

TRIVIDHA KARMA IN SHALYA TANTRA – A REVIEW ARTICLE

*Dr. Suryakant D. Waghmare¹, Dr. Gani Shaikh² and Dr. M. J. Qadri³

¹M.D. Ph.D. Prof. & Guide (Dept. of Shalya Tantra), Government Ayurvedic College, Osmanabad.

²M.S. Scholar, ShalyaTantra, Government Ayurvedic College, Osmanabad.

³M.S. Prof. & HOD (Dept. of Shalya Tantra), Government Ayurvedic College, Osmanabad.

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***Corresponding Author**

Dr. Suryakant D.

Waghmare

M.D. Ph.D. Prof. & Guide
(Dept. of Shalya Tantra),
Government Ayurvedic
College, Osmanabad.

ABSTRACT

Good surgeon is required, to conduct a surgery successfully with minimum complications, yet it relies on the pre-operative care, operative techniques and the post-operative care. For this *Acharya Sushruta* has explained *trividha karma* in details. *Trividha karma* include *poorva karma* (pre-operative care), *pradhan karm* (operative procedures) and *paschat karma* (post operative care). *Poorvakarma* includes basic preparation of patient and collection of instruments which are required for *pradhankarma*. *Pradhankarma* includes mainly *ashtavidha shastra karma* such *chedana*, *bhedana* etc. And *paschata karma* includes all antiseptic majors not only for wound care but also to prevent other systemic infections in which wound dressing with

madhu, *ghrita* and *dupana* with ayurvedic drugs are mentioned by ancient acharyas. Each and every step from above three persists an equal importance. If anyone from above is missing, it will cause defect in management of disease.

KEYWORDS: Trividha karma, poorva karma, pradhan karma, paschata karma.

INTRODUCTION

Shalya tantra is a branch of *Ayurveda* which deals with study of extraction of *shalya* with description of instrument (Blunt and Sharp), *kshara* (Caustic alkali), *agni* and diagnosis of *Vrana* (Wound). *Shalya* means various type of truna (grass), *kashtha* (wood), *pashana* (stone), *panshu* (dust), *loha* (metal), *loshta* (clod), *asthi* (bone), *bala* (hair), *nakha* (nail), *puya* (pus), *Dushta Vrana* (dirty wound), *mudagarbha* (dead or abnormal position of foetus).^[1] For effective Surgical procedure *Acharya Sushruta* has clarified *trividha karma*. *Trividha implies*

three and karma implies strategy i.e. *poorva karam* (pre operative care), *pradhana karma* (operative procedure), and *pashchat karma* (post operative care).^[2]

Poorva karma

It's initiative in any operative procedure. It included assortment of instruments, readiness of patient. List of instruments follows *Yantra* (blunt instruments), *Shastra* (sharp instruments), *Kshara* (caustic alkali), *Agni* (cautery), *Shalaka* (probing rod), *Shruna* (horn), *Jalauka* (leeches), *Alabu* (gourd), *Jambavaustha* (A bougie of black- stone, extremity of which is shaped like the fruit of *jambul tree*), *Pichu* (cotton), *Plota* (pieces of cloth), *Sutra* (thread), *Patra* (leaves), *Patta* (material of bandaging), *Madhua* (honey), *Ghrita* (ghee), *Vasa* (muscle-fat), *Paya* (milk), *Taila* (oil), *Tarpan*- flour of any parched grain or condensed milk etc. mixed with water to mitigate thirst, *kashaya* (decoction), *Lepana* (ointment), *Kalka* (paste), *Vyajana*, *Shitoushnodaka* (cold and hot water), *Kataha* (frying pan) etc. Furthermore, obedient, consistent and strong *paricharaka* ought to be kept prepared before surgery.^[3]

Then on auspicious date, after the worshipping *Agni* (fire), *Brahmanas* and *Vaidhya* (surgeons); the patient should be given light diet. There are special case of the equivalent is expressed as *Mudhagarbha* (dead or abnormal position of foetus), *Udara* (abdominal enlargement), *Arsha* (piles), *Ashmari* (calculus), *Bhagandara* (fistula in ano), *Mukharoga* (diseases of mouth) the patient ought to be worked upon on void stomach. Then patient be seated facing east side, his movements being restrained, and the surgeon facing west side.^[4]

Pradhana karma

It is main operative procedure. *Acharya Sushruta* has given eight sort of *Shastra karma* (surgical procedure).^[5] Practically almost all surgical procedures performed today are directed by current specialists with these eight methods of *Sushruta*.

Sr. No.	Ashta vidha Shastra karma	Eight surgical procedure
1	Chedhana	Excision or Amputation
2	Bhedana	Incision for opening of a cavity.
3	Vedhan	Paracentesis or puncturing.
4	Lekhana	Scraping
5	Eshana	Probing
6	Aharana	Extraction
7	Visravana	Blood letting or drainage of pus
8	Seevana	Suturing

Acharya Sushruta has explained these eight surgical procedure as per diseases.

1. *Chhedana Karma*

It implies excision of abnormal or diseased part from the normal body part with the help of *mandalagra*, *karpatra*, *vrudhipatra*, *mudrika*, *utpalpatraka* and so forth. The following diseases are indicated for *Chhedana* i.e. *Bhagandara* (fistula in ano), *shleshmik granthi* (cyst caused by *Kapha*), *tilakalak* (mole), *nadivrana* (sinus), *arbuda* (tumours), *arsha* (hemorrhoids), *charmakila* (wart), *asthi-manshgat shalya* (foreign body lodged in bone and muscle), etc.^[6]

2. *Bhedana*

It implies incision taken for opening a pit to deplete out pus discharge, *rakta* (blood), calculus and so forth, with the help of *vrudhipatra*, *nakhgashastra*, *utpalpatrak* etc. The following diseases are indicated for *Bhedana* i.e. *vidradhi* (abscesses) except those caused by *sannipata*, three types of *granthi* (cyst), the first (three) types of *visarpa* (erysipelas), *vidarika*, *prameha*, *pidika* (carbuncles), *vranshopha* (inflammatory swellings), *stanaroga* (breast diseases), etc.^[7]

3. *Lekhana*

It implies scratching with the help of *mandalagra*, *vrudhipatra*, *karapatra* and so forth. The following diseases are indicated for scraping i.e. four sort of *rohini*, *kilasa* (vitiligo), *upajihvika*, *dantavaidarbha* caused by *medas*, *granthi* (cyst), *vertmaroga*, *adhijihvika*, *arsha* (hemorrhoids), and *mandala* (patches on skin), *mansakandi* (keloid) and *mansaunnati* (hypertrophied muscle).^[8]

4. *Vedhana*

It implies paracentesis or puncturing with the help of needle, *kutharika*, *eshani*, *aara* and so forth. The following diseases are indicated for *Vedhana* i.e. *bahuviadha Sira* (types of vessels), *mutravrudhdhi* (hydrocele), *dakodara* (ascites) and so forth.

5. *Eshana*

It implies probing by *eshani*. The following diseases are indicated for *Eshani* i.e. *nadivrana* (Sinuses) and *sa-shalya andunmarhi vrana* (wounds with oblique course and foreign body).^[9]

6. *Aharana*

It suggests extraction with the help of badish, *dantashanku*, *nakha*, *anguli* etc. The following diseases are indicated for extraction i.e. three types of *sharkara* (tartar) of teeth, *karnamala* (ear wax), *ashmari* (calculus), *shalya* (foreign bodies), *mudhagarma* (dead or abnormal position of foetus) and *faeces accumulated in guda* (rectum).^[10]

7. Vistravana

It implies bloodletting or depleting of discharge with the help of needle, *trikurchak*, *shararimukh*, *aatimukh* etc. These following diseases are indicated for *Vistravana* i.e. five types of vidhruti (abscess), kushta (leprosy), shopha (localized inflammatory swelling), paalyaamaya (diseases of pinnae), shlipada (elephantiasis), vishadushta shonita (poisoned blood), arbuda (tumors), etc.^[11]

8. Seevana

It implies suturing by the different types of needles and threads. The following diseases are indicated for *seevana* i.e. meda samuthya vyadhi (disease), bhinna sulikhita gada (incised and well scraped lesions), sadyovrana (fresh wounds) and chalasandhi vyapashrita vrana (those situated in movable joints).^[12]

Following are types of suture

Sr. No.	Seevan prakara	Type of Suture
1	<i>Rujugranthi</i>	Interrupted suturing
2	<i>Anuvellita</i>	Continuous suturing
3	<i>Gofana</i>	Button hole suturing
4	<i>Tunna sevani</i>	Halstead's sub cuticular suturing

Paschat Karma

After the completion of operative procedure, the patient ought to be assured by sprinkling cold water on his face and feet. The wound should be squeezed slowly(all around) and washed with decoction, then by the cotton swab the decoction remained in the wound ought to be wiped out and a wick containing thick paste of *sarshapa* (sesamum), *madhu* (honey) and *grita* (ghee), neither too unctuous nor too rough, be inserted in that. then covering with medicated paste and putting a piece of gauze, it should be bandaged. After that Fumigate it with analgesic and disinfectant drugs like *guggulu*, *agaru*, *vacha*, *sarjras*, *lavana*, *nimb patra* etc. The patient is kept in *Vranitagara* (post operative care unit) for 10 days.^[13]

CONCLUSION

By studying above review article we can easily understand importance of all three main steps in surgery. All the procedures including under these three headings are very essential for a surgery and also the complete cure of disease. Selecting correct patient and its correct surgical approach with proper surgery and wound care leads to a successful surgery and curing the patient, serving to patient to live a healthy life.

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