

ASHTAVIDHA SHASTRA KARMA IN PRASUTI TANTRA AND STREE ROGA IN SURGICAL PRACTICES IN PRESENT ERA W.S.R. TO AYURVEDA SHALYA KARMA

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ABSTRACT

Ashtavidha Shastra karmas are the procedures or steps that are always the soul of all surgery because these are the things that are generally the objectives of any surgery. With a broad vision, *Ashtavidha Shastra karma* may be taken as the base of modern surgery, and that may be the reason why *Ayurvedic and modern surgeons still remember Acharya Sushruta*. Modern Surgery was not in practice before the 18th Century. It was developed after Anesthesia & antibiotics. *Ayurvedic Surgery (Shalya, Shalakyas and Prasuti)* was fully developed before the 10th Century. *Ayurvedic Surgery* declined due to Sociopolitical reasons. *Ashtavidha Shastra Karma's* principles of eight basic surgical procedures are being used in day-to-day surgery, and many advancements have been made in modern surgery regarding the development of minor surgical instruments to Robotic surgery. But the principles of surgical treatment remain the same even today. In *Prasuti Tantra Evum Stree Roga*, *shalya chikitsa* involves surgical and pre-surgical interventions, and *Astavidh shastra* is one among them. The eight *shalya karma* is explained and used to treat many *Prasuti Tantra Evum Stree Roga diseases*. In the present scenario also, these eight shastra karma are modified and are currently used in modern surgical science for surgical disorders, through article we want to elaborate on the *ashtavidha shastra karma* use in *Prasuti Tantra Evum Stree Roga* is the same as today's surgical procedures of modern.¹

Keywords: Mudhagarbha, Gophanika, Nadi Yantra, Laparoscopy, Muladhara

INTRODUCTION

Acharya Sushruta, the father of Surgery, described all principles of Surgery in a very systematic way. His concept of *Sastra Karma* is very scientific, and probably no surgical procedure can be invented to overcome the limit of this *Karma*. Acharya Sushrut has scientifically classified all surgical procedures into two groups: *Yantra Karma* & *Shastra Karma*. Every surgical procedure is planned systematically using blunt and sharp instruments.¹

Yantra Karma is the procedure that involves using blunt instruments, while *Shastra Karma* involves using sharp instruments. Acharya Sushruta described the *Shalya Karmas* in this way. He mentioned the basic principles of *Shalya Chikitsa* as *Yantra karma* and *Shastra karma*. He left that elaboration on the wisdom of *Shalya Chikitsaka* (surgeon), as surgery is entirely concerned with the performer's skill and presence of mind.

Among all these *Karma*, *Ashtavidha Shastra karma* are the procedures or steps which are always the soul of all surgery, because these are the things which are generally objectives of any surgery to be performed. With a broad vision, *Ashtavidha Shastra karma* is the base of modern surgery. This is why Acharya Sushruta is still remembered by not only the *Ayurvedic* but also the Modern surgeons. All the operative procedures used in gynaecology & obstetrics use *Ashtavidha Shastra karma* in various ways.²

Hence, the *Prasuti Tantra* & *Stree Roga* scholars are designated as M.S. by AYUSH. An explanation of *Ashtavidha Shastra Karmas* gives basic knowledge about eight types of surgical procedures followed. There are a few *Stree* & *Prasuti Roga* like *Stanvidradhi* (*Fibro adenoma*), *Stangranthi* (*Breast abscess*), *Mudhgarbha* (*Malposition/ Malpresentation of fetus inutero*), *Arbuda* (*Genital carcinoma*), *Gulma* (*Hydatidiform mole*), *Mahayoni* (*Uterine prolapse procidentia*), *Garbhashaya granthi* (*Polip/Fibroid*) these are treated by using some of *karma*.³

Though modern surgery is improving and updated daily, these *Shalya Karmas* are the roots of all surgeries and are always more essential than the branches.

Dr B Roter mentioned that 3500 years ago, *sushruta* was conducting urological surgery in India. Foreign invaders destroyed our ancient science. Evidence says surgery was imported from India. *Sushruta Samhita* was translated into latin, Germany, Arabic, etc.

Acharya Sushruta performed surgery in India and took it to admirable heights. The era of surgery was coming as The Golden Age of Surgery. To obtain better results in all types of surgical procedures, Sushruta has described three kinds of *Karma*. *Poorvakarma* (*Preoperative*), *Pradhankarna* (*Operative*) and *Paschakarma* (*Postoperative*). However, the *Pradhankarma* mainly encompasses eight techniques, which are termed *Ashtavidha Shastra Karma* principles of eight basic surgical procedures that are being used in day-to-day surgery, and many advancements have been made in modern surgery in terms of the development of minor surgical instruments to Robotic surgery. However, the principles of surgical treatment remain the same even today, even in modern science.⁴

Aims-

To study the role of application of *Ashtavidha shatra karma* in *Prasuti tantra evum Stree Roga* in surgical Practices in the present era w.s.r. to *Ayurveda Shalya karma*.

Objectives-

1. To collect the detailed description of *Ashtavidh shastra karma* in *Ayurvedic* classics & compare it with surgical procedures used in Obstetrics & gynaecology in today's scenario.
2. I'm collecting separately *Prasuti Tantra* and *Stree Roga*'s surgical procedures (*shalya karma*) and their surgical steps as per the *Ayurveda* aspect.

Methodology- The literary study is done with the help of *Ayurvedic* texts, i.e., *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, *Kashyap*

samhita and Ashtanga Hridaya, Modern text as well as the internet-based journals, PubMed, Google Scholar

Shastra karma according to different acharya-

No.	Acharya Shushruta ⁵ (8)	Acharya Charaka ⁶ (6)	Acharya Vagbhatta ⁷ (13)
1.	Chedana (Excision)	Patana	Utpatana (extraction)
2.	Bhedana (Incision)	Vyadhana (Puncturing)	Patana (incision)
3.	Lekhana (Scrapping)	Chedana (incision)	Seevan (suturing)
4.	Vyadhana (Puncturing)	Lekhana (scraping)	Eshana (probing)
5.	Eshana (Probbing)	Prakshalana scarifing	Lekhana (scraping)
6.	Aharana(Extraction)	Seevana	Prakshalana (scarifing)
7.	Visnavana(Drainage)		Kuttana (prikng)
8.	Seevana(Suturing)		Chedana (incision)
9.			Bhedana (excision)
10.			Vyadhana (puncturing)
11.			Manthana (churning)
12.			Grahana (holding)
13.			Dahan (cauterization)

Ashtavidha Shastra Karma⁸—Ashta Vidha Shastra Karma involves procedures such as Chedana (Excision), Bhedana (Incision), Lekhana (Scrapping), Vyadhana (Puncturing), Eshana (Probing), Aharana (Extraction), Visnavana (Drainage), and Seevana (Suturing). These techniques relieve various surgical adversities like Sadhyo Vrana, Raktatipravitti, Granthi, Arbuda, Stanroga, and Marsha.

1) Chedana Karma (Excision)

It involves excision of parts from the body with the help of shastra like Mandalagra(circular knife), Karpatra(bone saw), Vrudhipatra(scalpel), Mudrika(ring knife), and Utpalpatraka(lancet). Anushastra used in Chedana Karma are Sphatika, Kacha, Agni, Kshara, and Nakha.

Indications of Chedana Karma in Stri roga-

- Uterine fibroid (Kaphajgranthi)
- Asthimamsagata Shalya,
- Hysterectomy (Garbhashaya nirharana)
- Myomectomy,
- Cystectomy,
- Polypectomy (Yoni arsha)
- Enucleation of breast,
- Fibroadenoma

In Prasuti Tantra-

- Cord cutting,
- Craniotomy in obstructed labour.
- Scalpels, Scissors, etc, are modern instruments used for this purpose.

2) Bhedana Karma (Incision)

Defined as an incision to lay open a cavity for draining out tissue debris, blood, pus and waste discharge with the help of Shastra like Vrudhhipatra(scalpel), Nakhashastra(nail parer), Mudrika(ring knife), Utpalpatraka(lancet) and Ardhadhara(single-edged knife), Anushastra used in Bhedana Karma in Sphatika, Kacha, Agni, Kshara, Nakha.

Indications of Bhedana Karma in stri roga –

- Surgical correlation of imperforated hymen surgical correction of vaginal agenesis laparoscopy.
- All types of Vidradhi except Sannipataja (Abscess)
- Vataj pittaj and Kaphaj Granthi,
- Stana Roga
- Yoni Kanda (Bartholin abscess)

In prasuti tantra-

- Episiotomy,
- Caesarean section
- Bhedana Karma is also indicated in deep/ superficially seated abscesses and pockets of pus in the fistula/sinus tract.

- Udar-Vipatan is Mudhgarbha.

3) *Lekhana Karma* (Scrapping)

Lekhana Karma is performed to remove debris from the affected part with the help of shastras like *Mandalagra* (ring knife) and *Vridhhipatra*(scalpel). *Anushastro* used in *Lekhana Karma* are *Kshara*, *Gojihva*, *Sephalika*, *Nakha*.

Indications of *Lekhana Karma* in *stree roga*-

- *Medaja Granthi*,
- *Adhijihvika*, *Arsha*,
- *Mansakanda* and *Mansaunnati*,
- Endometrial biopsy,
- Thermal ballooning

In *prasuti tantra*

- D&C (Dilation & Curettage) /*Garbhashaya lek-hana*
- D&E (Dilation & Evacuation)
- Removal of placenta,
- Episiotomy wound if gapping is there.

Acharya Sushruta has explained specific parameters to assess proper and improper *Lekhana Karma*. The absence of bleeding from the site, itching, Oedema and the appearance of the lid-like fingernail are characteristic features of *Samyak Lekhana Karma*.

4) *Vyadhana Karma* (Puncturing)

Vyadhana Karma means puncturing; by this technique, the affected part is punctured with the help of *Kutharika*(chisel), *Vrihimukha*(trocar), *Ara*(awl), *Vetaspattro*(a kind of scalpel) and *Such* and *Anushastra* used for *vyadhana Karma* is *Kareera*.

Indications of *Vyadhana Karma* In *stree roga*-

- *Siravyadhana* (intra venous cannula, scalp vein)
- Laproscopy,
- To remove the fluids from any cavity

In *prasuti tantra*-

- Amniocentesis.
- Blood transfusion

5) *Eshana Karma* (Probbing)

It involves snooping of waste discharge, debris, foreign bodies, etc., with the help of *Eshani* from affected body parts and *Anushstra* used in *Eshana Karma* are *Kareera*, *Bala*, *Anguli*,

Indications of *Eshana Karma* in *stree roga* –

- *Nadivrana*,
- *Sashalyavrana*,
- *Unmargivrana*,
- hysteroscopy,
- Uterine sound,
- Salpingoscopy,
- Dilation of Os,
- Catheterisation
- In *prasuti tantra*-
- Uterine sounding,
- Dilatation

6) *Aharana Karma* (Extraction)

It involves extracting waste from diseased body parts with the help of *Badisha* and *Dantashanku*(tooth scaler). *The Shastra* and *Anushastra* used for *Aharana Karma* are *Nakha* and *Anguli*.

Indications of *Aharana Karma* In *stri roga*-

- Removal of uterine tumours,
- Removal of polyp by twisting methods

In *prasuti tantra*-

- *Moodagarbha*,
- *Prasav karma*,
- Retained Placenta.

7) *Visravana Karma* (Drainage)

In this procedure, bloodletting and drainage of pus are done with the help of *Suchi*, *Kushpatra*(bistoury), *Atimukha*(hawk bill scissors), *Antarmuka*(curved bistoury) and *Trikurchaka* and *Anushastra* used for *Visravana* are *Jaloka* and *Nakha*.

Indications of *Visravana Karma* In *stri roga* are-

- Ovarian drilling,
- Five types of *Vidhradhi*,
- All kinds of *Arbuda*,
- *Vataj Pittaj Kaphaj Granthi*,
- *Stanaroga*

In *prasuti tantra* –

- Artificial rupture of membrane.

8) *Seevana Karma* (Suturing)

It is a technique for approximated incisions and excised areas using suitable suturing methods, needles, and threads for post-operative management. *Rhijugranthi*, *Anuvellita*, *Gofanika*, and *Tunnasevani* are various types of *Seevana* used in this therapy.

Indications of *Seevana Karma* are *Sadyavrana*, *Sulekhita Vrana*, diseases due to vitiation of Medas, cut wounds and disease localised on *Chalasanghi*,

Episiotomy wound, LSCS wound, Laparoscopy key-hole/ stitches, Hysterectomy stitches, Cervical incompetence, and McDonald's sutures.

Main surgical procedures used in *Prasuti Tantra*⁹-

1. LSCS (Lower Segment Cesarean Section)-

Preoperative procedure	Poorva Karma
Diet: light diet given in previous evening & nothing on the day of operation Nil by mouth for at least 8 hrs before surgery	In all the following surgical procedures the patient should not take anything orally in case of <i>Mudhagarbha</i> , abdominal surgery, piles, calculus, fistula-in-ano and <i>mukha roga</i>
IV infusion Position of the patient	Here through <i>vyadhana karma</i> blood is not drained but fluids are infused
Antiseptic dressings-routine shaving of operative area Draping Anaesthesia	In preoperative practice Intake of alcohol by the person who is accustomed to it, for desensitizing during surgical procedures
Intraoperative procedure	
Pfannensteil Incision	<i>Bhedanakarma (ardhachandrakara)</i> , <i>Vasti dwara vipatya (suprapubic incision)/udara patana.</i>
Skin, Fat, rectus sheath, Rectus abdominis, Abdominal peritoneum, Pelvic peritoneum	<i>Bhedana karma</i>
Blood mixed amniotic fluid is sucked	<i>Visravana karma</i>
Delivery of fetus	<i>Aharana karma</i>
Umbilical Cord is cut	<i>Chedana karma</i>
Removal of placenta	<i>Aharana karma</i>
Suturing: each layer is closed <ul style="list-style-type: none"> • Uterus is closed using round body needle with <i>gophanika</i> type of suturing • Rectus sheath-using cutting needle with <i>gophanika</i> type of suturing and the suture material used is vicryl nol • Rectus abdominis using cutting needle with <i>ri-jugranthi</i> type of suturing and the suture material used is vicryl no 1 • Skin-closed with running subcuticular stitch ie: <i>thunnasevani</i> using vicryl no 1 	<i>Seevana Karma</i>

Mudhgarbha (Obstructed Labour)¹⁰-

Shastra used to extract the *Mudhgarbha*:

- Mandalagra* (circular knife or round head knife, decapitating knife)
- Angulishastra* (Finger knife)
- Shanku* (Hook)
- Ardhachandra* (curved knife)

2. Dilation & Evacuation¹¹

Dilation of cervix with the help of- <ul style="list-style-type: none"> • Sim's speculum • Allis forceps • Metal dilators 	<i>Sihamukha yantra</i> <i>Shalaka Yantra</i>
Evacuation with the help of ovum forceps	<i>Kankamukha swastik yantra</i>

3. Dilatation & Curettage

- Posterior vaginal wall retractor speculum- *Yoni vekshana yantra*
- Allis tissue forceps- *Sihamukha yantra*
- Hawkin ambler dilator- *Shalaka Yantra*
- The uterine cavity is curetted by a uterine curette- *Tal yantra*

When lekhana is done by *Tala Yantra* (curator) of garbhashaya in a clockwise and anticlockwise manner.

4. Episiotomy (Muladhara chedana) –

- Incision by curved or straight blunt pointed sharp scissors- *Swastik Yantra*
- Suturing – *Seevana*

Main surgical procedures used in *Stri Roga-*

1.Hysterectomy¹² –

Low transverse incision- pfannensteil incision/midline incision/infraumbilical paramedian incision	<i>Bhedanakarma (ardhachandrakara) Vastidwara vipatyā (suprapubic)/ udarapatana.</i>
Uterus drawn out doyen's retractor placed in position	<i>Aharana karma</i>
If ovaries to be removed-paired clamp on infundibulopelvic ligament. Tissues in between cut & replaced by sutures	<i>Chedana & Seevana karma</i>
Paired clamps on round ligament. cut & replaced by suture	<i>Chedana & Seevana karma</i>
Uterovesical fold is cut & utero sacral ligament, cut and replaced by suture	<i>Chedana & Seevana karma</i>
Clamps on paracervical tissue. cut & replaced by suture	<i>Bhedana karma & chedana karma</i>
Vault of vagina opened by stab incision with scalpel at cervicovaginal junction Remaining vault is cut	<i>Bhedana karma & chedana karma</i>
Vault closed by continuous interlocking sutures (<i>gophanika</i>) Abdomen closed in layers	<i>Seevana karma</i>

3. Laparoscopy -

1982 diagnostic laparoscopy (*NADI YANTRA*) was started under supervision of professor P.J. Deshpande. 1974, DR. Bozzini developed the lightleiter to examine internal organs through external orifices, whereas sushruta, even before Bozzini described the concept of endovision as *NADI YANTRA* in detail – To aspirate foreign materials. To visualise internal organs and to facilitate the various surgical procedures. Even today, laparoscopy and endoscopy have the same application.

Use of *nadi yantra* in – *Garbhashy cheddan* (Hysterectomy) by *Udar Nadi Yantra* and other procedures like Tubectomy, Ectopic Pregnancy, Salpingectomy etc.

3. Hysteroscopy- *Udargat Nadi Yantra*

4. Endoscopy- *Udargat Nadi Yantra*

5. HSG (Hysterosalpingography)

DISCUSSION

We can perform all procedures related to obstetrics and gynaecology through the eight methods of Shashtra Karma. Like-Myomectomy Bhedana+ Chhedana+ Aaharana+ Sivana, Polypectomy Chhedana+ Aaharana, Hystrectomy Abdominal Bhedana + Visravana + Chhedana Aaharana + Sivana, Episiotomy Bhedana + Sivana, Caesarean section - Bhedana+ Visravana+ Aaharana+ Chhedana+ Sivana, Dilatation & evacuation Eshana + Aaharana + Lekhana. Ayurvedic Surgery, in modern perspective, started in BHU. AMS course also started in BHU as ayurvedic clinical subjects, Shalya tantra, Shalakyā tantra, & prasuti tantra evum Stri roga, also started by P Deshpande in BHU. Keeping the views of stalwarts in mind, integrated Ayurvedic surgery is developing on the principle of *Acharya Sushruta*. In *Prasuti Tantra Evum Stree Roga, shalya chikitsa* involves surgical and para surgical interventions, and *Astavidh shastra* is one among them. The eight *shalya karma* is explained and used to treat many *Prasuti Tantra Evum Stree*

Roga diseases. In the present scenario also, these eight shastra karma are modified and are currently used in modern surgical science for surgical disorders, through article we want to elaborate on the *ash-tavidha shastra karma* use in *Prasuti Tantra Evum Stree Roga* is the same as today's surgical procedures of modern.

CONCLUSION

Apart from this, if any surgical procedures are considered, it seems to be the combination of one or more *Shastra Karma*. Moreover, most of the surgical procedures are a combination of both *Shastra karma* and *Yantra Karma*. The above-mentioned is exemplary and just a glimpse of the universal approach of *Ayurvedic Shalya Chikitsa*. Here, it is essential to note that *Ashtavidha Shastra karma* is not the eight surgical procedures; instead, these are the eight basic principles of all the surgical procedures which can be used for any surgery. These *Karma* contain a short but full description of all the surgeries. Every surgical procedure comprises either one or more of them, or more interestingly, no surgery to date contains any step beyond the scope of *Ayurvedic Shastra Karma*. Hence, it is the need of time that the government takes very sincere steps to protect the legal rights of Ayurvedic surgeons and rules regarding performing surgeries by *Ayurvedic* doctors must be very clearly regularised.¹³

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