



Review Article

ASHTVIDHA SHASTRA KARMA WITH SUTURING IN DETAIL

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ABSTRACT

Ayurveda is considered by many scholars to be the oldest healing science. In Sanskrit, Ayurveda means "The Science of life". Ayurvedic knowledge originated in India more than 5000 years ago and is often called the "Mother of healing". Ancient surgical science- *Shalya Tantra* is one of the vital components of Ayurveda science which involves surgical and para-surgical interventions. The *Shalya chikitsa* deals with different surgical approaches for the management of various diseases such as *Bhagandra*, Pilonidal sinus, *Arshas* etc. *Shalya Tantra* embraces all processes aiming at the removal of factors responsible for producing pain or misery to the body or mind. Acharya Sushruta has mentioned "*Trividha Karma*" and "*Ashtavidha Shastra Karma*" as versatile approaches for therapeutic purposes. The concept of *Ashtavidha karma* is a unique contribution of Acharya Sushruta. These eight specific surgical procedures are useful in the management of all the diseases which require surgical intervention. In the present time though modern surgery has developed a lot but the basic procedures used in major conditions remained same. These eight basic surgical procedures mentioned by Sushruta are equally applied even today with required modifications to manage the diseases which require surgery including surgical emergency conditions. This article summarizes role of *Ashtavidha Shastra Karma* in *Shalya karma* for the management of various surgical problems.

KEYWORDS: Ayurveda, *Shalya chikitsa*, *Shalya karma*, *Shastra karma*, *Ashta vidha shastra karma*.

INTRODUCTION

Knowledge of Ayurveda enables one to understand how to create this balance of body, mind and consciousness according to one's own individual contribution and how to make lifestyle changes to bring about and maintain this balance. Ancient surgical science- *Shalya tantra* embraces all processes aiming at the removal of factors responsible for producing pain to the body or mind. Sushruta took surgery in medieval India to admirable heights and that era was later regarded, "The golden age of surgery" in ancient India. Mention of Ayurvedic *Shalya tantra* word doesn't complete by without the mention of great Ancient surgeon, Sushruta. Acharya Sushruta described eight surgical procedures. Surgery can't be thought of without use of

instruments which are the means of extracting the *Shalya* from its seat or place where it is embedded.

- *Ashtavidha shastra karma*- Eight kinds of surgical techniques^[1] - The surgical procedures are of eight types- *Chedyam* (Excision), *Bhedyam* (Incision), *Lekhyam* (Scraping), *Vedyam* (Puncturing), *Eshyam* (Probing), *Aaharyam* (Extraction), *Visravyam* (Drainage), *Seevyam* (Suturing). The instruments which are helpful in performing the above procedures are called- "*Shastras*".
- Acharya Sushruta described these eight surgical procedures under *Pradhana Karma* in chapter 5 of *Sutrasthana*. The surgical procedures according to different authors are as follows

Sushruta (Su.Su.5)

1. *Chedana*
2. *Bhedana*
3. *Lekhana*
4. *Eshana*
5. *Aaharna*

Charaka^[2] (Ch.chi.25/55)

1. *Paatana*
2. *Vyadhana*
3. *Chedana*
4. *Lekhana*
5. *Pracchana*

Vagbhata^[3] (Va.Su.26/28,29)

1. *Chedana*
2. *Bhedana*
3. *Lekhana*
4. *Eshana*
5. *Aaharna*

6. *Vedhana*
7. *Visaravana*
8. *Seevana*

Seevana

Vedhana
Visaravana
Seevana
Utpattana
Kuttana
Manthana
Dehana
Grehana

1. *Chedana*: It involves excision of part from the body using *Mandalagra*, *Karpatra*, *Vridhipatra*, *Mudrika* and *Utpalatra*^[4] etc.

Indications: Fistula-in-ano, *kaphaja* cyst, ulcer margins, mild tumors, Enlarged haemorrhoids, Necrosed tissue^[5].

2. *Bhedana*: It involves incision produces to open a cavity for draining out tissue debris, *Rakta*, Pus and waste discharge using *Vridhipatra*, *Utpalatra*^[6] etc.

Indications: Cysts, Carbuncles, Abscesses, *Kumbhika*, *Dantapupputa*, *Gilayu*^[7].

3. *Lekhana*: It involves scrapping out waste (debris) dead materials from affected part with the help of *Mandalagra*, *Vridhipatra* and *Karpatra* etc.^[8]

Indications: *Upajivika*, *Rohini*, *Adhijivika*, *Keloid*^[9] etc.

4. *Eshana*: It involves snipping of waste discharge, debris and foreign body etc., with the help of *Eshani* from affected body parts.^[10]

Indications: Sinuses, wounds, abscesses etc.^[11]

5. *Aaharna*: It involves extraction of waste from diseased body parts using *Badisha*, *Dantashanku* and *Nakha*.^[12]

Indications: Calculi, ear wax, faeces if accumulated in rectum etc.^[13]

6. *Vedhana*: It involves puncturing of affected part using needle, *Kutharika* and *Aara* etc.^[14]

Indications: *Mutra-vridhi*, *Nadis*, ulcers lodged with foreign matter.^[15]

7. *Visaravana*: It involves use of needle, *Trikurchaka*, *Shararimukha* and *Aatimukha* for the purpose of bloodletting or draining of pus.^[16]

Indications: Abscess, skin diseases, Elephantiasis, Mild tumors, Cyst and Infected oedema.^[17]

8. *Seevana*: It is a para-surgical approach involves use of sutures, needles and threads as post-operative management.^[18]

Absorbable

↓
Catgut
Silk
Kangaroo tendon

Non-absorbable

↓
Nylon
Steel
Michel clips
Silver, Tantedum wire, etc.

Indications: Incised or scraped lesions, operated tissue, spreadable wounds. It offers great advantages in *Bhagandra*, *Pilonidal sinus*.

It prevents chances of recurring and provides faster healing of affected tissue.^[19]

Seevya Rogas^[20]

- 1) *Suddha Vranas* (clean uninfected wounds)
- 2) Clean injuries
- 3) Cut wounds on *Karnapaali* (ear lobe), *Sira's* (head), *Netragolak* (Eye ball), *Nasa*, *Oshtha*, *Kantha*, *Kapola*, *Baahu*, *Greeva*, *Udara*.
- 4) *Agantuja Vranas* = Injuries
- 5) *Pralamba mamsa* (A hanging cut muscle)
- 6) *Vipatita vrana* = Deep seated wounds

Contra-indications for suturing (*Aseevaya Rogas*)^[21]

- 1) *Kshara* and *Agni dagdha vrana*
- 2) *Pavana vaahi vrana* = Gas gangrene
- 3) *Madhumehaja vrana* = Diabetic ulcers
- 4) *Vankshana* = on groin
- 5) *Kaksha vrana* = Tension wounds
- 6) *Alpa mamsa yukta vranas* = Gaping wounds

Suturing Materials (*Seevana Dravyas*)^[22]

In olden days, the surgeons all over the world were using the following materials for suturing.

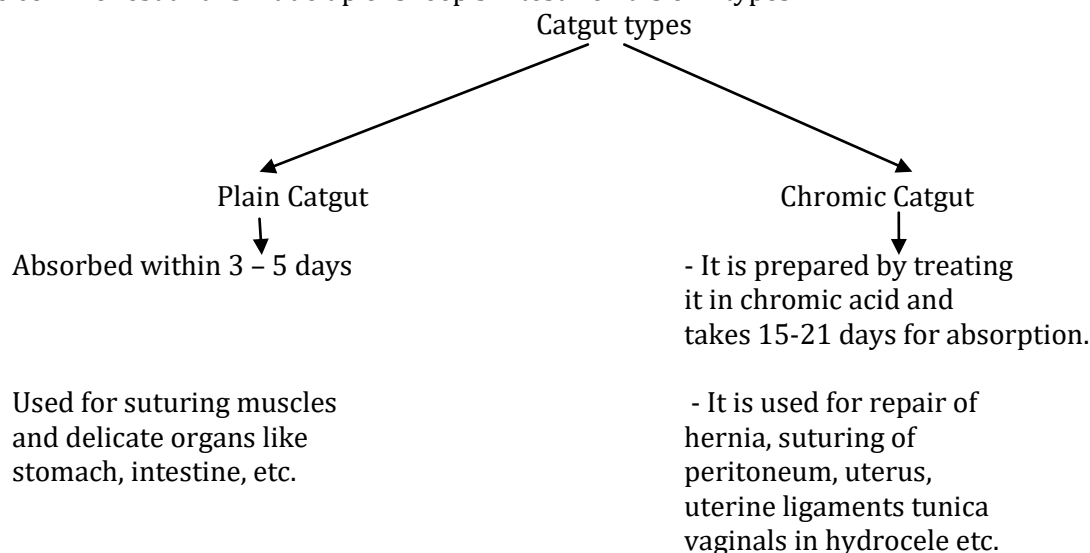
- 1) Cotton thread
- 2) Silk thread
- 3) Fine fibres from certain plants like *Asmantaka*, *Murva* etc. certain animal products like *Snayu* = ligaments, horse hair, human hair and a fine thread like material from hanging roots of *Guduchi*.

Modern Suturing Materials^[23]

- Two types
- a) Absorbable
 - b) Non-absorbable

Catgut

It is the commonest and is made up of sheep's intestine. It is of 2 types



Methods of wound closure (Seevana Karma)^[24]

Four methods of suturing techniques are described in *Sushruta Samhita* and other ancient Ayurvedic text as *Seevana Karma*.

- 1) **Vellitaka**: It is a continuous type. This is achieved by suturing continuously along the length of wound wrapping the wound edges inside it.
- 2) **Gophanika**: It is an interlocking or blanket type suturing. The wounds which are shaped as footprints of crow, they are sutured with this type of suturing.
- 3) **Tunnasevni**: Zigzag type or subcuticular.
- 4) **Riju Granthi**: Straight and interrupted type. This type of section thread is inserted from two edges of wound and knot is tied. This is interrupted type of suturing.

DISCUSSION

The surgical procedures explained in *Sushruta Samhita* forms the basis for modern surgery. The *Ashta Vidha Shastra Karma* are being implemented in various forms in modern surgery even today. *Acharya Sushruta* has given clear instructions on surgical procedure different types of incisions methods of suturing and suturing materials. *Acharya Sushruta* has described eight surgical procedures and each has its different indications. The *Seevana karma* is an important procedure in *Shalya Karma*. The first surgical procedure i.e. *Chedana Karma* (Excision, Amputation, Extraction) includes three types of *Chhedana-Tiryak Chedana*, *Chandermandal Chedana* and *Ardha Chander akriti chedana*.^[25]

Every surgeon must be familiar with all the eight surgical procedures because almost all surgeries performed with these eight techniques of *Acharya Sushruta*.

CONCLUSION

Ashta Vidha Shastra Karma have been explained with great importance in *Sushruta Samhita*.^[26] *Acharya Sushruta* has given clear cut instructions on surgical procedures, different types of incisions and methods of suturing. He has also incorporated the chapter *Yogya vidhi* in which he emphasize that for a surgery two things are important - Practical training and *Shastra karma*. For practical training he has described surgical methods has have been described in *Yogya vidhi*. He has also gave due importance to *Seevan karma* which is one of the *Ashtvidh shastra karma*. In the context of *Seevan karma* he has given different *Seevan* types like *Gophanika*, *Vellitaka*, *Tunnasevni* and *Rijugranthi* which holds true in modern parlance also. So every surgeon should be well acquainted with the surgical models and the *Shastra karma* for avoiding the likely hood of operative and post operative complications of surgery.

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