

BASIC SHALYA IDEOLOGIES OF SUSHRUTA SAMHITA- AN OVERVIEW

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ABSTRACT

Ayurveda a study of life. It is portrayed as upaveda of Ahtarvana veda. This information on complete wellbeing science is according to written works it was reviewed by master Brhama. Later this information moved to Dakhsh prajapaitn then to Ashwini kumar and others. Ayurveda is partitioned into eight branches. Every one of them depicts subtleties of various branches. Among these eight branches Shalyatantra is one. Dhanvantari Sampraday is known as school of a medical procedure. Sushruta fundamental supporter of this school composed composition known as Sushruta samhita. It portrays numerous careful standards alongside careful morals. Entire world concurs that Sushruta as father of a medical procedure. Charak

Samhita, Sushruta Samhita and Ashtang Hridaya are the three principal treatise of Ayurveda and are named as Bruhutruyee. Sushtut Samhita is one of the significant texts of Ayurveda, which is partitioned into six sthana Sutra Sthan, nidana Sthan, Shareer sthan, Chikitsa sthana, Kalpa sthana, and Uttar tantra. Sushruta samhita depicts numerous fundamental standards connected with a medical procedure in sutra sthana, It additionally through light on numerous careful methods like Vrina ropana, Nasa Sandhana, Bhigna Chikitsa, sandi mukta chikitsa in chikitsa sthans . Subsequently Sushruta is viewed as father of a medical procedure. Everybody concurs Sushruta as father of plastic medical procedure. Tragically our own Indian individuals know nothing about numerous such realities. It is hard to make sense of the relative multitude of careful procedures referenced in Sushruta samhita

for various careful problems, in a solitary article, consequently here we attempted to recall the overall careful standards and careful methods referenced in Sushruta samhita.

ABSTRACT: *Ayurveda, Samhita, Sushruta, Treatise, Veda.*

INTRODUCTION

Ayurveda a study of life is depicted as upaveda of Ahtarvana veda. This information on complete wellbeing science is according to literary works it was reviewed by master Brhama. Later this information moved to Daksh prajapati, then to Ashwini kumar and others.^[1] Ayurveda is separated into eight specialities. Every one of them portrays subtleties of various branches. Dhanvantari Sampradaya is known as school of a medical procedure. Sushruta primary devotee of this sampradaya composed a composition known as Sushruta samhita. It portrays numerous careful standards alongside careful morals. Entire world concurs that Sushruta as father of a medical procedure. Charak Samhita, Sushruta Samhita and Ashtang Hridaya are the three fundamental treatises of Ayurveda and are named as Bruhutruyee. Sushrut Samhita is one of the significant compositions of Ayurveda. Sushrut samhita is partitioned into six sthana Sutra Sthan, nidana Sthan, Shareer sthan, Chikitsa sthana, Kalpa sthana, and Uttar tantra.^[2]

Sutra sthan manages general data in regards to careful standards. Nidan sthan manages symptomatic pieces of the illnesses exhaustively. Shareer sthana manages nitty gritty life systems and embryology, for which Sushruta samhita is viewed as the best composition; Chikitsa sthana manages treatment subtleties, Kalpa sthana manages toxicology; Uttara tantra portrays Kayachikitsa, Balaroga, Griha chikitsa.^[3]

Sushruta samhita depicts numerous essential standards connected with a medical procedure in Sutra sthana, It additionally through light on numerous careful methods like Vrinda ropana, Nasa Sandhana, Bhagha Chikitsa, and so on in chikitsa sthan. Thus Sushruta is viewed as father of a medical procedure. Entire world concurs that Sushruta as father of plastic medical procedure.

The Shalya-Tantra. Surgery

The part of Medical Science which manages the nitty gritty diagnostics and the executives of wounds, any evacuation of substances, for example, wooden pieces, particles of stone, residue, iron or bone; splinters, nails, hair, thickened blood, or discharge, or to eliminate dead

hatchling from uterus, and to manage the standard and method of involving and taking care of careful instruments as a rule, and with the utilization of burning and scathing substances, along with the conclusion and therapy of ulcers, is alluded as Shalya tantra.^[4]

Historical examples of surgery in ancient India

In puranas we get the clarification of about Yajna Sira (Head) sandana (system of Uniting). At the point when the head of Yajna (God Of Sacrifice) was cut off by Lord Rudra, then, at that point, all Gods moved toward Ashvin Kumars for the assistance. Later Ashvin kumars rejoined the cut off head of Yajna with his body. This model from puranas demonstrates that shalya tantra (medical procedure) is the most established part of Ayurved and was by and by.^[5]

The important surgical principles and surgical ethics

Ethics of teaching

Importance of learning process

Sushruta Samhita contains itemized portrayals of lessons and practice of the incredible antiquated specialist Sushruta and has significant careful information on pertinence even today.

Understanding this currently is fundamental for realize that medical procedure was by and by in antiquated India.

The portrayals of Sushrut samhita are not only hypothetical depiction. Sushrut begins his clarifications from the essential point, clearing up subtleties of how for concentrate on this science. Not many of the models which lets us know that he was worried about the least difficult things like, He feature about the determination of the understudy, acceptance of them to the school(Shishyopananyana) he makes reference to about the clothing regulation and its significance, significance of educator and so on. Sushruta before all else just notices the significance of concentrating on hypothesis and viable angles in the clinical sciences, uncommonly surgery.^[6]

A student who is unadulterated, submissive to his preceptor, puts forth a concentrated effort consistently to his work, and forsakes sluggishness and extreme rest, will get total information on the science. There is clarification about significance of delicate discourse and being faithful An understudy or a student, in the wake of learning the science will be taken

part in development of fine discourse and steady practice in the craftsmanship he has learnt, and put forth attempts towards the fulfillment of flawlessness (in the workmanship). This features the significance of keeps learning and consistent practice.^[7]

On the off chance that we concentrate on just hypothesis and become, knowledgeable in the standards of the study of medication (Ayurveda), yet unskilful in his specialty through commonsense information, such individual loses his certainty at the bedside of his patient, similarly as, a quitter neglects to figure out what to do when interestingly he winds up in the positions of a fighting armed force. Then again a doctor, experienced in his craft however lacking in the information on the Ayurveda (clinical science, is denounced by all great men as a quack, and merits the death penalty because of the ruler. Both these classes of doctors are not reliable, in light of the fact that they are inexperienced and half taught. Such men are unequipped for releasing the obligations of their job, similarly as a one-winged bird is unfit flying in the air.^[8]

One more slimily given in Sushruta samhita to feature the significance of viable and hypothetical information.

A stupid individual who has gone through countless books without acquiring any genuine knowledge into the useful information, resembles an ass weighed down with logs of shoe wood, that works under the weight which it conveys without having the option to see the value in its virtue.^[9]

Quality and security ought to be gone for the gold areas of careful and clinical consideration. Quality and wellbeing incorporate management of less experienced proficient students and non-specialists who carry out surgeries.^[10]

One review features the requirement for expanded management of new alumni after formal careful preparation as well concerning seriously preparing and oversight of partner clinicians and general practice doctors who perform tasks, sedation, or obstetrics.^[11]

Importance of studying the different sciences.

He also mentions the importance of studying all allied sciences to become perfect.

By the study of a single *Shastra*(science) a man can never catch the true import of this (Science of Medicine). Therefore a physician should study as many allied branches of

(science or philosophy) as possible. Present day's medical science or specially the surgery branch has grown to this extent just because of utilizing the allied sciences.

Tremendous development like different types of scopes, used in the investigation and surgical practice are the contributions of others sciences.^[12]

Ethics related quackery

In Sushruta's time likewise there were individuals who were unfit and rehearsing clinical science. He censured deception and notice in refrain expressing, The doctor who concentrates on the Science of Medicine from the aides of his preceptor, and practices medication subsequent to having procured insight in his craft by steady practice, is the genuine doctor, while some other individual master in functional workmanship however not concentrated on the science under an educator, ought to be viewed as quack.

By this we can comprehend the amount they were not kidding around about the morals in the clinical practice.^[13]

Classification of the surgical procedures into 3 main sub heads

The whole course of clinical treatment regarding an infection might be gathered under three subheads. In the current long periods of careful practice likewise we partition entire careful convention into 3 stages of measures.

1. Fundamental measures (Purva-karma); - Pre Operative
2. Head restorative or careful apparatuses (Pradhana-karma) - Operative
3. After-measures (Paschatkarma); - Post Operative.^[14]

In Poorva karma Sushruta guides specialist to keep things prepared, which are fundamental to carry out any kind of careful or Para surgeries. He cites

"A specialist (Vaidya) prior to beginning the tasks, should initially furnish himself with so much embellishments as careful machines and instruments, salt, fire, test or chief (Shalaka), horns, leeches, gourd (Alavu), Jamvavoushta (a sort of pencil molded bar made of record with its top-end cut into the state of a Jamboline natural product), cotton, build up, string, leaves, honey, explained spread, fat, milk, oil, decoctions (Kashaya), sedated mortars, glue (Kalka), fan, cold water, heated water, and cauldrons, and so forth. He will get the administrations of given areas of strength for and." These were the materials which were utilized in the careful practice back then.^[15]

This straightforward thing likewise lets us know that Sushruta knew about basic things fundamental for medical procedure and he carried out numerous procedures and found significance of materials keeping prepared before hand. Its not simple hypothetical depiction.

Qualities of a good surgeon.

Specialist ought to have not many significant characteristics. Mental fortitude, light handedness, non-shaking, non-perspiring, sharp instruments, fearlessness and self order ought to be moved by a specialist participated in opening a bubble or a sore.^[16]

Principles of aseptic operation theatre and post operative wards.

Fumigation

Fumigation alluded as Dhoopana in the two basic texts of Ayurveda, Charaka Samhitha and Sushruta Samhitha, is recommended for treatment of different diseases and sterilization of climate and lifeless things. Significance of Fumigating the activity theater, work ward and post usable ward is referenced in the Sushruta Samhitha. He suggests the utilization few spices which have kirmigna (against viral or hostile to bacterial) properties.^[17]

In the wards when a patient with an infective injury is under treatment, Its said the appendage of the injury and the entire post operation ward ought to be disinfected with the medications, as Guggulu, Vacha, white mustard, Saindhava and the leaves of the nimba tree. This obviously demonstrates that they knew about the hurtful impacts of microorganisms, and they dealt with taking care of it.^[18]

A concentrate unequivocally proposed that the customary Ayurvedic fumigation with normal plant items is compelling in lessening air-borne microscopic organisms and in cleaning lifeless surfaces. The customary fumigation with natural items can possibly resolve the issue of nosocomial diseases.^[19]

Keeping patients nil oral before surgical procedure

For a situation of counterfeit or instrumental parturition, in ascites, in heaps, in stone in the bladder, in fistula in ano, and in sicknesses influencing the cavity of the mouth, the patient worked On ought to be kept while starving.

This likewise plainly lets us know that he rehearsed numerous surgeries and he could have dealt with the issue when patient was given food preceding the system that is the reason he coordinates to keep patient to keep nothing orally before the technique.^[20]

Surgical acts are divided into eight. (*Ashtvidha shastra karma*)

Coming to the really careful information, Sushruta depicts eight sorts of various careful demonstrations. Assuming we go through the portrayal of this multitude of eight sorts of surgeries, we comprehend that we can incorporate every one of the current days diagnostics and remedial systems in any of these eight demonstrations. The shows that Sushruta was knowledgeable with all the careful prodeures and he performed them, then no one but he could incorporate every one of these details.^[21]

1. *Chedana*, - (Incising)
2. *Bhedya* – (Excising)
3. *Lekhya*- (Scraping)
4. *Vyadana* (Puncturing)
5. *Eshana* , (Probing)
6. *Ahasrana*- (Extracting),
7. *Visravaya* – (draining Secreting fluids)
8. *Seevya*.- (Sututring)

Incision

Qualities of good incision.

Sushruta while portraying the characteristics of entry point he specifies not many things which plainly makes sense of us that he was extremely effective specialist and conducted numerous surgeries thus he could archive exact moment and basically applicable things. He makes sense of as follows.

-a cut which is wide, broadened, all around separated, includes no indispensable part, and so forth of the patient, is awesome of its sort. Here wide entry point assists a specialist with carrying out surgery effectively and quick. The times of Sushruta when there was non accessibility of additional viable sedative measures, to finish system effectively and quickly taking wide incisions was vital. The present careful course reading to specify that a specialist ought to never wonder whether or not to take more extensive cuts. All around separated cut generally assists in great and quicker recuperating with least scar arrangement.

A few cuts ought to be made in the event that a solitary opening doesn't appear to be huge enough for the reason. The blade ought to be uninhibitedly utilized any place a gap, sinus, or a depression would show up in a bubble, to guarantee a total streaming out of the discharge gathered in it.^[22]

Different types of incisions based on the site of the pathology

Sidelong (tiryaka) entry points ought to be made in districts of the eye-temples, sanctuary, brow, cheeks, eyelids, lower lip, gums, armpits, midsections, tummy and the crotches.

A cut made in the area of the hand or attach ought to be made to look like the plate of the moon, while those about the rear-end and the penis ought to be made semi-roundabout, half-moon in shape. An entry point in any of the above said districts not made as coordinated, may lead to outrageous agony, delayed granulation (recuperating) and condylomatous developments in and about the ulcer, attributable to an accidental cutting of the nearby veins, or nerves.^[23]

Principles of treatment in few surgical diseases

Illustrative list of few surgical conditions where different surgical interventions have been recommended in Sushruta Samhita.

Disease names	Surgical principle of management	Modern terms
Bhagna (Sushruta, chikitsa stana Chapter 03) Arhses (Sushruta, chikitsa stana Chapter 06)	Traction , reduction and immobilization, followed by physiotherapy Para surgical procedure like cautery, kshara(application of alkaline medicine), and excision	Different types of fractures and dislocations Different types of haemorrhoidal pathologies
Bhagandhar (Sushruta, chikitsa stana Chapter 08) Baddo gudodar. (Sushruta, chikitsa stana Chapter 14) Chidrodera (Sushruta, chikitsa stana Chapter 14) Udakodar (Sushruta, chikitsa stana Chapter 14)	Excision with different types of incision, and in stages Laparotomy Laparotomy and peritoneal lavage, Closure of the perforated site with organic suture materials(using ants) Tapping (care should to be taken not to tap whole fluid in a single sitting)	Different types of Fistula in ano. Intestinal obstruction (due to fecoliths of trychobezore or any growths. Intestinal perforation. Ascitis.

The previously mentioned not many careful illnesses and their standards of the board plainly portrays that medical procedure was generally polished in Sushrutas period. The current day's careful convention of managing previously mentioned illnesses is very like what Sushruta has referenced. The approach to managing them contrasts however the head of stays same. To give not many models

Principles of management of fracture

In the administration of Bhagna (Fracture) sushruta head of the board is Aanchan (Traction), peedan, samkshepana (reduction) and bandhana (immobilization.) In the current day muscular health likewise advocates the comparative chiefs yet change in the manner we manage it. In Sushruta samhita he encourages to make use bamboo or various sorts of barks of the plant to immobilize the broke site, however today it's supplanted by the mortar of paris.^[24]

Standards of the board of Ano rectal infections;

Also in the treatment of Arsho roga (Hemorrhoids and other Ano rectal illnesses), Sushruta makes reference to four sorts of treatment. Careful treatment is shown as the last choice of the treatment. He plainly expresses that when every one of the proportions of treatment falls flat and in the circumstance where the haemorrhoidal mass is having slender base, conspicuously projecting out, and related exorbitant draining a medical procedure ought to be considered.^[25]

Standards of the executives of Abdominal problems

In intense stomach conditions made sense of in the section by name Udara roga chikitsa Sushruta suggests the standards as keeps.

- Laparotomy ideally left para middle cut
- Peritoneal lavage
- Estimate of the cut edges of gastrointestinal (in hole condition)
- Stitching.
- Supplanting loops of digestive system in the mid-region
- Then, at that point, closer of wound.

On account of Chidrodara (Intestinal hole) parts would it be a good idea for him he kept intact (legitimate estimate of the injury edges) by applying living dark insects to their finishes, then, at that point, their bodies ought to be cut off, passing on just the heads to serve like stitching material. The equivalent is followed now present day superior medical procedure where a creature tissue like catgut is supposed to satisfy. After this the digestive tract ought to be decently supplanted in the stomach hole and the outer opening sewed and appropriately dressed.^[26]

In Sushruta samhita, Sushruta referenced 101 careful instruments. That's what susruta says, of the relative multitude of instruments, hand is the main one, as the instruments are of no utilization without the utilization of hand. To find true success in medical procedure, the specialist ought to be knowledgeable with the instruments. He ought to rehearse the treatment of the instruments prior to utilizing them on patients.^[27]

Types

Extensively the all instruments are classified into two,

1. Yantra (Blunt instruments) - 101
2. Shastra. (sharp instruments) - 20

Yantras are again characterized into 6 kinds in view of shape and their utility.

Table 2 Instruments.

Type of instrument (Sushruta)	Meaning	Numbers
<i>Svastika,</i>	Cruciform instrument	24
<i>Sandansha,</i>	Dissecting forceps or tongs	2
<i>Tala,</i>	Spoon shaped instruments	2
<i>Nadi Yantras</i>	Tubular instruments	20
<i>Shalakas</i>	Rod like instruments	28
<i>Upayantras</i>	Accessory instruments	25

1. Cruciform instruments (Svastika yantras) - The Svastika yantras (forceps) are partitioned into 24 sub classes. They look like the mouths of monsters or birds. They are for the most part utilized for extricating thistle or unfamiliar bodies implanted in bones.^[28]
2. Dissecting forceps or utensils (Sandansha yantras) - The Sandansha yantras are separated into two classes and are regardless of locks. They are utilized for separating unfamiliar bodies from skin, muscles, veins and ligaments.^[29]
3. Spoon formed instruments (Tala yantras)- Tala yantras have a couple of surfaces looking like the size of a fish. They are utilized for extricating unfamiliar bodies from the ear, nose or a sinus.^[30]
4. Tubular instruments (Nadi yantras)- Nadi yantras, which are of different sorts, are utilized for eliminating unfamiliar bodies and review and treatment of infection spots of outside orifices. They are of various distances across and lengths relying upon the elements of the entry. Endoscopes go under the class of rounded instruments. They are utilized in heaps, fistula in ano, butt-centric stenosis and so on. The arsho yantra (rectal speculum for heaps), bhagandara yantra (rectal speculum for fistula in ano) and yoni vranekshanam

(vaginal speculum) are a portion of the instances of endoscopes for assessment of outer body orifices. They are depicted exhaustively separately.^[31]

5. Rod like instruments (Shalaka yantras) Shalaka yantras are of a few kinds and are utilized for various purposes having lengths and boundaries relying upon the site of application.^[32]
6. Accessory instruments (Upa yantras) These are rope, entwined string, gauzes, cowhide lashes, bark, creeper, material fabric, round rock, stone, sledge, palm and sole, finger, tongue, teeth, nail, mouth, hair, ring of a pony's harness, twig of a tree, spittoon, clearing, invigoration, attractive stone, burning, fire searing and drugs.^[33]

Materials used to plan instruments

These instruments are undeniably made of iron which might be filled in for whatever other comparative or appropriate substance where iron would be unavailable.^[34]

Great characteristics of instruments

Neither too enormous nor excessively little, and their mouths or edges ought to be made sharp and sharp. They ought to be made with an exceptional eye as to strength and consistent quality, and they ought to be furnished with helpful handles.^[35]

Careful instruments treating

The instruments ought to be tempered with one of the three substances, for example, antacid, water, and oil. This specific strategy will assist with keeping instruments in great condition.^[36]

Significance of Blood in careful practice.

Blood is the beginning of the body. Blood keeps up with essentialness. Blood is life. Thus it ought to be safeguarded with the best consideration.

Unnecessary draining will bring about death. Sushrut notices the elements of draining.^[37]

Standards of haemostasis

The four measures showed for the stoppage of draining are known; as the Sandhanam (process by getting the impacted part), the Skandanam (thickening or coagulating the nearby blood), the Pachanam (cycle of setting up festering in the injury) and the Dahanam (interaction of cauterisation).^[38]

Wrapping

Sushruta notice various sorts of bounding methods. There fourteen kinds of dressing made sense of.^[39] The old swathe ought to be released on the third day of the activity, when the injury or the ulcer ought to be washed, and a new wrap ought to be twisted round as in the past. The swathe ought not be released on the day following the spearing of a bubble, as such an action would lead to a kind of horrifying aggravation and development of bunches in the injury and retard the course of granulation (mending). On the third day, the specialist (Vaidya) ought to endorse the legitimate cured mortar, diet, and so forth. After completely thinking about the strength of the patient, the nature of the sickness, and the then overarching time of the year.^[40]

An injury ought not be attempted to be recuperated up, the length of the most un-horrible matter, or discharge stays in its inside, as it would prompt the development of new depressions in the encompassing wellbeing tissues, and at last to a recrudescence of the sickness.

Sushruta was explicit about the changing the dressing and exhorted t change in light of the seasons. The dressings and swathes ought to be unfastened and changed ever third day in winter, in spring and in the time of Hemanta, and on each substitute day in summer and in the rains.^[41]

Significant careful morals

Making sense of guess prior to performing a medical procedure.

Sushurta while making sense of the treatment of various illnesses obviously specifies the significance of clearing up anticipation for the patient and patients family members. In specific cases he plainly states to avoid treatment. In the treatment of Udara roga (stomach sicknesses) he obviously says baddagudodar and chidrodar are hard to treat, assuming we treat chances of recuperation are less. So he trains to make sense of the visualization prior to starting the treatment. That's what next he cites, every one of the eight sorts of udar roga whenever disregarded and when they become persistent all will wind up with exceptionally poor prognosis.^[42]

Morals relating to Consent

The rule of assent is a somewhat new condition. As a matter of fact, currently in the hours of the Egyptian civilisation, yet in addition the Greek and Roman, records have been found

which show how the specialist's mediation had, somehow or another, first to be supported by the patient. Plato (regulation IV) had previously predicted the issues, the strategies and the methods of data which are, in combination, at the foundation of the standards of the current equation of educated assent and corresponded the work on regarding the data and agreement with the quality and social place of the patient. The main assurance that the patient could have, got from a basic guideline of medication, everything being equal: "in illness, center around two points, to improve and not to cause harm".^[43]

Sushruta made sense of the significance of assent while making sense of the treatment of Ashmari (bladder calculi) He features the significance of making sense of the challenges in question and the potential entanglements like passing during the careful treatment.^[44]

CONCLUSION

The careful morals and procedures referenced in sushrut samhita and applicable in the current period as well. The definite portrayal of various kinds of instruments, and their making, pre employable arrangements and cleansing of activity theater and post usable ward and so forth are clear demonstrative of wide moral careful practice in Sushrutas time. The portrayal of explicit sign and contra sign and standards of careful administration of various careful illnesses is clear that Sushruta carried out numerous procedures and was the first perform to carry out plastic procedure. Modifications of the treatment standards is constantly invited by all sages in the antiquated India. Sushruta was a wise, an instructor, thinker, and an incredible specialist.

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