



A COMPREHENSIVE REVIEW ARTICLE ON ROLE OF ASHTAVIDHA SHASTRA KARMA IN STRIROG IN CLINICAL PRACTICE IN PRESENT E.RA W.S.R TO SHALYAL KARMA

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ABSTRACT

Ashtavidha Shastra karmas are the procedures or steps that are always the soul of all surgery because these are the things that are generally the objectives of any surgery. With a broad vision, Ashtavidha Shastra karma may be taken as the base of modern surgery, and that may be the reason why Ayurvedic and modern surgeons still re-member Acharya Sushruta. Modern Surgery was not in practice before the 18th Century. It was developed after Anesthesia & antibiotics. Ayurvedic Surgery (Shalya, Shalakya and Prasuti) was fully developed before the 10th Century. Ayurvedic Surgery declined due to Sociopolitical reasons. Ashtavidha Shastra Karma's principles of eight basic surgical procedures are being used in day-to-day surgery, and many advancements have been made in modern surgery regarding the development of minor surgical instruments to Robotic surgery. But the principles of surgical treatment remain the same even today. In Prasuti Tantra Evum Stree Roga, shalya chikitsa involves sur-gical and pre-surgical interventions, and Astavidh shastra is one among them. The eight shalya karma is ex-plained and used to treat many Prasuti Tantra Evum Stree Roga diseases. In the present scenario also, these eight shastra karma are modified and are currently used in modern surgical science for surgical disorders, through arti-cle we want to elaborate on the ashtavidha shastra karma use in Prasuti Tantra Evum Stree Roga is the same as today's surgical procedures of modern.

KEYWORDS: Mudhagarbha, Gophanika, Nadi Yantra, Laparoscopy, Muladhara.

INTRODUCTION

Acharya Sushruta, the father of Surgery, described all principles of Surgery in a very systematic way. His concept of Sastra Karma is very scientific, and prob-ably no surgical procedure can be invented to over-come the limit of this Karma. Acharya Sushrut has scientifically classified all surgical procedures into two groups: Yantra Karma & Shastra Karma. Every surgical procedure is planned systematically using blunt and sharp instruments.

Yantra Karma is the procedure that involves using blunt instruments, while Shastra Karma involves us-ing sharp instruments. Acharya Sushruta described the Shalya Karmas in this way. He mentioned the basic principles of Shalya Chikitsa as Yantra karma and Shastra karma. He left that elaboration on the wisdom of Shalya Chikitsaka (surgeon), as surgery is entirely concerned with the performer's skill and presence of mind.

Among all these Karma, Ashtavidha Shastra karma are the procedures or steps which are always the soul of all

surgery, because these are the things which are generally objectives of any surgery to be performed. With a broad vision, Ashtavidha Shastra karma is the base of modern surgery. This is why Acharya Sushruta is still remembered by not only the Ayurve-dic but also the Modern surgeons. All the operative procedures used in gynaecology & obstetrics use Ashtavidha Shastra karma in various ways.

Hence, the Prasuti Tantra & Stree Roga scholars are designated as M.S. by AYUSH. An explanation of Ashtavidha Shastra Karmas gives basic knowledge about eight types of surgical procedures followed. There are a few Stree & Prasuti Roga like Stanvid-radhi (Fibro adenoma), Stangranthi (Breast abscess), Mudhgarbha (Malposition/ Malpresentation of fetus inutero), Arbuda(Genital carcinoma), Gulma (Hyda-tidiform mole), Mahayoni(Uterine prolapse prociden-tia), Garbhashaya granthi(Polip/Fibroid) these are treated by using some of karma.

Though modern surgery is improving and updated daily, these Shalya Karmas are the roots of all surger-ies and are always more essential than the branches.

Dr B Roter mentioned that 3500 years ago, sushruta was conducting urological surgery in India. Foreign invaders destroyed our ancient science. Evidence says surgery was imported from India. Sushruta Samhita was translated into latin, Germany, Arabic, etc.

Acharya Sushruta performed surgery in India and took it to admirable heights. The era of surgery was coming as The Golden Age of Surgery. To obtain better results in

all types of surgical procedures, Sushruta has described three kinds of Karma. Poorvakarma(Preoprative), Pradhankar-na(Operative) and Paschakarma(Postoperative). However, the Pradhankarma mainly encompasses eight techniques, which are termed Ashtavidha Shas-tra Karma principles of eight basic surgical proce-dures that are being used in day-to-day surgery, and many advancements have been made in modern sur-gery in terms of the development of minor surgical instruments to Robotic surgery. However, the princi-ples of surgical treatment remain the same even to-day, even in modern science.

AIMS

To study the role of application of Ashtavidha shatra karma in Prasuti tantra evum Stree Roga in surgical Practices in the present era w.s.r. to Ayurveda Shalya karma.

OBJECTIVES

1. To collect the detailed description of Ashtavidh shastra karma in Ayurvedic classics & compare it with surgical procedures used in Obstetrics & gynaecology in today's scenario.
2. I'm collecting separately Prasuti Tantra and Stree Roga's surgical procedures (shalya karma) and their surgical steps as per the Ayurveda aspect.

METHODOLOGY

The literary study is done with the help of Ayurvedic texts, i.e., Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha, Kashyap samhita and Ashtanga Hridaya, Modern text as well as the internet-based journals, PubMed, Google Scholar.

Shastra karma according to different acharya

No.	Acharya Shushruta	Acharya Charaka	Acharya Vagbhatta
1.	Chedana (Excision)	Patana	Utpatana (extraction)
2.	Bhedana (Incision)	Vyadhana (Puncturing)	Patana (incision)
3.	Lekhana (Scrapping)	Chedana (incision)	Seevan (suturing)
4.	Vyadhana (Puncturing)	Lekhana (scraping)	Eshana (probing)
5.	Eshana (Probbing)	Prakshalana scarifying	Lekhana (scraping)
6.	Aharana(Extraction)	Seevana	Prakshalana (scarifying)
7.	Visnavana(Drainage)		Kuttana (priking)
8.	Seevana(Suturing)		Chedana (incision)
9.			Bhedana (excision)
10.			Vyadhana (puncturing)
11.			Manthana (churning)
12.			Grahana (holding)
13.			Dahan (cauterization)

Ashtavidha Shastra Karma—Ashta Vidha Shastra Karma involves procedures such as Chedana (Exci-sion), Bhedana (Incision), Lekhana (Scrapping), Vyadhana (Puncturing), Eshana (Probing), Aharana (Extraction), Visnavana (Drainage), and Seevana (Suturing). These techniques relieve various surgical adversities like Sadhyo Vrana, Raktatipravitti, Gran-thi, Arbuda, Stanroga, and Marsha.

- 1) Chedana Karma (Excision)
It involves excision of parts from the body with the help of shastra like Mandalagra(circular knife), Karpatra(bone saw), Vrudhipatra(scalpel), Mudri-ka(ring knife), and Utpalpatraka(lancet). Anushastra used in Chedana Karma are Sphatika, Kacha, Agni, Kshara, and Nakha.

Indications of Chedana Karma in Stri roga

- Uterine fibroid (Kaphajgranthi)
- Asthimamsagata Shalya,
- Hysterectomy (Garbhashaya nirharana)
- Myomectomy,
- Cystectomy,
- Polypectomy (Yoni arsha)
- Enucleation of breast,
- Fibroadenoma

In Prasuti Tantra

- Cord cutting,
- Craniotomy in obstructed labour.
- Scalpels, Scissors, etc, are modern instruments used for this purpose.

2) Bhedana Karma (Incision)

Defined as an incision to lay open a cavity for draining out tissue debris, blood, pus and waste discharge with the help of Shastra like Vrudhhipatra(scalpel), Nakhashastra(nail parer), Mudrika(ring knife), Utpalapatraka(lancet) and Ardhadhara(single-edged knife), Anushastra used in Bhedana Karma in Sphati-ka, Kacha, Agni, Kshara, Nakha.

Indications of Bhedana Karma in stri roga

- Surgical correlation of imperforated hymen surgical correction of vaginal agenesis laparoscopy.
- All types of Vidradhi except Sannipataja (Abscess)
- Vataj pittaj and Kaphaj Granthi,
- Stana Roga
- Yoni Kanda (Bartholin abscess)

In prasuti tantra

- Episiotomy,
- Caesarean section
- Bhedana Karma is also indicated in deep/ superficially seated abscesses and pockets of pus in the fistula/sinus tract.
- Udar-Vipatan is Mudhgarbha.

3) Lekhana Karma (Scrapping)

Lekhana Karma is performed to remove debris from the affected part with the help of shastras like Mandalagra (ring knife) and Vriddhipatra(scalpel). Anushastro used in Lekhana Karma are Kshara, Gojihva, Sephalika, Nakha.

Indications of Lekhana Karma in stree roga

- Medaja Granthi,
- Adhijihvika, Arsha,
- Mansakanda and Mansaunnati,
- Endometrial biopsy,
- Thermal ballooning

In prasuti tantra

- D&C (Dilation & Curettage) /Garbhashaya lek-hana
- D&E (Dilation & Evacuation)

- Removal of placenta,
- Episiotomy wound if gapping is there.

Acharya Sushruta has explained specific parameters to assess proper and improper Lekhana Karma. The absence of bleeding from the site, itching, Oedema and the appearance of the lid-like fingernail are characteristic features of Samyak Lekhana Karma.

4) Vyadhana Karma (Puncturing)

Vyadhana Karma means puncturing; by this technique, the affected part is punctured with the help of Kutharika(chisel), Vrihimukha(trocar), Ara(awl), Vetaspatri(a kind of scalpel) and Such and Anushastra used for vyadhana Karma is Kareera.

Indications of Vyadhana Karma In stree roga

- Siravyadhana (intra venous cannula, scalp vein)
- Laparoscopy,
- To remove the fluids from any cavity

In prasuti tantra

- Amniocentesis.
- Blood transfusion

5) Eshana Karma (Probing)

It involves snooping of waste discharge, debris, foreign bodies, etc., with the help of Eshani from affected body parts and Anushastra used in Eshana Karma are Kareera, Bala, Anguli,

Indications of Eshana Karma in stree roga

- Nadivrana,
- Sashalyavrana,
- Unmargivrana,
- hysteroscopy,
- Uterine sound,
- Salpingoscopy,
- Dilation of Os,
- Catheterisation

In prasuti tantra

- Uterine sounding,
- Dilatation

6) Aharana Karma (Extraction)

It involves extracting waste from diseased body parts with the help of Badisha and Dantashanku(tooth scaler). The Shastra and Anushastra used for Aharana Karma are Nakha and Anguli.

Indications of Aharana Karma In stri roga

- Removal of uterine tumours,
- Removal of polyp by twisting methods

In prasuti tantra

- Moodagarbha,
- Prasav karma,
- Retained Placenta.

7) Visravana Karma (Drainage)

In this procedure, bloodletting and drainage of pus are done with the help of Suchi, Kushpatra(bistoury), Atimukha(hawk bill scissors), Antarmuka(curved bistoury) and Trikurchaka and Anushastra used for Visravana are Jaloka and Nakha.

Indications of Visravana Karma In stri roga are

- Ovarian drilling,
- Five types of Vidhradhi,
- All kinds of Arbuda,
- Vataj Pittaj Kaphaj Granthi,
- Stanaroga

In prasuti tantra

- Artificial rupture of membrane.

8) Seevana Karma (Suturing)

It is a technique for approximated incisions and ex-cised areas using suitable suturing methods, needles, and threads for post-operative management. Rhi-jugranthi, Anuvellita, Gofanika, and Tunnasevani are various types of Seevana used in this therapy.

Indications of Seevana Karma are Sadyavrana, Sulekhita Vrana, diseases due to vitiation of Medas, cut wounds and disease localised on Chalasandhi, Episiotomy wound, LSCS wound, Laparoscopy key-hole/ stitches, Hysterectomy stitches, Cervical in-competence, and McDonald's sutures.

Main surgical procedures used in Prasuti Tantra**1. LSCS (Lower Segment Cæsarian Section)**

Preoperative procedure Diet: light diet given in previous evening & nothing on the day of operation Nil by mouth for at least 8 hrs before sur-gery	Poorva Karma In all the following surgical procedures the patient should not take anything orally in case of Mudhagarbha, abdominal surgery, piles, calculus, fistula-in-ano and mukha roga
IV infusion Position of the patient	Here through vyadhana karma blood is not drained but fluids are infused
Antiseptic dressings-routine shaving of operative area Draping Anaesthesia	In preoperative practice Intake of alcohol by the person who is accustomed to it, for desensitizing during surgical procedures
Intraoperative procedure	
Pfannenstiel Incision	Bhedanakarma (ardhachandrakara), Vasti dwara vipatya (suprapubic incision)/udara patana.
Skin, Fat, rectus sheath, Rectus abdominis, Abdominal peritoneum, Pelvic peritoneum	Bhedana karma
Blood mixed amniotic fluid is sucked	Visravana karma
Delivery of fetus	Aharana karma
Umbilical Cord is cut	Chedana karma
Removal of placenta	Aharana karma
Suturing: each layer is closed Uterus is closed using round body needle with go-phanika type of suturing Rectus sheath-using cutting needle with gophanika type of suturing and the suture material used is vicryl nol Rectus abdominis using cutting needle with ri-jugranthi type of suturing and the suture material used is vicryl no 1 Skin-closed with running subcuticular stitch ie: thunnasevani using vicryl no 1	Seevana Karma

Mudhagarbha (Obstructed Labour)

Shastra used to extract the Mudhagarbha:

Mandalagra (circular knife or round head knife, decapitating knife)

- Angulishastra (Finger knife)
- Shanku (Hook)
- Ardhachandra (curved knife)

3. Dilation & Evacuation

Dilation of cervix with the help of- • Sim's speculum • Allis forceps • Metal dilators	Sihamukha yantra Shalaka Yantra
Evacuation with the help of ovum forceps	Kankamukha swastik yantra

3. Dilation & Curettage

- Posterior vaginal wall retractor speculum- Yoni vekshana yantra
- Allis tissue forceps- Sihamukha yantra
- Hawkin ambler dilator- Shalaka Yantra
- The uterine cavity is curetted by a uterine curette- Tal yantra

When lekhana is done by Tala Yantra (curator) of garbhashaya in a clockwise and anticlockwise man-ner.

4. Episiotomy (Muladhara chedana)

- Incision by curved or straight blunt pointed sharp scissors- Swastik Yantra
- Suturing – Seevana

Main surgical procedures used in Stri Roga**1. Hysterectomy**

Low transverse incision- pfannensteil incision/midline incision/infraumbilical paramedian incision	Bhedanakarma (ardhachandrakara) Vastidwara vipatya (suprapubic)/ udarapatana.
Uterus drawn out doyen's retractor placed in position	Aharana karma
If ovaries to be removed-paired clamp on infundibulopelvic ligament. Tissues in between cut & replaced by sutures	Chedana & Seevana karma
Paired clamps on round ligament. cut & replaced by suture	Chedana & Seevana karma
Uterovesical fold is cut & utero sacral ligament, cut and re-placed by suture	Chedana & Seevana karma
Clamps on paracervical tissue. cut & replaced by suture	Bhedana karma & chedana karma
Vault of vagina opened by stab incision with scalpel at cervi-covaginal junction Remaining vault is cut	Bhedana karma & chedana karma
Vault closed by continuous interlocking sutures (gophanika) Abdomen closed in layers	Seevana karma

2. Laparoscopy

1982 diagnostic laparoscopy (NADI YANTRA) was started under supervision of professor P.J. Deshpande. 1974, DR. Bozzini developed the lichtleiter to examine internal organs through external orifices, whereas sushruta, even before Bozzini described the concept of endovision as NADI YANTRA in detail – To aspirate foreign materials. To visualise internal organs and to facilitate the various surgical procedures. Even today, laparoscopy and endoscopy have the same application.

Use of nadi yantra in – Garbhashy cheddana (Hysterectomy) by Udar Nadi Yantra and other procedures like Tubectomy, Ectopic Pregnancy, Salpingectomy etc.

3. Hysteroscopy- Udargat Nadi Yantra
4. Endoscopy- Udargat Nadi Yantra
5. HSG (Hysterosalpingography)

DISCUSSION

We can perform all procedures related to obstetrics and gynaecology through the eight methods of Shashtra Karma. Like-Myomectomy Bhedana+ Chhedana+ Aaharana+ Sivana, Polypectomy Chhedana+ Aaharana, Hystrectomy Abdominal Bhedana + Visravana + Chhedana Aaharana + Sivana, Episiotomy Bhedana + Sivana, Caesarean section - Bhedana+ Visravana+ Aaharana+ Chhedana+ Sivana, Dilatation & evacuation Eshana + Aaharana + Lekhana. Ayurvedic Surgery, in modern perspective, started in BHU. AMS course also started in BHU as ayurvedic clinical subjects, Shalya tantra, Shalakya tantra, & prasuti tantra evum Stri roga, also started by P Deshpande in BHU. Keeping the views of stalwarts in mind, integrated Ayurvedic surgery is developing on the principle of Acharya Sushruta. In

Prasuti Tantra Evum Stree Roga, shalya chikitsa involves surgical and para sur-gical interventions, and Astavidha shastra is one among them. The eight shalya karma is explained and used to treat many Prasuti Tantra Evum Stree Roga diseases. In the present scenario also, these eight shastra karma are modified and are currently used in modern surgical science for surgical disorders, through article we want to elaborate on the ash-tavidha shastra karma use in Prasuti Tantra Evum Stree Roga is the same as today's surgical procedures of modern.

CONCLUSION

Apart from this, if any surgical procedures are considered, it seems to be the combination of one or more Shashtra Karma. Moreover, most of the surgical procedures are a combination of both Shashtra karma and Yantra Karma. The above-mentioned is exemplary and just a glimpse of the universal approach of Ayurvedic Shalya Chikitsa. Here, it is essential to note that Ashtavidha Shastra karma is not the eight surgical procedures; instead, these are the eight basic principles of all the surgical procedures which can be used for any surgery. These Karma contain a short but full description of all the surgeries. Every surgical procedure comprises either one or more of them, or more interestingly, no surgery to date contains any step beyond the scope of Ayurvedic Shashtra Karma. Hence, it is the need of time that the government takes very sincere steps to protect the legal rights of Ayurvedic surgeons and rules regarding performing surgeries by Ayurvedic doctors must be very clearly regularised.

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