

**SHALYA KARMA AND PASCHATA KARMA FOR DIFFERENT DISEASES:
ADVANTAGES AS PER AYURVEDA PERSPECTIVE****Dr. Abhay Ahirwar^{*1} and Dr. Ranjit Narang²**¹M.S. (Ayu), Lecturer, Mai Bhago Ayurvedic Medical College, Sri Muktsar Sahib, Punjab, India.²M.D. (Ayu), Lecturer, Rani Dullaiya Ayurveda P.G. College and Hospital, Bhopal, India.***Corresponding Author: Dr. Abhay Ahirwar**

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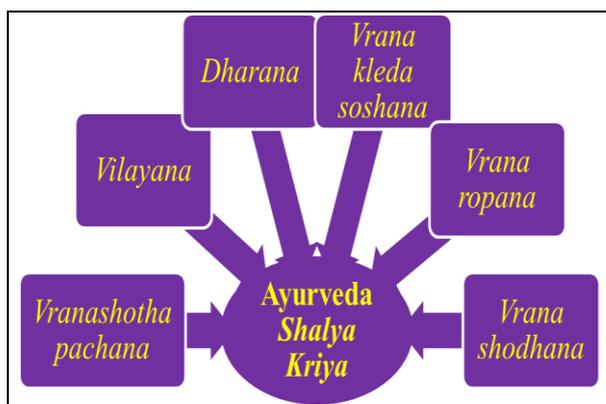
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ABSTRACT

Shalya Chikitsa is important branches of *ayurveda* which associated with surgical and para-surgical interventions, the traditional text of ayurveda described uses of various surgical processes for the management of different diseases. *Bhagandara*, Pilonidal Sinus, *arsha charmakeela* and *kadara kshara*, etc. are some pathological conditions which require surgical approaches. Ayurveda described some approaches for *shalya chikitsa* which employed for various disease involving lesion, wound and hemorrhage. This article summarizes therapeutic advantages of some *shalya kriya* in various disorders.

KEYWORDS: *Ayurveda, shalya chikitsa, shastra karma, bhagandara, kshara sutra.***INTRODUCTION**

Sushruta Samhita mentioned various modalities for *shalya chikitsa* such as; *kshara karma*, *shastra karma* and *Paschata karma* (post operative management). These therapies offers significant relief in disorders related to the surgical procedure. *shalya kriya* help in the lysis of tissues, remove lesion, heals wounds and destroys the residual glands of epithelium, these surgical approaches also offers antimicrobial and anti inflammatory properties. The surgical and para-surgical approaches of Ayurveda acts as *Vranashotha pachana* (reduce lesion size), *Vilayana* (remove *kapha vata vibandha*), *Dharana* (wound rupture) *Vrana shodhana* (wound cleaning), *Vrana ropana* (wound healing) and *Vrana kleda soshana* (reduce itching and burning sensation).^[1,4]

**Figure 1: Therapeutic Effects of Shalya Kriya.*****Ksharasutra* for Axillary Hidradenitis Suppurativa Lesion**

Hidradenitis suppurativa is an inflammatory disease of skin. It is associated with subcutaneous tissues lesion which can be management by surgical excision. *Ksharasutra* therapy also suggested for hidradenitis suppurativa surgical excision. The scientific literature and research studies proved efficacy of *Ksharasutra* along with medicine in the management of axillary hidradenitis suppurativa. It minimizes chances of complication, reduces probability of recurrence, patient resumes normal activities very soon and it also offer cost acceptability. *Ksharasutra* along with medicine offers benefits of minimal invasion and early healing after surgical excision of hidradenitis suppurativa lesion. The literature suggested that *Ksharasutra* along with medicine cured patient completely from sign and symptom of axillary hidradenitis suppurativa.^[5,6]

***Apamarg Kshar Sutra* for Pilonidal Sinus**

Pilonidal sinus means condition involving sinus track contains hair, generally occurs under the skin, and may be due to the hormonal imbalance and infection. It can be treated with surgical approaches. Ayurveda literature described used of *Apamarg Ksharsutra* for the management of pilonidal sinus, in pilonidal sinus the *ksharasutra* application is done through sinus tract into the natal cleft out though the secondary opening or external opening. The *ksharasutra* application involving use of loose ligature and free ends of *ksharasutra* placed into the sinus cavity to acquire therapeutic effects of *ksharasutra*. After *kshar sutra karm* wound should be

mopped and cavity is needs to be packed with the gauze. Ayurveda believe in *Paschata Karma* and this may be done by use of cooling and soothing agents such as; *Jatyadi ghrta* along with *Usnodak awagaha* (Hot water sitz bath) which maintain hygiene, reduce pain and offer calming effects. The traditional text of Ayurveda and research studies confirmed that *Apamarg Ksharsutra* ligation offer benefits of minimal invasion for the treatment of Pilonidal sinus, it minimizes complications and chances of recurrence,^[7-9]

Seton Therapy for *Bhagander*

Bhagandara associated with *Daran* like *Bhag*; *Guda* and *Vasti* area. The *Fistula* in ano resembles *Bhagandara* as per modern science. It is a small cut or wound that develops between the bowel end and anus. It possesses symptoms like; bleeding and discharge along with painful defecation. *Fistula* may also occur after surgery to drain an anal abscess. Surgical interventions are proposed for the cure of an anal fistula.

Symptoms of anal fistulas:

- Skin irritation around the anus, swelling and tenderness.
- Pain, itching and discharge.
- Constipation.
- Trouble in defecation.

The Ayurveda science described use of various treatment options for the management of *Bhagandara* and *Seton* therapy (use of seton for surgical purpose) is one of them along with *Vasti* and *Usnodak awagaha*. Different investigational study proved mild efficacy of these approaches in the management of *Bhagandara*.

Contents of *Seton*: Barbour linen threads

The different available literature and research investigation suggests that the *Seton* therapy (use of seton for surgical purpose) along with *Vasti* and *Usnodak awagaha* help to heal fistulous tract with minimal complications. The therapy heals *Bhagandara* within few months. The *Vasti* and *Usnodak awagaha* reliefs symptoms like; itching, discharge and tenderness. It also helps to reduces pain and burning sensation. The use of *Seton* for surgical intervention needs postoperative care and this is achieved by *Paschata karma* (use of *Anuvasan vasti* and *Usnodak awagaha*), *Jatyadi taila vasti* may be used which offers easy evacuation of bowels and also reduced pain. *Usnodak awagaha* (Hot water sitz bath) help to maintain local hygiene, reduce pain, itching and inflammation. This also provides shooting and calming effects which to reduce burning sensation.^[10-13]

Vedana-Sthapana Mahakashaya Ghanavati for Post-Operative Pain

Pain is a problem associated with various inflammatory conditions and surgical interventions, Ayurveda mentioned different approaches for the management of pain and *Vedana-Sthapana Mahakashaya Ghanavati* is

one of them. A study proved efficacy of *Vedana-Sthapana Mahakashaya Ghanavati* in post-operative pain associated with anal canal surgery. Management of pain is very important aspect of surgical procedure and *Vedana Sthapana Mahakashaya Ghanavati* offers analgesic effects of drugs such as; *Kadamba* and *Shireesha*.

The *Pravara satva* and middle age patient acquired more relief in pain by the treatment of *Vedana-Sthapana Mahakashaya Ghanavati*. The ingredients of *Vedana-sthapana Mahakashaya Ghanavati* possess *Vata-pitta shaman*, *jantughna*, *shotha-nashaka* and *vedana-sthapana* properties therefore it significantly relieves the pain and other clinical symptoms of surgical interventions; moreover *Vedana-sthapana Mahakashaya Ghanavati* possesses sedative action thus it also reduces pain sensation associated with surgical interventions.

Vedana-sthapana Mahakashaya Ghanavati offers following beneficial effects:

- The *Madhura rasa* and *Sheeta veerya* pacifies *pitta* which may vitiated after *Shalya karma*.
- *Anulomana* of *Vata* due to its *Madhura anurasa*.
- It possesses *Shothanashaka*, *jantughna* and *vedana-shamaka* actions.
- *Katphala* present in formulation pacifies vitiated *kapha* and other *doshas* due to its *teekshna*, *laghu guna* and *ushna veerya*. It also reduces the *vedana* by pacifying *vata* obstructed due to *kapha*.
- *Kadamba* offers *sheetaveerya* and *shothanashaka* properties.
- *Padmaka* possess properties such as; *vatahara*, *kaphashamaka* and *raktadoshashamaka* which reduces the *vedana*.

The available literature proved that chief constituents of *Vedana-sthapana Mahakashaya Ghanavati* significantly reduce the *vedana* by pacifying *Vatadosha* since it possesses *snigdha guna* and *ushna virya*. The ingredients of *Mahakashaya Ghanavati* such as; *Shaal*, *Mocharasa* and *Jalvetas* pacify *vatadosha* due to their *guru* and *pichchhila* properties and thus act as *vedana-sthapaka* while other ingredients of formulation such as; *Ashoka*, *Mocharasa*, *Shirisha* and *Kadamba* reduces the haemorrhagic pain due to their *rakta-stambhana* and *rakta-pitta shamana* properties.^[14-16]

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