

**ASHTAVIDHA SHASTRAKARMA: THE CORE OF SURGICAL EXCELLENCE IN AYURVEDA****Dr. Pooja Y. Pagar<sup>1\*</sup> and Dr. Datta B. Kumavat<sup>2</sup>**<sup>1</sup>PG Scholar, Department of Shalyatantra, S.M.B.T Ayurved College, Ghoti Kh, Nashik.<sup>2</sup>Professor, Department of Shalyatantra, S.M.B.T Ayurved College, Ghoti Kh, Nashik.Article Received on  
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Nashik.**ABSTRACT**

*Ayurveda*, the ancient science of life, encompasses eight distinct branches (*Astanga Ayurveda*), each addressing various therapeutic aspects. *Shalya Tantra*, one of these branches, focuses on surgical and Para surgical concepts. *Acharya Sushruta*, acclaimed globally as the father of surgery, meticulously documented the principles of safe surgical practice in his seminal work, the *Sushruta Samhita*. Among his many contributions, the *Ashtavidha Shastrakarma* (eight surgical procedures) stands out, comprising *Chhedana* (excision), *Bhedana* (incision), *Lekhana* (scraping/debridement), *Eshana* (probing), *Aharana* (extraction), *Visravana* (drainage), and *Seevana* (suturing). (1) Remarkably, these eight surgical techniques continue to inform and enhance contemporary surgical practices. This article explores the enduring applicability of *Ashtavidha Shastrakarma* in modern surgery, demonstrating its relevance and efficacy in addressing various surgical disorders.

**KEYWORDS:** *Ayurveda*, *Ashtavidha Shastrakarma*, *Shalya Chikitsa*, surgery.**INTRODUCTION**

The purpose of *Ayurveda* is to cure diseases in those afflicted and to protect the health of those who are well.<sup>[1]</sup> *Shalya Tantra* is derived from two words: "*Shalya*" meaning anything that causes pain to the body or soul, and "*Tantra*" meaning knowledge. *Acharya Sushruta*, renowned as the father of surgery, provided a specific definition of *Shalya Tantra*. According to him, *Shalya Tantra* is a branch that imparts knowledge about *Shalya* (foreign bodies), their removal methods, the use of *yantras* (surgical instruments), *shastras* (surgical procedures),

*kshara* (alkaline treatment), *agni* (thermal cautery), and the management of *vrana* (wounds).<sup>[2]</sup>

*Shalya* (foreign bodies) includes various materials such as grass (*truna*), wood (*kastha*), stone (*pashana*), sand (*panshu*), metal (*loha*), bone (*asthi*), hair (*bala*), nail (*nakha*), pus (*puya*), discharge (*srava*), vitiated wounds or ulcers (*dusta vrana*), and retained fetal parts (*antah garbha*). The removal of *Shalya* requires proficiency in *Ashta Vidha Shastra Karma*, the eight surgical principles outlined by Acharya Sushruta: *Chedana* (excision), *Bhedana* (incision), *Lekhana* (scraping/debridement), *Vedhana* (puncturing), *Eshana* (probing), *Aharana* (extraction), *Visravana* (drainage), and *Sivana* (suturing).<sup>[3]</sup>

### ***Ashta Vidha Shastra Karmas***

Acharya Sushruta emphasized the importance of mastering the following eight principles for effective surgical practice<sup>[4]</sup>:

#### **1. *Chedana* (Excision)**

- **Instruments:** *Mandalagra* (round knife), *Karpatra* (surgical saw), *Vridhipatra* (scalpel), *Nakhasastra*, *Mudrika* (finger knife), *Utpalpatraka* (lancet), *Ardha Dhara Shastra* (curved lancet).<sup>[5]</sup>
- **Conditions:** *Bhagandara* (fistula), *Aam Granthi* (cyst), *Tila Kalak* (warts), *Vrana Vartma* (ulcers), *Arbuda* (tumors), *Arsha* (hemorrhoids), *Charmakilla*, *Asthi-Maamsa Gata Shalya*, *Jatumani*, *Maamsa-Sanghata*, *Galasundika*, *Snayu Kotha*, *Maamsa Kotha*, *Sira Kotha*, *Valmika*, *Shatponak*, *Adhrush*, *Upadansha*, *Maamsa Kandi*, *Adhimaamsa*.<sup>[6]</sup>
- **Practical Application:** Excision procedures in contemporary surgery include fistulectomy, cyst removal, tumor excision, bowel resection in obstruction, laminectomy, amputation, paraphimosis foreskin excision, and burn debridement.<sup>[7]</sup>

#### **2. *Bhedana* (Incision)**

- **Instruments:** *Vridhipatra* (scalpel), *Nakhashastra*, *Mudrika* (finger knife), *Utpalpatraka* (lancet), *Ardha Dhara Shastra* (curved lancet).<sup>[8]</sup>
- **Conditions:** *Vataj*, *Pittaj*, and *Kaphaj Vidradhi*, *Granthi*, *Visarpa*, *Vridhi*, *Vidarika*, *Prameha Pidika*, *Shopha*, *Stana Roga*, *Avamanthak*, *Kumbhika*, *Anushayi*, *Nadi Vrana*, *Vrunda* (*Kanth Roga*), *Puskarika* (*Suka Roga*), *Alaji*, *Danta Pupput*, *Talu Pupputa*, *Tundi Keri*, *Gilayu*, *Basti Bhedan* in *Ashmari*, Disease due to *Meda*, and *Prapakina Roga*.<sup>[9]</sup>

- **Practical Application:** Incision procedures are used to open cavities for draining tissue debris, pus, cysts, carbuncles, abscesses, performing cricothyrotomy, fasciotomy, sternotomy, craniotomy, and episiotomy.<sup>[10]</sup>

### 3. *Lekhana* (Scraping/Debridement)

- **Instruments:** *Mandalagra* (round knife) and *Karapatra Shastra* (surgical saw).<sup>[11]</sup>
- **Conditions:** *Rohini*, *Kilaasa*, *Upjihva*, *Medojanya Danta Vedarbh*, *Granthi*, *Vartma*, *Adhijihvika*, *Arsha Mandal*, *Maamsa Kandi*, *Maamsa Unnati*.<sup>[12]</sup>
- **Practical Application:** Scraping is used to remove waste, debris, or dead material from affected parts, such as in keloid treatment, wound debridement, incomplete abortion curettage, and fistula tract scraping.<sup>[13]</sup>

### 4. *Vedhana* (Puncturing)

- **Instruments:** *Kutharika* (surgical axe), *Vrihimukha* (trocar), *Aara* (awl), *Vetasptra* (scalpel), and *Suchi* (needle).<sup>[14]</sup>
- **Conditions:** *Bahuvidha Sira*, *Mutra Vruddhi*, *Dakodara*.<sup>[15]</sup>
- **Practical Application:** Puncturing procedures are used in ascites, pleural effusion, laparoscopic procedures, and intercostal drainage.<sup>[16]</sup>

### 5. *Eshana* (Probing)

- **Instrument:** *Eshani* (probe).<sup>[17]</sup>
- **Conditions:** *Nadivrana*, *Sashalya Vrana*, *Unmargi Vrana*.<sup>[18]</sup>
- **Practical Application:** Probing is used in sinus and wound exploration, fistula probing, emergency endoscopy, colonoscopy, angiography, cystoscopy, hysteroscopy, and anal stricture dilatation.<sup>[19]</sup>

### 6. *Aharana* (Extraction)

- **Instruments:** *Badish* (sharp hooks) and *Danta Shanku Shastra* (teeth scraper).<sup>[20]</sup>
- **Conditions:** *Sharkara* (calculus), *Danta* (tooth), *Karnamala* (ear wax), *Ashmari* (stone), *Shalya* (foreign bodies), *Mudhagarbha* (retained fetus), *Faecoliths*.<sup>[21]</sup>
- **Practical Application:** Extraction procedures include tooth extraction, urinary stone removal, abnormal fetus extraction, ear wax removal, fecal extraction, intracranial hematoma clot extraction, nasogastric tube use for stomach content expulsion, and foreign body removal.<sup>[22]</sup>

## 7. Visravana (Drainage)

- **Instruments:** *Suchi* (needle), *Antarmukh* (short scissors), *Kushpatra* (long double-edge scalpel), *Aatimukh*, *Shararimukh* (long scissors), *Trikurchaka Shastra*.<sup>[23]</sup>
- **Conditions:** *Vidradhi* (except *Sannipataj*), *Kushtha*, Pain due to *Vata Parakopa*, Local *Shopha*, *Slipada*, *Visha Dushita Rakta*, *Arbuda*, *Visarpa*, *Granthi*, *Upadansha*, *Stana Roga*, *Vidarika*, *Sushiro* (dental disorders), *Gala Saluki*, *Talu Kantak*, *Krimi Danta*, *Dantavesta*, *Upakusha*, *Shitad*, *Danta Puppata*, *Aostha Roga*, *Kshudra Roga*.<sup>[24]</sup>
- **Practical Application:** Drainage procedures are used for abscesses, inflammatory swelling in skin diseases, elephantiasis, blood poisoning from snake bites, cyst drainage, and infected edema management.<sup>[25]</sup>

## 8. Sivana (Suturing)

- **Instrument:** *Suchi Shastra* (needle).<sup>[26]</sup>
- **Conditions:** *Meda* (fat-related diseases), *Sadhyovrana* (fresh wounds), *Sulekhitvrana*, *Chalsandhi Ashrit Varna*, Post-surgical *Vrana*.<sup>[27]</sup>
- **Practical Application:** Suturing is used in incised lesions, operated tissues, spreadable wounds, external hemorrhage control, traumatic wound closure, and is a part of almost all elective and emergency surgical procedures.<sup>[28]</sup>

## CONCLUSION

*Shalya Tantra*, as defined by *Acharya Sushruta*, encompasses a wide range of surgical knowledge and practices essential for the effective management of various conditions involving foreign bodies, wounds, and other surgical issues. Mastery of *Ashta Vidha Shastra Karma* is crucial for modern surgical practice, demonstrating the timeless relevance and applicability of these ancient principles.

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