

CONTEMPORARY EXPLANATION OF AAHAR AND VIHAR MENTIONED IN
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ABSTRACT

Sushruta was emphatically a surgeon and the sushrutasamhita is the only complete book we have which deals with the problem of practical surgery and midwifery. A good and proper diet & life style in worth a hundred medicines and no amount of medication can do good to a patients who does not observe a strict regimen of diet and lifestyle. Acharyashusruta has mentioned dietary regimen & life style for surgical patients before & after surgery in sushrutasamhita according to different type of surgeries like agnikarma procedure, bloodletting (Raktamokshan) procedure etc.

KEYWORDS: Sushrutasamhita, Acharyashusruta, dietary.

INTRODUCTION

The purpose of Ayurveda are curing the diseases of those afflicted by diseases and protecting those who are healthy. Shalyatantra is the name of that branch which describes the method of removal of different kind of foreign objects, such as grass, wood, stone, sand, metal, bone, hair and nails, pus, exudation, vitiated ulcer, use of caustic alkalis & fire (cautery) and diagnosis of ulcers/wounds.

Sushruta describes eight kind of surgical techniques which have withstood the test of time. All operative manoeuvres carried out by the present day surgeon involves one or more of these techniques only and not anything beyond these.

Sushruta's division of surgical activity into three parts- preoperative, operative and post-operative is based on sound scientific principles. His description of surgical wound, procedure of treating it, care and management of the wounded are exemplary. Para-surgical method such as cauterization, bloodletting etc. We're being carried out to minimize the risk of surgery.

Pre-Operative regimen

The physician before undertaking surgery, should make the patient who is unable to tolerate the pain, to consume the food which he desires and drink strong wine if he is desires and drink strong wine if he is habituated to drinking. In the presence of food he does not faint and

does not understand pain (of the knife) when intoxicated, hence the patient should be activities in diseases where these are mentioned.

In diseases such as obstructed fetus, abdominal enlargement, renal calculus, rectal fistula and diseases of the mouth, surgical operation should be done when the patients has not taken any food.

In Agnikarma- In all diseases and seasons branding should be done after the patient has pretaken food which is slimy (cold in potency and soft).

In Bloodletting- Bloodletting should be done by the physician, on the day which is neither very cold nor very hot, neither without sudation nor sudation done in excess and the patient having consumed yavagu (thin gruel).

In Karnabandha- after suturing- The person (who has been operated) should avoid movement (of the ear), day sleep, exercise, overeating, copulation, exposure to fire and exertion by talking too much.

Paschat karma- Post operative activities fumigation should be done (to the room, cot, clothes etc, being used by the patient) with the powder of guggulu, aguru, sarjarasa and gaurasarsapa, added with lavana (saindhava), nimbapatra and ghee. remains of ghee should be used for restoring his life.

Hitaahara-Activities and foods to be followed by wound person or post-surgical patients**General instructions**

- Devoid of undesirable nail and hairs.
- Be clean, wear clean white clothes.
- Raksasas (demons) who seek pleasure in harming others, who are very powerful, who are fond of flesh and blood, move about near the wounded person either in search of blood.

Sterlization of ward/ Protective rite/Raksa-karma-

Both the priest and the physician should perform protective rites daily during the unions (early morning and early evening) as stipulated in Rig, Yajur, Sama, and Atharvavedas and other benedictory hymns.

PROCEDURE- Fumigation (of the chamber) should be done for ten days, twice a day without laziness, using sarsapa, leaves of arista (nimba) added with ghee and salt.

HitaAhara-suitable foods

- Little quantity of porridge prepared from old rice which is made unctuous and warm, little quantity of water, and meat of Animals of desert like regions, consumed (daily) help healing of the wound quickly.
- Soup prepared from tanduliyaka, jivanti, sunisannaka, vastuka, balamulaka, vartaka, patola, karvellaka, dadima, and amalaka, fried in ghee, added with saindhava or any others similar in qualities or soup of mudga etc. directly related to protein diet for wound healing patient.
- Saktu (paste of flour), vilepi (thick gruel), kulmasa (cooked pulses) and boiled water may be consumed.

Ahitavihara

- The wounded person should not sleep during days, should remain a house/chamber devoid of breeze.
- Swelling of the wound occurs due to exertion, redness due to keeping awake at night, these two and also pain occur due to sleeping at day time and death due to copulation.

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