

**CLINICAL REVIEW OF ASTAVIDHA SHASTRA KARMA IN PRASUTI TANTRA AND STREE ROGA WITH MODERN CORELATION**Kalpana Malviya¹, R. Vijaya Santha Kumari²

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**ABSTRACT**

Ayurveda the science of healthy living encompasses eight different branches related to different therapeutic aspects; *Prasuti tantra and Stree roga*, that is the Obstetrics and Gynaecology section, forms one of the main branches of Ayurveda which has been included under *Balaroga*. *Shalya Chikitsa* is another significant branch of Ayurvedic science. *Shalya Chikitsa* involves surgical and para-surgical interventions and "*Asta Vidha Shastra Karma*" (eight principles of surgery) is one such approach. *Ashtavidha Shastra Karma* is a unique contribution comprised of *Chhedana* (excision), *Bhedana* (incision), *Lekhana* (scrapping/debridement), *Vyadhana* (puncturing) *Eshana* (probing), *Aharana* (extraction), *Visravana* (drainage), *Seevana* (suturing). Some of these *Shalya karma* is explained as treatments for many diseases of the *Prasuti tantra and Stree roga*. till date, these eight surgical procedures are being used in modern surgical science to combat surgical disorders. this article summarizes the role of *Asta Vidha Shastra Karma* in *shalya kriya* for the management of various surgical problems in *prasuti tantra and stree roga*.

Keywords: *Astavidha shastra karma, shalya kriya in Prasuti tantra and Stree roga*, modern surgeries in obstetrics & Gynecology

INTRODUCTION

Ashtang Ayurveda deals with eight branches of Ayurvedic treatment. the *shalya chikitsa* is one of the vital

components of *Ayurveda* science which utilizes a surgical process for the management of various dis-

eases which are difficult to cure without surgical therapy. Acharya Sushruta has provided a systematized approach to practical surgical knowledge in *Sushruta Samhita*. there is an explanation of *Ashtavidha Shastra Karmas* which gives basic knowledge about the eight types of surgical procedures which includes *Chhedana*, *Bhedana*, *Lekhana*, *Eshana*, *Vyadhana*, *Aharana*, *Visravana*, *Seevana karma*. the principles of eight basic surgical procedures are being used in day-to-day surgery and on this basis many advancements made in modern surgery. *Prasuti tantra and Stree roga*, that is the Obstetrics and Gynaecology section, forms one of the main branches of Ayurveda. some of this *Astavidhahara karma* is explained as one of the treatments in many of the *Stree roga and Prasuti tantra* texts. it is the need of time to highlight those procedures done.

Aim and objectives: To elaborate, evaluate, and discuss the *Ashtavidha Shastra Karma* described in *sushruta samhita* in co-relation with modern surgical techniques with special reference to *Stree Roga and Prasuti Tantra*.

1. CHHEDANA KARMA (Excision or Amputation):

Chhedana means the excision of abnormal or diseased parts from the normal body part. *Chhedana* Has been advised for nonsuppurative, hard, fixed, necrotizing soft tissue lesions.

Instruments used are *Mandalagra*, *Karapatra*, *Vrid-dhi patra* (scalpel), *Nakhashstra*, *Mudrika*, *Utpala Patra* & *Ardhadhara* (lancets) and *Anushastras* - *Twak sar*, *Sphatika*, *Kacha* (glass pieces), *Kuruwind*, *Nakha*.¹ Scalpels, Scissors etc. are modern instruments used for this purpose.

Common indications- diseases to be treated by excision *Bhagandara* (fistula in ano), *Kaphaja Granthi* (cysts), *Tilakalaka*, *Vrana Vartma* (ulcer margins), *Arshas* (piles), *Charmakeela* (warts), *Asthi Mamsagata Shalya* (foreign body situated in bone and muscle), *Jatumani*, *mamsa Sanghata* (fleshy growth), *Snayu Mamsa Sira Kotha* (necrosed ligament, muscle, and vessel), *Valmika*, *Sataponaka*, *Adhrusa*, *Upadamsa*, *Mamsakanda*, *Adhimamsa*.²

Chhedana karma in stree roga and prasuti tantra

- **Kaphaja Granthi Chhedana:** If the *Granthi* is not getting cured by the *Aushada Chikitsa*, the *Shastra karma* can be done. and if *Granthi* is not present on *Marma* (sensitive part of body) and which is not going to become *Pakwa* (suppurated) should be excised in the *Apakwa* stage and *Agnikarma* is done. *Chhedana Karma* is also advised in *Apakwa Medajagranthi*.³
- **Arbuda:** *Chhedana Karma* is the treatment of choice in the *Granthi* & *Arbuda*. *Vagbhata* has given a clear explanation regarding the complications of the incomplete removal of *Arbuda*. if the *Arbuda* is not removed completely then it will reoccur. So, with the help of *Kshara*, *Agni* & *Shastra* it should be removed completely.³
- **Tilakalaka Chhedana / genital warts:** this should be excised and then *Agni-karma or kshara Karma* is done.²
- **Yoni Arsha:** *Sushruta and vagbhata* explain the four folds of treatment in the *Arshachikitsa*. one of them is *Shastra Karma*. the *Arsha* with thin root, protuberant, and moist are curable by *shashtra*. *vagbhata* says that the treatment of *Yoni Arsha* will be similar to the *samana arsha*. so, the *Chhedana karma* is done.⁴

MODERN ADVANCEMENT OF CHEDANA KARMA.⁵

Hysterectomy /Operation of removal or excision of the uterus:

Instruments: scalpel or B.P Handle with detachable blade Needle holders, Scissors, Poole suction, Diathermy forceps, Myomectomy screw, vulsellum, Rampley sponge forceps, towel clip, Instrument pins, Dissecting Forceps, Artery Forceps, Tissue Forceps, Retractors, suturing material.

Procedure: removal of the uterus through the abdomen is called abdominal hysterectomy. It includes Total Hysterectomy- removal of the entire uterus, Subtotal - removal of body or corpus leaving behind the cervix, Pan hysterectomy- removal of the uterus along with the removal of tubes and ovaries of both sides, Extended hysterectomy- Pan Hysterectomy with the removal of the cuff of the vagina, Radical hysterectomy- removal of uterus, tubes, and ovaries

of both sides, upper 1/3 of the vagina, adjacent parametrium and draining lymph nodes of the cervix.

Indication: Malignancy- carcinoma cervix, ovary, endometrium Benign lesions like DUB, fibroid uterus, endometriosis, adenomyosis, endometrial hyperplasia, traumatic - uterine perforation, cervical tear, rupture uterus. **Oophorectomy**: removal or excision of the ovarian tumor along with healthy ovarian tissue. Indicated- when the tumor is big or complicated by torsion or hemorrhage.

Salpingectomy: Excision of fallopian tube condition like ectopic pregnancy.

Myomectomy: Procedure in which uterine fibroids are surgically removed from the uterus. indications - Persistent uterine bleeding despite medical therapy, excessive pain or pressure symptoms, size >2 weeks, women desirous to have a baby, unexplained infertility with distortion of the uterine cavity, recurrent pregnancy wastage due to fibroid, rapidly growing myoma during follow-up, Subserous pedunculated fibroid.⁵

2. BHEDANA KARMA (Incision)

It means an incision taken for opening a cavity or tapping of a cavity to drain out pus, blood, removing calculus, etc.

instruments: *Vridhi Patra* (scalpel or B.P Handle with detachable blade), *Nakha Shastra*, *Utpalapatra* (double-edged knife), *Kusa Patra* (Grief's cataract knife), *Aatee Mukha* (Lancet), *Antarmukha shastras and Anushastras*- *Twaksaara*, *Sphatika*, *Kacha* (glass piece), *Kuruwind*, *Nakha*.¹

Common indications: - Sushruta has indicated *Bhedan karma* in the following diseases- all *Vidradhi* except *Sannipatik*, *Vataj Granthi*, *Pittaj Granthi*, *Kaphaj Granthi*, three types of *Visarpa*, *Vridhi roga*, *Vidarika*, *Prameha Pidika*, *Vranashopha*, ***Stana Vidradhi***, *Avamanthak*, *Kumbhika*, *Anusayi*, *Nadivrana*, *Pushkarika*, *Alaji*, *Kshudraroga*, *Talupupputa*, *Dantapupputa*, *Tundikeri*, *Gilayu*, *Ashmari* and *Medajroga*.²

Bhedana karma in Prasuti Tantra and Stree Roga

- ***Sthana-vidradhi/breast abscess***: *Stana-vidradhi bhedan* should be done after suppuration of the *vidradhi* avoiding the *dugdhaarini nadi* (Lactiferous ducts) and both *krishna chuchuka* (Areola and Nipples).⁶

- According to modern science breast abscesses are a build-up of pus in the breast caused by infection, the overlying skin, marked tenderness with fluctuation, swinging temperature. it is to be drained under general anaesthesia by a deep radial incision extending from near the areolar margin to prevent injury of the lactiferous ducts.⁷
- ***In Pakwa Granthi***, the *Patana Karma* is followed by *Vrana Shodhana & Ropana Chikitsa*.³
- ***Bartholin cyst (Yoni Kanda)***: There is a closure of the duct or the opening of an acinus. The causes may be infection or trauma followed by fibrosis and occlusion of the lumen. MARSUPIALISATION (***Bhedana***) is the gratifying surgery for Bartholin's cyst. An incision is made on the inner aspect of the labium minus just outside the hymenal ring that includes the vaginal wall and the cyst wall. cut margins of either side are to be trimmed off to make the opening an elliptical shape of about 1cm in diameter. The edges of the vaginal and cyst wall are sutured by interrupted catgut, thus leaving behind a clean circular opening.⁸
- ***LAPROTOMY***: Arundutta has explained that if the abdomen of a dying woman during the first stage of labour excessively quivers near the bladder region, then the expert physician should perform the laparotomy during the interval period of quivering and extract the fetus.⁹
- ***Midline incision*** /classical LSCS: a vertical incision that follows the *linea alba*¹⁰
- ***Pfannenstiel incision*** /in LSCS: It is made 3cm above the symphysis pubis¹⁰
- ***Episiotomy***: A surgically planned incision on the perineum and the posterior vaginal wall during the second stage of labor is called episiotomy (perineotomy)¹⁰

3. LEKHANA KARMA (scraping):

Lekhana Karma involves scrapping out debris or unwanted tissues from the affected part. with the help of *Shastra Mandalagra* (knife with round edge), *Vridhi Patra* (scalpel), *Karapatra*, and *Anushastra* like *Gojihva*, *ShaiFalika*, *Samudraphena*, etc.¹

Common indications: *Rohini*, *Kilasa*, *Upjihvika*, *Dantvaidarbh*, *Medaja Granthi*, *Vartmagranthi*, *Adhijihvika*, *Arshas*, *Mandala (Kusta)*, *Mamsakanda* and *Mamsonnati*.²

Lekhana karma in Prasuti tantra and Stree roga

Dilatation and curettage: this is an operative procedure whereby dilatation of the cervical canal followed by uterine curettage is done. The instrument for scraping: uterine curette

Diagnostic: infertility, DUB, Postmenopausal bleeding, endometrial tuberculosis

Therapeutic: DUB, endometrial polyp, removal of IUD, incomplete abortion

Procedure: under GA or diazepam sedation, the anterior lip of the cervix is grasped with an Allis tissue forcep then a uterine sound is introduced to confirm the position and to note the length of the uterocervical canal. then Cervical canal is dilated with graduated dilators, after the desired dilatation, the uterine cavity is curetted by a uterine curette either in a clockwise or anticlockwise direction starting from the fundus down to the internal os.⁵

4. VYADHANA KARMA (puncturing):

By this technique an affected part is punctured with the help of *Kutharika* (axe), *Vrihimukha*, *Ara*, *Vetas patra*, and *suchi* (needle) and *Anushastra* used for *Vyadhana Karma is Kareera*.¹

Common indications: Siravyadhana and remove the fluids from any cavity.²

Vyadhana karma in prasuti tantra and stree roga

- *Siravyadha* is the treatment of choice in *Vataja granthi* not cured by medicine.³
- In modern times all the procedures involving puncture and drainage, or puncture and suction can be considered as *Vyadhana karma*.⁵
- Amniocentesis, cordocentesis, chorion centesis in fetal diagnostics.¹¹ Abscess drainage like Bartholin abscess, breast abscess, pelvic abscess, etc.
- Breast abscess: the procedure is done either by ultrasound-guided fine needle aspiration or incision and drainage.⁷
- Bartholin abscess: it is treated either by insertion of a word catheter or by incision and drainage. A small tube with a balloon is kept inside the abscess cavity for 2-4 weeks so that it drains the fluid inside and a normal gland opening is formed.⁸

5. ESHANA KARMA (PROBING):

It involves snooping of waste discharge, debris, and foreign body, etc. with the help of *Eshani* (probe) from affected body parts and *Anushastra* used in *Eshana Karma* are *Kareera*, *Bala*, *Anguli*.¹

Common indications: *Nadivrana*, *Sashalya-vrana*, *Unmargivrana*.²

Eshana / probing in prasuti and stree roga :

- uterine sounding: It is a gynecological instrument used to measure the curvature and length of the uterocervical canal.
- hysteroscopy: It is a minor procedure done to visualize the uterine cavity trans-vaginally for diagnostic and therapeutic purposes. It is best done after menstruation. the cavity is distended by introducing either fluids or CO₂ gas for better visualization. done in endometrial ablation, polypectomy, submucosal fibroid resection.¹²
- Salpingoscopy: it is a micro endoscopy to visualize the patency and pathology of fallopian tubes. It can be done vaginally through a hysteroscope or from the fimbrial end during laparoscopic surgery. It is also used for tubal cannulation to correct tubal occlusions.¹²
- Catheterization: the technique of emptying the bladder by insertion of a blunt tube through the urethra. it is done as a therapeutic (urine retention, urine incontinence) and prophylactic (pre-operative, bedridden patients) procedure.
- Uterovesical or utero rectal fistula tracking to find the track and openings of the fistulae.

6. AHARANA KARMA (extraction)

It involves the extraction of waste from diseased body parts with the help of *Baddish* and *Danta Shanku*. *shastra* and *Anushastra* used for *Aharana Karma* are *nakha* and *Anguli*.¹

Common indications- *Dantamala*, *Karnamala*, *Ashmari*, *Shalya*, *Mudhagarbha*.²

Aharana karma in prasuti and stree roga:

- *Prasava kriya:* Per-vaginal and per-abdominal delivery of a baby by extraction of the baby from the womb through the vagina.
- *Mudha garbha:* when the fetus is placed in abnormal positions should be corrected by different manual techniques by drawing the fetus downwards and delivery is conducted. If manual techniques are failed, then *Shastrakarma* is used.

Manual Procedures include *utkarsana* (pulling the fetus upwards which has come too much down), *Apakarsana* (dragging the fetus downwards which has moved much upwards), *Stanyavartanam* (rotation or cephalic version), *Udvartana* (pushing the face upwards), *Peedana* (compression or pressure application), *Rijukarana* (straightening)

Instrumental procedures: Shastra used to extract the *Mudhgarbha are Mandalagra* (round head knife, decapitating knife), *Angulisastra* (finger knife), *Shanku* (hook), *Ardhachandra* (curved knife) for procedure like *Utkartana* (cutting), *Bhedana* (Perforation), *Chedana* (Excision), *Darana* (Incision) & *Aharana* (extraction) of *Mudhagarbha*.¹³

- In modern times all the procedures involving forceps delivery, ventose delivery, and assisted delivery procedures will come under *Aharana karma*.
- Removal of the retained placenta.

7. VISRAVANA (Bloodletting or draining):

It is bloodletting or draining of pus with the help of a *suchi*, *trikurchak* (three spiked brush instrument), *shararimukh* (scissors), *aatimukh shastra* (razor), etc.¹ Common indications: abscess, skin diseases, localized inflammatory swelling, elephantiasis, poisoned blood, tumours, erysipelas, cysts & soft chancre, breast diseases, etc.²

visravanana karma in prasuti and stree roga:

- **Stanakeelaka:** It is explained only by Kashyapacharya. He opines that the *apakwavastha of stanakeelaka* is treated by *Sravanachikitsa* and *Pakwavastha* by *patanachikitsa*.¹⁴
- *Visravanakarma* followed by *lepa* application in *Pittajarbuda*.

8. SIVANA (Suturing):

It means suturing with the help of different types of needles and threads. Sutures are applied in incised and well-scraped lesions, fresh wounds, and those situated in moving joints. Suturing should not be done in wounds affected with caustics, cauterization or poison, carrying air, and having inside the blood or foreign body.²

Sivana karma in prasuti and stree roga:

- Suturing of episiotomy wound, haemorrhagic wound, and injuries of genitalia.
- Uterine and abdominal suturing following abdominal delivery, tubectomy, etc. Suturing is a part of almost all surgical procedures.

CONCLUSION

Specific Approaches of Astavidha Shastra Karma in Stree Roga and Prasuti:

s.no	Condition	Advised Shastrakarma
1.	Yoni Arsha	Chedana
2.	Granthi Vataja Granthi	Chedana, Amavastha-lekhana, Pakvavastha- bhedana, Siravyadhana
3.	Arbuda	Chedana, Visravana
4.	Stana Vidradhi	Bhedana, Vishravana,
5.	Stana Kilaka	Visravana in apakvavastha, Bhedana in Pakvavastha
6.	Yoni Kanda	Bhedana, Vyadhana
7.	Mudhagarbha	Utkartana, Bhedana, Chedana, Darana & Aaharana

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