



**SPECIFIC ROLE OF VARIOUS SURGICAL APPROACHES OF AYURVEDA IN
SURGICAL PROBLEMS: AN AYURVEDA REVIEW**

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ABSTRACT

Shalya Chikitsa is one of the pivotal therapeutic interventions of Ayurveda dealing with different surgical and para-surgical approaches. The approaches *Shalya Karma* help to manage different health issues like; cuts, wounds, *Bhagandara*, Pilonidal Sinus, *Charmakeela*, *Avamanthaka*, *Dantapup* and *Kumbhika*, etc. *Shalya Karma* offers many advantages where minor surgical interventions prerequisite. *Chhedana*, *Bhedana*, *Vyadhana*, *Lekhana*, *Eshana*, *Aharana*, *Visravana* and *Sivana*, etc. are some major approaches of *Shalya Karma* which can be performed using various instrument and natural materials obtained from plants and animal sources. Present article emphasizes role of various surgical modalities towards the management of different surgical and para-surgical health problems.

KEYWORDS: Ayurveda, *Shalya Chikitsa*, *Kshara Sutra*, *Chhedana*, *Bhedana*.

INTRODUCTION

Ayurveda the classical therapeutic modality of ancient medical science provides many ways to remain healthy and away from diseased conditions. *Shalya Chikitsa* is one of them especially focused by *Sushruta Samhita*. *Shalya Chikitsa* not only helps to manage surgical health problems but also provides ways to manage conditions which may arise after surgical interventions. *Kshara karma*, *Shashtra karma* and *Paschata karma* are main therapies of *Shalya Chikitsa* which helps to treat conditions like; lesion, tissues lysis, wounds, cuts and hemorrhoids, etc.

There are some considerations need to be taken care while performing *Shalya Chikitsa* which are as follows:

1. Instrument must be sterile and sharp enough.
2. Materials recommended in ancient texts should only be used for specific surgical purposes.
3. Expert surgeon equipped with knowledge should involve in surgical interventions.
4. It is required to take safety precautions before performing surgical interventions like; surgeon must need to wear globs and apron.
5. Patient cooperation needed during surgical interventions.
6. The pre and post operative management must be planned prior to main procedure.
7. The antimicrobial and anti inflammatory materials can be used for surgical procedure.
8. Surgical interventions performed only when it is required.

The surgical and para-surgical approaches of Ayurveda helps to reduces lesion size, facilitate wound healing, help to clean wound, reduce infections and inflammatory sensation.

The surgical approaches of Ayurveda involve use of various equipments/materials as depicted in **figure 1**.



Figure 1: Materials used for *Shalya Chikitsa*.

The principles of *Shalya Chikitsa* need to explore up to great extent so to align with modern surgical science therefore present article summarizes some clinical utility of ayurveda *Shalya Chikitsa*.

- *Chhedana* helps to manage *Sadyo Vrana*, *Kaphaja* cyst and mild tumor
- *Bhedana Karma* helps to treat *Ashmari*, *Avamanthaka* and *Kumbhika*
- *Visravana* can be employed to treat *Pakva vidradhi*, cysts and infected edema
- *Lekhana* helps in *Upajihvika*, *Dantavaidarbha* & *Keloid*

Management of *Sadyo Vrana*, *Kaphaja* cyst and mild tumor

Chhedana Karma can help to manage *Sadyo Vrana* since it removes deprived and infected area from body using *Mandalagra*, *vrudhipatra* and *Mudrika* etc. *Chhedana Karma* reduces severity of hemorrhoids & tissue necroses.

Sivana another para-surgical approach helps in the management of *Vrana*, *Kaphaja* cyst and tumor. Sutures, needles and threads are major equipments used *Sivana* process. *Sivana* means suturing of incised parts or wounds. *Sivana* reduces chances of recurring and enhances healing of affected tissue.

Management of *Ashmari*, *Avamanthaka* and *Kumbhika*

Bhedana Karma means incision of affected parts to open a draining cavity for draining out tissue wastes. The *Bhedana Karma* helps to removes tissue debris and pus cells. *Vrudhipatra* and *Nakhgashastra* etc. can be used to perform *Bhedana Karma*. This therapy helps to manage *Ashmari*, *Avamanthaka* and *Kumbhika*, etc.

Aharana with *Agra Vakra Shalaka* can also be employed to removes infected body parts and cyst. The expert should only handle *Agra Vakra Shalaka* to cure surgical problems.

Management of *Pakva vidradhi*, cysts and infected edema

Visravana can be used to treat conditions like; *Pakva vidradhi*, cysts and infected edema. *Trikurchak*, *Shararimukh* and needle can be used for same purpose. *Visravana* facilitate pus draining and reduces inflammatory swelling and edema.

Management of *Upajihvika*, *Dantavaidarbha* & *Keloid*

Lekhana can be performed to scrap out tissue debris and dead pus cells using *Karapatra* and *Mandalagra*, etc. *Upajihvika*, cyst, *Dantavaidarbha*, hemorrhoids & *Keloid* can be treated using *Lekhana Karma*. This therapy helps to suppress pathogenesis of local infection and improves natural healing process of body.

Management of *Dakodaram* and *Mutra-Vridhhi*

Vyadhana means puncturing of affected body part with the help of *Kutharika* and needle. The infected foreign matter can be removed from affected area by this method therefore *Vyadhana* helps to treat *Dakodaram*, *Mutra-Vridhhi* and ulcers.

Management of sinuses, wounds and abscesses

Eshana can help to treat sinuses, wounds and abscesses; *Eshana* is process which snoop out debris and waste material from infected wounds and cuts. Probing can be done using sharp sterile instrument to perform *Eshana*.

Management of Hidradenitis suppurativa

Ksharasutra therapy can be used to treat Hidradenitis suppurativa which is an inflammatory disease involving subcutaneous tissues lesion. *Ksharasutra* minimizes recurrences; suppress complication, treats disease with minimal invasion and initiate early healing process.

Management of Pilonidal Sinus

Kshar Sutra helps in the management of Pilonidal sinus, in such case *Ksharasutra* can be applied through sinus tract. *Ksharasutra* involves use of ligature that placed into the sinus cavity and packed with gauze. *Kshar Sutra* reduces pain and enhances healing process thus helps in the treatment of Pilonidal sinus.

Management of Post-Operative Pain

Management of post-operative pain is also one of the important aspects of *Shalya Chikitsa* and it can be achieved by using *Vedana-Sthapana Dravyas*. *Vedana Sthapana* drugs offers analgesic, anti-infective and *Vata-pitta Shaman* effects thus imparts *Shotha-nashaka* effects. *Madhura rasa*, *Sheeta veerya* and *Vatahara* effects of Ayurveda drugs help to suppress *Vedana*.

CONCLUSION

Ayurveda *Shalya Chikitsa* helps to treat various surgical problems, the surgical approaches such as; *Chhedana*, *Lekhana*, *Visravana*, *Eshana*, *Vyadhana* and *Aharana*, etc. helps to treat various surgical ailments like; *Jalodara*, *Stana vidradhi*, *Ashmari*, *Vrana*, hemorrhoids, *Kumbhika*, cyst and abscesses etc. *Bhedana* and *Sivana karma* helps in *Baddhagudodara*, *Stana vidradhi* can be treated with *Bhedan* similarly *Eshana* helps to manage sinuses and abscesses. Article concluded that Ayurveda *Shalya Chikitsa* helps to treat various surgical problems and the fundamental principles of *Shalya Chikitsa* can be employed for the management of minor as well as serious surgical health problems.

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