdhwajatru contains sensory organs which are sensitive, mrudu-pratisaraneeya kshara is advisable. Kshara can be used in the form of kshara varti and kshara sutra.

	Indications	Kshara used
Netra rogas	Balasa grathita, lagana, upapakshmamala, pakshmakopa, shushkarsha, arbuda, Bisavartma, Alaji, Upanaha, Pishtaka, Sirashukla, Savrana shukla	Langali kshara, Yava kshara with vyoshadi gritha, kashranjana [yavakshara] Vibhitaka kshara, Gunja kshara
Karna rogas	Badhirya, Pootikarna, Puyasrava, Karnanada, Krimikarna, Karna arsha, Karna arbuda,	Kshara taila [mulaka,yava ,sarjika kshara] Apamarga kshara
Nasa rogas	Peenasa, Kaphaja Pratishtaya, Nasa arsha, Nasa arbuda,	Mrudu kshara like Apamarga kshara, chitraka, kadali
Shiro rogas	Indra lupta, Darunaka, Shiroroga, Kaphaja shiroroga, Krimija shiroroga	Palasha kshara or jala shooka kshara, vyosha kshara, kashrodaka, Gunja kshara
Mukha rogas	Kaphaja oshta kopa, Jalarbuda, Adhidanta, danta sharaka, danta pupputa, vaidarbha, Kanta rogas, shleshma Chaya in mukha, galaganda, danta veshta, sheetada, upajihwika, adhijihwika, galashundika, tundikeri, adrusa, talupaaka, talu shosha, talu sanghata, talu pupputa, kanta shaluka	Yava kshara, kshara taila, paata kshara, apamarga kshara, swarjika kshara, kshara jala gandusha, yavakshara gutika mukha dharana, hata kshara with gomutra paana, yavakshara yusha

Jalaukavacharana

Detailed description regarding the type of Jalauka and procedure is available in Sushruta Samhita.^[7] It is indicated for raktamokshana in sukumara and bala. Jalaukavacharana is done in grathitha and avagadha raktadusti.^[8]

Indications in Shalakyta tantra: Siravyadha mentioned in our texts are difficult to perform for jatrudhwa rogas. Jalaukavacharana and pracchanna are easy as well as most convenient methods of raktamokshana where blood loss is minimal.

	Indications
Netra roga	Anjana namika, savrana shukla, sira shukra, raktaja abhishyanda and raktaja adhimanta, akshi ruja, raji timira
Karna roga	Kaphanubandha bhadirya, karna vidradhi, karna shophya, paripota, utpaata, parilehi
Nasa roga	Nasapaka, Nasarbuda, Nasarsha
Shiro roga	Khalitya, palitya, indralupta
Mukha roga	Oshta roga, kanta rogas, sheetada, vaidarbha, upakusha

Agnikarma

	Indications	Dahana upakarna
Netra roga	Mahalagana, shushkarsha, arbuda, Arsha, pakshmakopa, upapakshmamala Kruchronmilana, bisavartma, pakshmoparodha, alaji, sarva Ashanta adhimanta,	Shalaka, suchyagra
Karna roga	Karna arsha, karna arbuda	Shalaka
Nasa roga	Nasa arsha, nasa arbuda	Shalaka
Shiro roga	Vataja shirashula, kaphaja shirashula, ardhavabhedaka, suryavarta	Shara kanda, Godanta, aja shakrut, Pippali kshoudra guda Sneha, jambvoshta
Mukha roga	Medoja oshta kopa, jalarbuda, sheeta danta, danta vidradhi, danta nadi, galaganda, achala krimi danta, adhidhanta, danta nadi	Sneha, kshoudra, guda, Suchi, shalaka, madhuchishta

Pradhana tara among trividha anushastra karma as it results in apunarbhava of diseases and it can cure the diseases which are difficult to treat through other measures like beshaja, shastra and kshara.^[9] It is

indicated in avaghada mula diseases. It can be performed in all ritus except sharad and greeshma. If condition require agnikarma in these ritus, pratyanka vidhis like

sheetachadana, sheetabhojana and sheetapradeha should be adopted.

In mukha rogas one should undergo agnikarma in empty stomach and in other urdhwajatru vikaras picchilanna should be consumed.^[10] In shiroroga and adhimanta dahana karma should be performed at bhru, lalata and shankha pradesha and in Netra, vartma roma koopa.

DISCUSSION

Anushastra karma (Para surgical procedures) are important surgical practices in curing the ailments pertaining to Urdhwajatru. Jalaukavacharana is useful in acute conditions where there is infection and inflammation. It is useful in Allergic conjunctivitis, stye, Chalazion and acute painful conditions like glaucoma, iritis, uveitis, scleritis. Leech application in Indralupta, Khalitya improves blood circulation to local site and nourishment of that part, hence it stimulates hair roots. Agnikarma and ksharakarma are most effective with several benefits in many diseases that requires surgical or para surgical approach. These are cost effective, easy to perform, minimal invasive and requires minimal post-operative care. While using kshara and agni to Netra, should be very cautious and it should not harm eyeball and other structures. These procedures provide long term benefits in long standing health issues. Clinically combination of Ksharakarma and agnikarma is beneficial in Nasarshas, Karnarshas, krimidanta conditions. Ksharakarma is very effective in Hypertrophied turbinates, nasal polyps and tonsilitis conditions. It gives immediate improvement in health and quality of life.

CONCLUSION

Anushastra karmas are minimal invasive procedures with greater efficacy. When it is used judiciously there will be minimal, or no bleeding and complications can be prevented. According to the disease condition, one can modify the Anushastra karma to provide maximum benefit to patient.

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