

IMPORTANCE OF PARASURGICAL PROCEDURES IN AYURVEDA**Rutuja Ravindra Chavan^{1*} and Madhavi S. Banarase²**¹P.G. Scholar Shalya Tantra College of Ayurved and Research Centre, Nigdi, Pune.²Associate Professor, Department of Shalyatantra College of Ayurved and Research Centre, Nigdi, Pune.Article Received on
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Accepted on 10 Feb. 2021DOI: <https://doi.org/10.17605/OSF.IO/83ESX>***Corresponding Author****Dr. Rutuja Ravindra
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Research Centre, Nigdi,
Pune.**ABSTRACT**

Shalya tantra is a branch of a Ayurveda which deals with the surgical and parasurgical procedures explained in ancient Indian literatures by various Acharaya's like Maharashi Sushruta, Charaka, Vagbhata etc. Acharya Sushruta described various surgical and parasurgical procedures in their texts. Parasurgical procedures (Anushashastra Karma) is different from all other major AsthavidhaShastrakarmas and minor surgical procedures. Parasurgical procedure are the procedures in which non-surgical items are used where surgical items like knife, etc are difficult to use. Acharya Sushruta scientifically classified those procedures in scientific manner and explained its uses. Parasurgical procedure includes ksharakrma, Ksharsutra, Agnikarma, Raktamokshana, Jalaukavacharana, Viddha karma etc. Acharya

Sushruta explained 15 different types of Anushastras. Those are Twaksara (Bamboo Bark), Spatika, Kancha (glass), Kuruvind, Jalauka (Leeches), Agni(flame), Kshara(Alkali), Nakha (Nails), Goji, Shefalika Shaka-patera, Kareera, Bala(Hair), Anguli(finger). It is indicated in childrens, sensitive or fearful persons and in absence of surgical instruments. These Karmas are minimally invasive. The parasurgical procedures are the marvels of Shalya practice and they can be carried out with minimal discomfort to the patients. It is gaining popularity in modern times because of their effectiveness in treating chronic diseases.

KEYWORDS: Parasurgical Procedure, ksharakrma, Ksharsutra, Agnikarma, Raktamokshana, Jalaukavacharana, Viddha karma.

INTRODUCTION

Ayurveda is a holistic science. In Sanskrit Ayurveda means "The Science of Life". Ayurveda

addresses to all aspects of life-the body, mind and spirit. Pain is a major symptom in many medical conditions and is the most common reason for physician consultation, Pain can be described as any physical or mental suffering or discomfort caused by illness or injury. It interferes with person's quality of life and general functioning. Ayurveda explains the origin of pain due to vitiated vatadosha and once vatadosha is treated efficiently, the pain subsides automatically. It embraces all processes aiming at the removal of causes and factors responsible for producing pain or misery to the body. Various parasurgical procedures and their importance in Ayurveda is explained below.

1. Ksharakarma

Kshara is a medicine obtained from ash of different medicinal plants.

Kshara is best among Shastra and anushastra. It is mainly of two types- Paaneeeyakshara and pratisaraniya Kshara. Paaneeeyakshara can be taken internally as a medicine where Pratisaraniya Kshara is applied externally mainly in wound management, anorectal diseases like Arshas (Haemorrhoids) and gudabramsha (Rectal Prolapse). In wound management it is mainly used for Shodhana (debridement) due to its Ushna, Tikshana properties. It helps in wound bed preparation, which is the principal management in chronic wound.

Pratisaraniya Kshara acts as Darana karma in the large pus pockets having no openings especially in those where one cannot perform surgical interventions like in childrens, elder patients, weak and panic patients, wound over vital and sensitive areas.

Ksharasutra and KsharaVarti are two variants of Ksharakarma which is used in Nadi (sinus) and Bhagandara (fistula in ano) as these diseases are difficult to treat otherwise, because of its undermined edge and unexposed infective site and difficult in wound debridement.

2. Ksharsutra

Ksharsutra is Ayurvedic medicated seton coated with different herbal extracts over thread to deliver the kshara (caustic) to the non approachable wound surface. Nowadays the Ksharasutra treatment is well accepted Ayurvedic technique for treating fistula in ano. Advantages of this Treatment is- Minimal recurrence, minimal hospital stay, non-invasive technique. Patient can resume day today activities soon, less complication, chances of incontinence is rare in this procedure. Using appropriate technique Ksharsutra is inserted in fistula track or sinus and this herbal thread is changed after every 7

days/15 days by railroad technique. This procedure is repeated every week or 15 days till track get completely cut through, if there is any unhealthy growth or tissue, it is scrapped off during weekly follow-up to promote a better healing. It has slow recovery time but high success rate.

3. Agnikarma

Any procedure that involves the agni (flame or heat) directly or indirectly is considered as agnikarma. So in this procedure agni is applied directly or indirectly with the help of different materials to cure the diseased. Agnikarma is

having effect of sterilization hence it destroys the pathogens because of its heat effect.

Agnikarma does not allow the disease to recur once they are treated by it. HENCE

post agnikarma wounds are rarely infected. Here agnikarma is heat is

applied to the most painful points of body or to the points explained by Acharya

Sushruta by using shalaka. Shalaka is an instrument made up of dhatus (metals).

Various tools can be used for agnikarma like pippali, ajashakrit, godanta, shar, shalaka (probes) ghrita, tail and guda. By this procedure we can treat various Twak (skin), Mamsa (muscles), Sira (vascular), Snayu (tendons, ligaments), asthi (Bones) and Sandhigaa (joints) Vyadhis. It is also effective in Arshas (Piles), arbuda (Tumour), Bhagandara (fistula in ano), gridhrasi (sciatica), tendonitis, joints pain etc.

4. Rakatamokshana

Rakatamokshana has been described in Sushruta Samhita and Ashtang Hridaya. It has two methods Shastrakrita (with surgical instruments) and ashastrakrita (without surgical instruments). Shastrakrita further have two methods:

- a. Siravedha-Venesection
- b. Prachana-Scrapping

Ashastrakrita method can be achieved by following tools:

- a. Shringa:- Horn application (for Vata disorders)
- b. Jalauka:- Leech application (Pitta disorders)
- c. Alabu :- Gourd application (Kapha disorders)
- d. Ghati:- Cupping (creating vacuum and extracting blood used in kapha disorders)

Raktamokshana reduces the pain and suppress the suppuration of premature swelling wounds with inflammation, hardness, reddish black in colour, tenderness and uneven surfaces are treated by Raktamokshana. It is mostly indicated because Rakta (Blood) is mainly involved as

Dushyain Samprapti Ghatakformany diseases. Long standing varicose veins various skin diseases e.gkushta can be treated by thistherapy.

5. Viddhakarma

In Sushruta Samhita, eighttypes of Shastrakarmasareexplained. Theyareas follows-
Chedana, bhedan, lekana, vedana, aeshnam, ahariyam, visravana and sivana.

The Vedhan karma can be done by various instruments out of which Suchi is also mentioned by Sushruta Samhita. Suchivedani. eviddha karma is a miniature of bloodletting procedure. A very small puncture or piercing certain points that helps in reducing pain. It acts as pain reliever by releasing Endorphin that helps to reduce pain in body. The use of NSAIDS, steroids, surgery for pain management in modern medicine in frozen shoulder have more adverse effects and high economical cost. Viddha karma can be used to reduce pain in various diseases like frozen shoulder, sciatica, cervical spondylosis, lumbar spondylosis etc.

6. Jalaukavacharan

Jalaukavacharan (Leech therapy) is third most important anushastrakarma. Therearemainlytwotypes of Jalauka: Savisha (poisonous) and Nirvisha (Non-poisonous) having 6 jalauka in each type. Jalauka is of therapeutic use which is indicate din various diseases egtwakroga, Raktaj Roga, Dushta Vrana. In wound management Jalauka is generally applied in initial phase of wound progress.

In this procedure part of the body is cleaned and nirvisha jalauka is applied according to its indications. Jalauka sticks to that part and sucks the blood by its anterior sucker. During sucking jalauka is covered with cold and wet cotton gauze to protect leech from excessive heat of blood. Number of leeches application depends on severity and general condition of diseases. After sufficient amount of blood sucked, jalauka is removed by sprinklingharidra (turmeric) or Saindhava (salt). Sometimes jalauka leaves the site on its own. Vomiting is induced to jalauka so that sucked blood is removed by haridrachurna application on its mouth and by slowly and gently squeezing from tail to mouth and then kept in fresh water. The same jalauka can be used after one week interval. Dressing of the affected part should be done and tight bandagingtopreventbleedingassaliva of jalauka contains anticoagulants. Jalauka is contraindicated in hemorrhagic diseases like hemophilia, severe anemia, coagulopathies, hypotension, active tuberculosis, high grade fever, immune-compromised patients. Saliva of leeches contain Bdelin's (anti-inflammatory), Hyaluronidase (antibiotic), carboxypeptidase-

A inhibitors (improves blood circulation), Histamine and Acetylcholine (which act as vasodilators). Increased blood flow in terms increase oxygen supply and remove toxic materials from affected part.

CONCLUSION

Hence Parasurgical procedures is equally important as surgical practice in Shastrakarma. It is an important part of Ayurveda. All these karmas are widely used on day to day to treat various diseases with good results. It is an ambulatory treatment modality and affordable to common man as it is very cost effective. Post- procedure complication are also minimal or negligible.

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