

## APPLICABILITY OF ASHTA VIDHA SHASTRA KARMA IN SHASTI UPAKRAMA

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## ABSTRACT

Ayurveda the science of healthy living encompasses various branches related to different therapeutic aspects; *Shalya Chikitsa* is one of them which involve surgical and para-surgical interventions. The *Shalya Chikitsa* deals with different surgical approaches for the management of various diseases such as; *bhagandara*, pilonidal sinus, *arsha*, *charmakeela*, *kadara* and *kshara*, etc. *Shalya Chikitsa* provides versatile approaches for therapeutic purpose and “*Asta Vidha Shastra Karma*” is one such approach. The management principles adopted for the wound management in the present modern science and the Shashti Upakrama mentioned by Sushruta are similar and Sushruta moreover lays great emphasis on the cosmetic repair of the formed scar and also mentions treatment modalities to prevent wound dehiscence and its recurrence. Ashtavidha shastra karma among Shashti Upakrama is not only a scientific method for the management of a wound/ulcer from the stage of abscess to the stage of a well formed, cosmetically acceptable scar but is a more advantageous methodology. This article summarizes role and applicability of *Asta Vidha Shastra Karma* in *shalya tantra* for the management of various surgical problems.

**KEYWORDS:** Ayurveda, Shashti Upakrama, Ashtavidha shastra karma, Sushruta Samhita, Vrana, Wounds.

## INTRODUCTION

- The word Upakrama refers to “the planning of treatment and executing it to a perfection for the betterment of the disease”.
- Acharya Sushruta has explained Shashti Upakramas elaborately for management of all types of Vrana in *Dwivraneeya chikitsa adhyaya*.
- Ashtavidha Shastra Karma has been explained as a separate chapter in Sutra sthana which is also incorporated in Shashti Upakrama.

**Ashta vidha shastra karma in shasti upakrama**Among 60 upakramas<sup>[1]</sup>

- ✓ Chedana
- ✓ Bhedana
- ✓ Lekhana
- ✓ Eshana
- ✓ Aharana
- ✓ Vyadhana
- ✓ Visravana
- ✓ Seevana

Constitutes Ashtavidha Shastra Karma.<sup>[2]</sup>

तच्च शस्त्रकर्माष्ट विधं; तद्यथा -छेद्यं, भेद्यं, लेख्यं, वेध्यम्, एष्यम्, आहार्यं, विस्राव्यं, सौव्यमिति॥

❖ छेदन

निरुक्ति

छेद्यं निःशेषतश्छेदनीयमर्थःप्रभृति । सु सू ५/५ टीक

Indications<sup>[3]</sup>

अपाकेषु तु रोगेषु कठिनेषु स्थिरेषु च ।

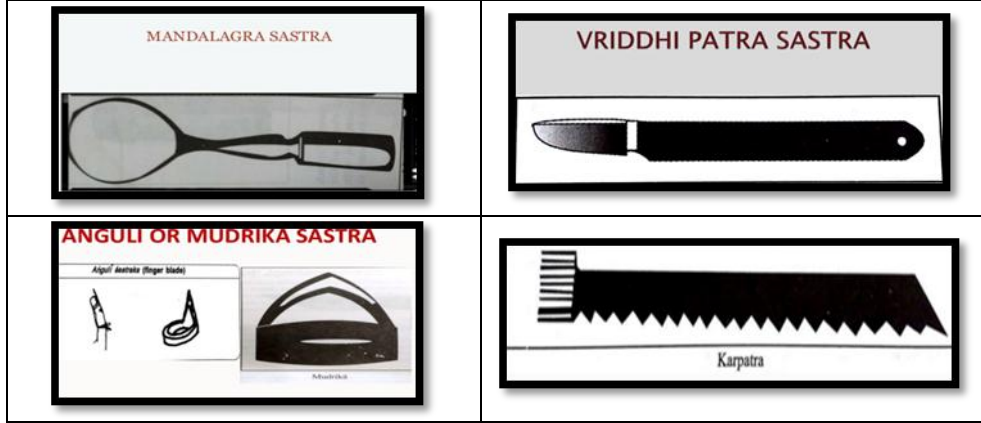
स्नायुकोथादिषु तथा च्छेदनं प्राप्तमुच्यते ॥

**Chedana is indicated in**

- APAKA ROGA: In Meda, Kapha granthi&Mamsa kanda, Valmika(ishat paka).
- KATINA (Drida)
- STHIRA(Achala)  
Eg; Lipoma, Sebaceous cyst, Keloids, etc
- SNAYU KOTHA(Sira dhamanyadi parigraha)  
Eg; Gangrene.

## शस्त्रs used for छेदन

- मण्डलाग्र, करपत्र, वृद्धिपत्र, नखशस्त्र, मुद्रिक, उत्पलपत्र, अर्धधारा



## ❖ भेदन

## निरुक्ति

भेदयं भेदनीयं, विद्रध्यादि । सु सू ५/५ टीक

Indications<sup>[4]</sup>

अन्तः पूयेष्ववक्रेषु तथैवोत्सङ्गवत्स्वपि ॥

गतिमत्सु च रोगेषु भेदनं प्राप्तमुच्यते ।

## शस्त्रs and अनुशस्त्रs used for भेदन

- शस्त्र - वृद्धिपत्र, नखशस्त्र, मुद्रिक, उत्पलपत्रक, अर्धधारा



- अनुशस्त्र -- स्फटिका, काच, अग्नि, क्षार, नख

## Bhedana indicated in

- Antaha puya(wounds having pus inside)
- Avaktra(Avidyamana mukha)
- Utsanga vastu(Chirasthita puya, Gambhira Sushira Vrana pradesha looks bulged)  
Eg; Abscess,
- Gatimatsu (Vrana with tracts inside)  
Eg; Pilonidal abscess, Sinus wound.

## ❖ लेखन

## निरुक्ति

लेख्यं लेखनीयं; । सु सू ५/५ टीक

Indications<sup>[5]</sup>

कठिनान् स्थूलवृत्तौष्ठान् दीर्यमाणान् पुनः पुनः ।

कठिनोत्सन्नमांसांश्च लेखनेनाचरेद्विषक् ॥ सु चि १/३८

## शस्त्रs and अनुशस्त्रs used for लेखन

- शस्त्र मण्डलाग्र, करपत्र
- अनुशस्त्र क्षार, गोजी, शेफाणी, नख
- IN SASTRA ABHAVA LEKHANA CAN BE DONE WITH
- क्षौमं (Atasi vastra)
- प्लोतं (Karpadam)
- पिचुं (Karpasa toolam)
- फेनं (Samudra phena)
- यावशूकं (Yavakshara)
- सैन्धवम् (Saindava lavana)
- कर्कशानि च पत्राणि (Leaves with rough surface)

## Lekhana Indicated in

- Katina(Mamsa heena)Sthoola vrutha oshta
- Katina utsanna mamsa

## Lekhana Vidhi

समं लिखेत् सुलिखितं लिखेन्निरवशेषतः ।

वर्त्मनां तु प्रमाणेन समं शस्त्रेण निर्लिखेत् ॥ सु चि १/३९

- अवगाढलेखनं (समं लिखेत् )
- सुलेखनं (मृदुलेखनं)
- निश्शेषलेखनं (without any remnants)
- वर्त्म प्रमाण (Thickness of eyelids)

## ❖ व्यधन

## निरुक्ति

वेध्यम् अल्पमुखैः शस्त्रैर्व्यधनीयं, सिरादि... सु सू ५/५ टीक

Indications<sup>[6]</sup>

रोगे व्यधनसाध्ये तु यथोद्देशं प्रमाणता ।

शस्त्रं निदध्याद्दोषं च स्त्रावयेत् कीर्तितं यथा ॥

## ❖ विस्रावण

निरुक्ति

विस्राव्यं विस्रावणीयं, । सु सू ५/५ टीक

Indications<sup>[7]</sup>

रोगे व्यधनसाध्ये तु यथोद्देशं प्रमाणतः।

शस्त्रं निदध्याद्दोषं च सावयेत् कीर्तितं यथा॥

Vyadana and visravana indicated in

दकोदरा, मूत्रवृद्धि, रक्तजगुल्म, शोणितरोगा, विसर्प, पिडका etc.

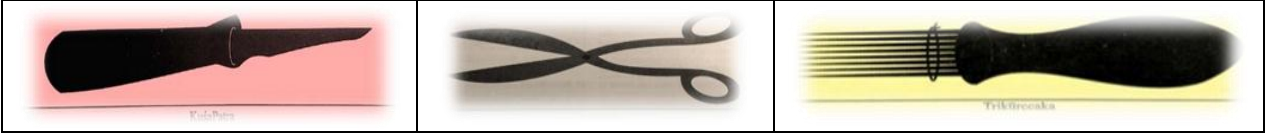
शस्त्रs used for व्यधन

कुठारिका, व्रीहिमुख, आरा, वेतसपत्र, सूची



शस्त्रs used for विस्रावण

सूची, कुशपत्र, आटीमुख, शरारिमुख, अन्तर्मुख, त्रिकूर्चिका



## ❖ एषण

निरुक्ति

एष्यम् एषणीयं, नाड्यादि. . . सु सू ५/५ टीक

Indications<sup>[8]</sup>

नाडीव्रणाञ्च शल्यगर्भानुन्मार्ग्युत्सङ्गिनः शनैः ।

शस्त्रs and अनुशस्त्रs used for एषण

➤ शस्त्र = एषणी

➤ अनुशस्त्र = अंगुली, बाल, करीर



Eshana indicated in

- Nadi vrana
- Salya garbha vrana (Abhyantara salya)
- Bhagandara
- Unmargita vrana, Utsangina vrana

## ❖ आहरण

निरुक्ति

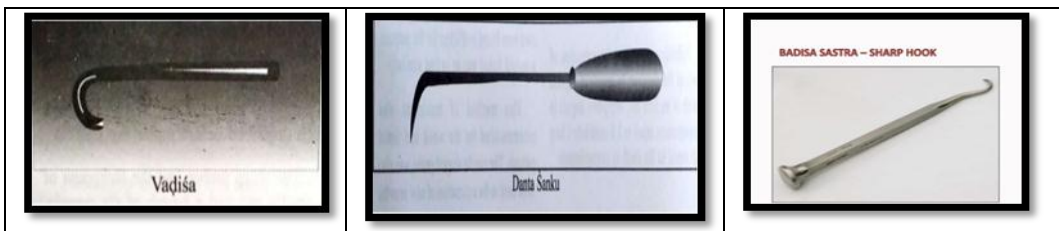
आहार्यम् आहरणीयं, शर्करादि

Indications<sup>[9]</sup>

संवृतासंवृतास्येषु व्रणेषु मतिमान् भिषक् यथोक्तमाहरेच्छल्यं प्राप्तोद्धरणलक्षणम्॥

शस्त्रs and अनुशस्त्रs used for आहरण

- शस्त्र बडिशं दन्तशङ्कु
- अनुशस्त्र नख, अंगुली



**Aharana indicated in**

- Shalya garbha vrana with or without mouth  
Aharana of foreign body from Vrana

## ❖ सीवन

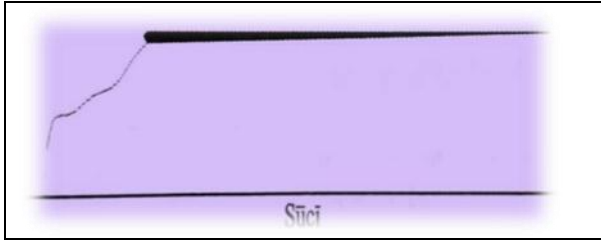
## निरुक्ति

- सीव्यं सीवनीयं, । सु सू ५/५ टीक

Indications<sup>[10]</sup>

सीव्या मेदःसमुत्थाश्च भिन्नाः सुलिखिता गदाः।

सध्योव्रणाश्च ये चैव चलसन्धिव्यपाश्रिताः॥



## Seevana indicated in

- Vrana which is Paka upadrava rahita
- Vrana in mamsa pradesa
- Vrana with Vivrita mukha
- In Sadyo vrana

## शस्त्रs and अनुशस्त्रs used for सीवन

- शस्त्र - सूची
- अनुशस्त्र - बाल (केश)

**Types of Seevana**

- वल्लितकं –Continuous
- ऋजुग्रन्थि – Interrupted
- गोफणिकां - Blanket or button-hole
- तुन्नसेवनी - Buried / Subcuticular suturing

शस्त्रकर्म व्यापत्<sup>[11]</sup>

हीनातिरिक्तं तिर्यक् च गात्रच्छेदनमात्मनः ।

एताश्चतस्रोऽष्टविधे कर्मणि व्यापदः स्मृताः ॥

**DISCUSSION**

- Ashtavidha sastra karmas are the surgical procedures adopted in vrana chikitsas.
- Chedana (Excision) done mainly for removal of non viable, necrosed tissues.
- Bhedana (Incision) indicated in wound with pus which dose not have an opening.
- Lekhana (Scraping) done on wounds which are hard, thick edges, with elevated muscle tissues.
- Vyadana (puncturing) done by sharp instruments for vrana with accumulated pus.
- Eshana (probing) done in Nadi vrana, in vrana with foreign bodies, etc to find out direction, depth, and facilitates for ksharasutra ligation etc.
- Aharana (extraction) denotes the method of removal of salya from a asamvrita or samvrita vrana.
- Visravana denotes draining of pus from the vrana with the help of sharp insruments.
- Sivana (suturing)done for repairing the vrana which is paka upadrava rahita, mamsastha, vivrita

**CONCLUSION**

- Among all shasti upakramas ashtavidha sastrakarmas have more importance as they are main surgical procedures explained by Acharya Sushruta.
- Astavidha sastrakarmas and the sastras were mentioned in Ayurveda classical text books are similar to that of the modern surgical procedures and instruments.
- Astavidha satra karmas can be used in daily surgical practice for the management of vrana in updated or modified forms.

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