

**A REVIEW STUDY OF SIGNIFICANCE OF YOGYASUTRIYA
ADHYAY- EXPERIMENTAL SURGERY****¹*Dr. Vaibhavi Anupam Alman and ²Dr. Neha Kishore Mayekar**

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ABSTRACT

Acharya Sushuta, the father of Indian Surgery has contributed valuable knowledge & various surgical techniques in the field of Ayurveda. He compiled a surgical compendia including other branches of medicine is known as “Sushruta Samhita” based upon what he had learnt from lord Dhanwantari. Acharya Sushrut told that the efficient skill of a surgeon resides in proper training after attaining full theoretical knowledge. He has contributed a special chapter for new learners in sushrut samhita sutrasthan to extend short hand surgical training is named as “Yogyasutriya Adhyaya”. This review study material depicts the importance & relevance of yogya in present era.

KEYWORD: Yogyasutriya Adhyaya.**INTRODUCTION**

Acharya Sushruta told that Ashthavidha shastra karma, panchakrama & other surgical procedures before doing on human beings should be practice on models that is called as Yogya (Practical training).

Sushruta has very rightly designed a chapter to learn surgical techniques on objects before practicing of similar techniques on human beings. He has been emphasized so seriously for new learners to practice similar operations on similar objects for obtaining highest rate of success, otherwise he cannot be a life giver even after thoroughly learnt all the scriptures.

Eight types of surgical process explained in yogyasutriya adhyaya as following

Chedana (surgical excision),

Bhedan (Incision & exploration)

Lekhana (Scraping)

Vyadhana (Puncturing)

Eshana (Probing)

Aharana (Extraction)

Visravan (Drainage, removal of vitiated Dosha),

Sivan (suturing)

Kshara (Alkaline Substance)

Agni (Cautery)

Bandhan (Bandagna)

Basti karma

Need of This Study

The aim of this study is to review the principles mentioned for experimental surgery and execute these ideas in current teaching/training methodology.

Review of Literature

In Sushruta Samhita, Sutrasthan, Yogyasutriya Aadyaya has mentioned in 9th Chapter and following points are mentioned in this chapter.

Chedana shastrakarma (Surgical excision)

It is a procedure to excise a disease part by using scalpel/surgical knife different shastras like Mandalagra (circular knife), Karpatra (bone saw), Vriddhipatra (scalpel) for this purpose various objects like pumpkin-gourd, bottle-gourd, water melon, cucumber etc. are mentioned. The idea behind the selection of such types of fruits that outer surface of these fruits are not so hard and inner compartment is bulky/soft. So that new scholar can know how to hold a Surgical once any scholar is experimented on chedana shstrakarma, he can execute in clinical conditions like sebaceous cyst, dermoid cyst etc.

Bhedan karma (Incision and exploration)

It is procedure to be made to expose underlying structures and to let out the content by using shastra i.e. Vriddhi patra (Scalpel), Ardhadhara for example, to manage case of pakwa vidradhi (abscess), an adequate incision & proper exploration is an essential step. So to learn

this technique, incision should be practiced on a leather bag, urinary bladder or leathern pot contain full of water & slime.

Lekhana karma (scrapping/scooping)

Scrapping/Scooping is being carried out to remove undesired tissues like hypergranulations, epithelized tissue etc. To gain clinical experience. Lekhana karma should be practiced on piece of hairy skin. It is very small surgical procedure but highest attention is needed to avoid injury to nearby structures for examples, during surgical scrapping of an ulcer, there is chance of damage to its base, arteries, Veins etc. After practice of Lekhana Karma, Scholar can deal with different clinical conditions like non healing wound etc.

Vyadhana Karma (Puncturing)

It is procedure to pierce the epithelial surface superficial veins etc. for this purpose very fine hand is necessary. So this procedure should be practiced using veins of animals or on the lotus stalks which are smooth, spongy in nature. This procedure applicable to remove the fluids from any cavity e.g. abdominal paracentesis.

Eshan Karma (Probing)

The Eshana Karma should be practiced on holes in piece of wood, bamboos and mouth of dried gourd. These materials are containing multiple holes & passage through which a probe can be passed without any resistance. After practice of Eshan Karma, Scholar can deal with different clinical conditions like Fistula, sinus etc.

Aharana Karma (extraction / pick-up)

The act of removal of foreign body by pulling is called Aharana Karma. These techniques can be practiced on fruits contain seeds like jack fruit, pulp of bilwa or on the teeth of dead animals.

This Procedure uses to remove impacted foreign body, stone, faecolith etc. in surgical practice

Visravan (drainage/removal of vitiated doshas)

This method is used to remove the abnormal collection of fluids in body cavities & to let out the vitiated Rakta dosha. This process should be practiced on a pieces of shalmali wood coated with beeswax. Beeswax is a soft material like skin bark of shalmali wood contains

plenty of liquids to practice visravan karma on this model, he will be experienced on how to take fine incision for free flow of liquid.

Sivan (Suturing)

This technique is defined for approximation of cut margins of wound, which are procedure by surgical or non-surgical process. This technique should be practiced on the border of fine lotus and on the borders of soft leather. After practice of Sivan Karma, Scholar can deal with different clinical conditions of wound etc.

Bandhana karma (Bandaging technique)

Total fourteen Bandhanas are mentioned in Sushruta samhita with considering parts of body, season and disease. This technique should be practiced on the dummies.

Agni karma & Kshar karma

Agni karma & Ksharkarma these are parasurgical procedures used to treat different disorders. This technique should be practiced on the suitable muscle piece.

Karnasandhibandha

Plastic surgery of the ear mentioned in sushrut samhita these are very important procedures. This technique should be practiced on the suitable soft leather, muscle piece, lotus stalks.

Netrapranidhan

Application of nozzles of enema this technique should be practiced on the side hole of an earthen pot contain full of water or on the mouth of gourd.

DISCUSSION

Surgery is an art with principles. For a surgeon, besides having a proper knowledge about surgical anatomy, surgical pathology, tissue respect, he must possess good knowledge about practical application of different instruments and execution of skill. Students who wants to accomplished in shastrakarma (surgery), ksharkarma & Agni karma they should be repeatedly practice on the above models for practical training. In present era many models are used for practical / training surgery.

CONCLUSION

Acharya Sushruta in sushruta samhita sutrasthan Yogya Sutriya Adhyay, wisely mentioned skill enhancing techniques to make Shayla scholar perfect in performing surgical practices.

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