



PARA-SURGICAL PROCEDURES AND ITS PRACTICE IN AYURVEDA

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ABSTRACT

Surgical procedures performed by non-surgical items or in absence of surgical instruments are Para-Surgical Procedures. Special techniques of Para-surgical procedures like *Kshara Karma*, *Kshara Sutra*, *Agnikarma*, *Raktamokshana*, *Jalaukavacharana*, *Siravyadhana* etc have been adopted to treat many sufferers. Ayurveda is an ancient science. Sushruta, known as the father of surgery, has described various surgical and para surgical procedures. These procedures are specially indicated according to stage and dosha predominance. Para surgical procedures have been indicated for different diseases that cannot be cured by any medication or where surgery is not possible to treat the condition or there is great chance of recurrence of disease. Para surgical methods are effective, easy to apply in the management of many *urdhvajatrugata roga* also, easy to perform, less chance of recurrence, sutureless, less post-operative hemorrhage and minimal pain. The purpose of this review is to evaluate and discuss the utility and probable mode of action of para surgical procedures used in different conditions in a scientific manner. All the gathered information was collected and compiled from *samhitas*, some research papers, articles and published books.

Keywords: Para-Surgical Procedures, *Ksharkarma*, *Agnikarma*, *Jalukavcharan*.

INTRODUCTION

Shalya Tantra actually flourished with the invent of new improved alkaline thread (*Kshara-sutra*). *Kshara-sutra* revolutionized the treatment of various incurable diseases such as Fistula in ano, Sinuses of varied etiology etc. Though, *Shalya Tantra* has many useful treatment modalities, yet *kshara-sutra* therapy has emerged as a very specialized branch. *Kshara-sutra* therapy has provided a respectable status to the surgeons of Ayurveda.

The entire *Shalya Tantra* is broadly divided into two branches as per the therapies are concern and the branches are the Surgical procedures and Para-surgical procedures. The surgical procedures are mainly performed with the help of Sastra and Yantra, while the Para-surgical procedures are accomplished with the help of *Kshara* (alkali), *Agni* (heat), *Srng* (horn), *Alabu* (gourd) and *Jalauka* (leeches). The former is an invasive type of treatment, while the latter is minimally invasive in nature. There are eight types of *Sastrakarma* e.g., *Chedana*, *Bhedana*, *Lekh*hana, *Vedhana*, *Esana*, *Aharana*, *Visravana* and *Sivana*. The same is true in the case of the *Yantrakarma*. They have only discovered the sophisticated equipments with the synergism of physics, but the basic procedures are the same as that were in ancient times. The surgery in Ayurveda is a very broad and practical branch.

Methods:

Kshara-sutra* and *kshara-karma are one of the important measures in the *shalya* practice. *Kshara* is best, for it does *chedana*, *bhedana* and *lek*hana actions simultaneously and it can be a better substitute for *Sastra*. A person who is afraid of instrumentation can tolerate it well. The diseases do not recur after treatment with the *kshara*. It is an excellent remedy to remove any type of debris from the infected wounds and use of *kshara* results in the genesis of fresh granulation tissue in the infected wounds. In fact, treatment of infected wounds, especially sinuses, has been revolutionized after the search of different types of *kshara* modifications such as *kshara pichu*, *kshara gauze*, *kshara varti* and even *kshara sutra*.

Raktamokshana Besides *kshara-sutra*, some other Para-surgical measures in Ayurveda have their own importance. The one of them is the science of blood-letting. *Raktamokshana* is said the half of all treatments in surgery and holds a high value. Though Sushruta has given the vital status to the blood and has ordered to preserve it by any means, yet he has also reiterated that drainage of blood in measured quantity may treat several ailments. *Raktamokshana* can be performed by several methods such as *Srng* (horn or cupping), *Alabu* (gourd), *Jalauka* (with leech), *Pracchana* (scarification), and *Siravedha* (venesection). *Pracchana* and *Siravedhana* involve instrumentation and are more invasive in nature. *Pracchana* is used for localized *doshas* while *Siravedha* for generalized *doshas*.

Srng*, *Jalauka* and *Alabu are less invasive and are used in *Vata*, *Pitta* and *Kapha* predominance respectively. *Srng* and *Alabu* work on the principle of extraction of blood by creating vacuum. Among all these methods of bloodletting, the most physiological and feasible method is *Jalaukavacarana*. It has been practiced all over the world for a very long period. Leech injects her saliva into the wound and this saliva is a rich source of several metabolic active chemicals. These chemicals have a wide range of activity right from producing anaesthesia to the vasodilator and several other properties such as neogenesis, antibiotic, proteolytic, and healing actions. Use of leech has revolutionized the treatment of vascular insufficiency, other artery and venous disorders, pains, inflammations etc.

Agnikarma is another important therapy in the Ayurveda. The diseases treated with *Agni* do not recur. There are no infections or post-operative bleeding. It can remove do? a from its root. The diseases that cannot be cured by other means can be cured by *Agni*. *Agnikarma* is performed even after *sastrakarma* to avoid bleeding and infections. *Agnikarma* is very useful in treating corn, skin diseases, warts, and it is also useful in some vatika disorders also.

Bhagna sandhana is another beautiful branch of surgical discipline in Ayurveda. On reading the literature

on Bhagna, anyone can say that modern orthopaedic surgery has adopted the same principles as has been mentioned in Ayurveda. The reduction process of the fractures and dislocations is the same in modern medicine as was told by the Susruta. There are only four steps such as traction, reduction, setting and bandaging. The modern orthopaedic surgeons have adopted the same process. Nothing has changed since ancient times. Whatever changes we are seeing are the type of sophisticated dressing materials.

Kalupurana is a method of fracture reduction practiced in the tribes of Orisa. It is a highly effective treatment in the healing of fractures. Not only the reduction of fractures and dislocations, but Ayurveda also provides a wide range of medicinal and occupational therapies, pastes and other medicine to treat post-operative stiffness of the part especially the nearby joints resulted due to prolonged immobilization.

CONCLUSION

There is a perception in society that Ayurveda does not have surgery; it is only a medicinal system. The so-called modern surgeons nourish this perception. However, it is very true that no modern surgeon has ever invented a single procedure out of these eight *Sastrakarma*. They have been practicing only these eight basic procedures even today. The Para-surgical procedures are the marvels of Shalya practice, and they can be carried out with minimal discomfort to the patients. The results are excellent and amazing. They are cheap, comfortable and carry higher treatment benefits. This branch is gaining popularity nowadays owing to its several benefits over invasive procedures.

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