Ashta Vidha Shastra Karma : An Ayurvedic Review

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Abstract

Acharya Sushruta is said to be an ancient surgeon who is the author of Sushruta Samhita who had given more importance to shalya chikitsa, he described 8 kinds of surgical procedures which include Chedana, Bhedana, Lekhana, Vedhana, Eshana, Aharana, Visravan, Sivan. The advance techniques in surgery like excision, incision, puncturing, extraction, draining, suturing have been developed based on these principles. Thus, showing the importance of Asthavidha Shastra Karma. This article summarises role of Astha vidha shastra karma in shalya kriya for the management of various surgical problem.

Introduction

Acharya Sushruta says, there are 3 kinds of procedures in surgical practice which includes Poorva karma, Pradhan karma and Paschat karma. And Asthavidha Shastra Karma comes under Pradhan Karma. He says in his Sushruta Samhita, Shastra Karma being the main procedure, it will be described first and hence importance is given to Shastra Karma. He has classified Shastra Karmas into 8 categories, which should be performed appropriately for achieving successful outcome. His surgical principles are relevant even today and advanced techniques have been developed based on his principles.

Asthavidha Shastra Karma’s are as follows

1. Chedana

Nirukti – Chedyam Nisheshataschedaneeyam arshaha prabhuthi.

Chhedana involve excision of part from the body.


Shastra’s and Anushastra’s used for Chedana

Shastra’s – Vriddhipatra, Nakhasastra, Mudrika, Utpala, Patra and Ardhadhara.

Anushastra’s – Sphatika, Kaca, Agni, Kshara, Nakha.

2. Bhedana

Nirukti – Bhedyam Bhedaneeyam, Vidradyadi.

Bhedana involve incision procedure to open a cavity for draining out tissue debris, rakta, pus and waste discharge.


Shastra’s and Anushastra’s used for Bhedana

Shastra’s – Vriddhipatra, Nakhasastra, Mudrika, Utpalapatra and Ardhadhara.

Anushastra’s – Sphatika, Kaca, Agni, Kshara, Nakha.

3. Lekhana

Nirukti – Lekhyam Lekhaneeyam, Rohinyadi.

This technique involves scrapping out waste, debris, dead material from affected part.

Indications – Vataja, Pittaja, Kaphaja, Sannipataja, Rohini, Kilastra, Mediaga Granthi, Mediaga Vartma, Adhijihvika, Arshas, Mandala Kusta, Mamsakanda and Mamsonnati.

Shastra’s and Anushastra’s used for Lekhana

Shastra’s-Mandalagra, Karapatra

Anushastra’s – Kshara, Gojhiha, Sephalikka, Nakha.
4. Vyadhana
Nirukti- Vyadhym Alpamukhi Shastra Vyadheeyam Siradi.
Vyadha involves puncturing of affected part.
Indications- Sira Vyadh, Mutra Vriddhi, Dakodara.
Shastra’s and Anushastra’s used for Vyadhana
Shastra’s- Kutharika, Vrihimukha, Ara, Vetasaptra and Suchi
Anushastra’s- Kareera.

5. Eshana
Nirukti- Eshyam Eshaneeyam Nadyadi…..
Eshana involves snooping of waste discharge, debris and foreign body, etc.
Indications- Nadi Vrana, Sasalya Vrana and Unmargi Vrana.
Shastra’s and Anushastra’s used for Eshana
Shastra’s- Esani
Anushastra’s- Anguli, Baala, Kareera

6. Aharana
Nirukti- Aharyam Aharaneeyam Sharkaradi.
Aharana involves extraction of waste from diseased body parts.
Indications- Dantamala, Karnamala, Ashmari, Salya, Mudha Garbha.
Shastra’s and Anushastra’s used for Aharana
Shastra’s- Badisa, and Dantasanku
Anushastra’s- Nakha, Anguli.

7. Visravana
Nirukti- Visravyam Visraveeyam, Taccha Vidradhi Kushtadi.
Visravana is for the purpose of blood letting or draining of pus.
Indications- Five types of Vidradhi, Ekadeshaja Sopha, Slepada, Visajusta Sonitha, all kinds of Arbuda, all kinds of Visarpa, Vataja Pittaja Kaphaja Granthi, Vataja Pittaja Kaphaja Upadamsa, Stanaroga, Viderika, Ksudra rogas.
Shastra’s and Anushastra’s used for Visravana
Shastra’s-Suci, Kushapatra, Atimukha, Sararimukha, Antarmukha and Trikurcaka.
Anushastra’s- Jalouka, Nakha

8. Seevana
Nirukti- Seevyam Seevaneeyam, Taccha ‘Seevya Medha Samutthascha Bheetva Sulekhitha Gadaha Ithi.’
It is a para-surgical approach involves use of sutures, needles and threads as post operative management. Rhujugranthi, anuvellit, gofanika and tunnasevani are various types of Seevaan used in this therapy.
Indications- Diseases which are due to vitiation of Medas, cut wounds, Sulekhitha Vrana, Sadyovrana and diseases localized on Chala Sandhi.
Shastra’s and Anushastra’s used for Seevana
Shastra’s- Suchi
Anushastra’s- Baala

Conclusion
Ayurvedic Shalya Chikitsa offer great contribution in the field of surgical problems. Ashtavidha Shastrakarmas is one of the approaches of Shalya Chikitsa which involve eight surgical procedures based on different principles. These surgical approaches can be employed for various interventions depending upon types of disease which is to be cured. Ashta Vidha Shastra Karma involve procedures such as Chedana, Bhedana, Lekhana, Vyadhana, Visravana, Eshana, Aharana and Sivana. These all techniques offer relief in various surgical adversity like, Amshari, Jalodara, Stana vidradhi, Visarpa, Pakva vidradhi and Sadyo Vrana etc.

References