



**A REVIEW ON UPYANTRAS AND NATURAL MATERIALS W.S.R. TO THEIR
THERAPEUTIC ROLE IN SHALYA TANTRA**

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ABSTRACT

Shalya Tantara is surgical stream of Ayurveda that deals with management of pathological conditions using surgical or para-surgical approaches. The quick action of Ayurveda surgical approaches helps to heal wound and cuts in quick period of time thus provide early relief. *Shalya Tantara* involves utilization of various equipments and materials obtained from plant and animal sources. These equipments and materials uses for specific therapeutic purposes and helps to cure different pathological conditions including *Bhagandara*, *Charmakeela*, *Arsha*, *Kadara* and *Kshara*, etc. *Taala*, *Samdansha*, *Swastika*, *Shalaka*, *Upayantra* and *Naadia*, etc. are different types of *Yantras* used in *Shalya Chikitsa*. Many plants such as; *Euphorbia nerifolia*, *Achyranthus aspera* and *Curcuma longa*, etc. utilized extensively in *Shalya Chikitsa* for different purposes. Considering this aspect present article reviewed role of various *Upyantras* and natural materials in *Shalya Chikitsa*.

KEYWORDS: *Ayurveda*, *Shalya Chikitsa*, *Upayantra*, *Kshar*, *Apamarg*.

INTRODUCTION

Ayurveda system enriched with various therapeutic modalities and *Shalya Chikitsa* is one of the important streams of ancient Ayurveda which deals with surgical and para-surgical health issues. *Kadara*, *Aharmakeela*, *Bhagandara* and *Arsha*, etc. are some pathological conditions which can be treated with the help of different approaches of *Shalya Tantara*.^[1-4]

Shalya Tantara utilizes different equipments along with some plant and animal based ingredients for therapeutic purposes. *Apamarga*, *Haridra* and *Snuhi*, etc. are some ingredients which utilizes extensively in *Shalya Tantara* for their *Vranashotha pachana*, *Dharana*, *Vilayana*, *Vrana Shodhana* and *Vrana Ropana* properties. As per modern science these all natural ingredients offers anti-inflammatory, antiseptic, analgesic, haemostatic and lesions healing actions therefore play vital role in the management of surgical health issues.^[3-5]

It is well known that Ayurveda approaches of surgical intervention offers minimal invasion without any severe complication and cost effectiveness therefore need to be explored with modern concept so that these ancient approaches can be utilized in traditional as well as in modern practice. The various health problems which can be treated with Ayurveda *Shalya chikitsa* are mentioned in **Figure 1**.



Figure 1: Conditions which can be treated using Ayurveda *Shalya Chikitsa*.

As per modern science sutures, bandages, cotton, needles, fracture beds and scissor, etc. are some materials that used in *Shalya Chikitsa*. The *Yantra* utilizes for specific purposes are mentioned here:

1. *Bhagandara* for examination of *Fistula-in ano*.
2. *Arshoyantra* for examination of *Haemorrhoids*.

3. *Srotogatashalyauddharnarth* used to remove foreign bodies.
4. *Rog Darshanaarth Yantra* used to visualize disease.

These *Yantra* mainly made by hard and metallic substance, while *Upanyantra* are non metallic subordinate materials. There are 25 *Upanyantra* mentioned by *Sushruta*, while *Vagbhata* and *Ashtang sangrah* mentioned 19 and 21 *Upanyantras* respectively. As per ayurveda *Patta*, *Charma*, *Rajju*, *Antarvalkal*, *Danta*,

Baal and *Vastra*, etc. are examples of *Upanyantras*. Similarly *Sushruta* mentioned *Venika*, *Patta*, *Antarvalkal* and *Lata* as *Yantra* can be utilized in Ayurveda *Chikitsa*. *Ashtang Sangraha* also described *Antra*, *Paaka*, *Bhaya* and *Kaal* as *Yantra*.^[5-8]

The specific descriptions and role of some materials/equipments used in *Shalya Chikitsa* depicted in **Table 1**.

Table 1: Description of materials/equipments used in *Shalya Chikitsa*.

S. No.	Materials/Equipments used in <i>Shalya Chikitsa</i>	Descriptions
1	<i>Patta</i>	<i>Kshaum</i> and <i>Kausheya Patta</i> can be used for bandaging purpose
2	<i>Antarvalkal</i>	Used for <i>Vrana bandhana</i> purpose
3	<i>Vastra</i>	Cloth or linen used to maintain surgical isolation and slings.
4	<i>Rajju</i>	Rope of fibers used for tying purposes.
5	<i>Danta</i>	<i>Godanta</i> used for removal of pus.
6	<i>Saloma Charma</i>	Used for <i>Lekhana Karma</i>
7	<i>Mridu Charma</i>	Used for <i>Seevana Karma</i>
8	<i>Charma</i>	Leather material used for bandaging purpose and also used in case of organ prolapsed.
9	<i>Shakha</i>	<i>Shakha</i> of tree used to pull out <i>Shalya</i>
10	<i>Snayu</i>	For absorbable suture material

PLANT MATERIALS

Snuhi (*Euphorbia nerifolia*) used for preparing *Snuhikshira*, the milk of plant stem possess therapeutic value due to its *Katu Rasa*, *Tikсна Guna*, *Katu Vipaka* and *Usna Virya*. The *Bhedana* and *Tiksnavirecana Karma* of *Snuhikshira* offer beneficial effects when used in *Kshara Sutra*. The medicinal value of plant material cure *Vrana*, improve natural healing process and *Tridoshaghna* effect pacify *Kapha & Vata Dosha*. Moreover *Dahan*, *Darana* and *Krimighna* effect of herb prevent progression of infections thus relieve symptoms of wound.

Apamarga (used in *Shalya Chikitsa* to prepare *Achyranthus aspera*) plant *Apamarga Kshara* which extensively employed for surgical purpose. The plant contains glycoside, saponin, alkaloids and sterone, etc. therefore provides many therapeutic benefits. The *Katu Vipaka*, *Ushna Virya*, *Ruksha Guna* and *Tikta Rasa* provide *Kaphapittasanshodhak* action therefore control *Dosha* vitiation involved in surgical intervention. Moreover *Lekhana*, *Shothahara* and *Vedanasthapana* effects of *Apamarga* helps greatly in chronic wounds. *Apamarga Kshara* prevents progression of infection due to its *Krimighna* effect thus improves healing of wounds.

Haridra another natural rhizome employed in *Shalya Chikitsa* due to its analgesic and anti-inflammatory properties, it also improves process of healing thus cure wounds and cuts effectively. *Rooksha*, *Vishaghna*, *Kushthaghna* and *Lekhaneeya* properties provides many beneficial effects in surgical problems. Curcumene, eugenol, curcumins and camphene, etc. are chief

constituents present in *Haridra* which contributed towards its biological action. Analgesic, antiseptic, wound scraping, anti-itching, cooling and soothing effects of *Haridra* relief symptoms of surgical problems and helps to cure burn, cuts and wounds, etc.^[9-12]

CONCLUSION

The Natural materials used in *Shalya Tantara* helps to cure abscess, burn, cysts, wounds and fracture, etc. These materials cleans lesion, removes residual epithelium, imparts antimicrobial action, heals wounds and imparts anti-inflammatory properties therefore provide therapeutic benefits in many pathological conditions which require surgical intervention. Cotton threads, silk, *Charma*, *Sira*, *Danta*, *Vastra*, *Rajju* and *Baal*, etc. are *Yantra* and *Upanyantras* of *Shalya Chikitsa* which helps in the management of various conditions including *Charmakeela*, *Arsha*, *Kadara*, *Bhagandara* and fracture, etc.

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