

ROLE OF SHALYA TANTRA TOWARDS THE MANAGEMENT OF SPECIFIC DISEASES REQUIRING SURGICAL ATTENTION: A REVIEW

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ABSTRACT

Shalya tantra is an Ayurveda branch which is related with Ayurvedic surgery and provides many therapeutic regimens for the management of surgical conditions. The Ayurvedic surgery based on the principles and theories of Shalya tantra and helps to cure many pathological conditions. Vrana, Bhagna, Arsha, Bhagandara and Arbuda, etc. are some pathological conditions that can be treated effectively using various approaches of Shalya tantra. Kshar sutra, Shastra and Anushastra, etc. mainly employed in the practice of Shalya tantra for the management of several surgical conditions. The modern approaches of Shalya tantra utilizes for appendectomy, gall bladder removal, hernia repair and chronic ano-rectal diseases, etc. Ayurveda Shalya Chikitsa facilitate debridement of unhealthy mass/pus/dead cells, the minor surgery offers advantage of early recovery so patient can join routine daily works just after post-operative procedure with fewer or no complications, Ayurveda Shalya Chikitsa reduces chances of reoccurrence of infection. Present article explains role of Shalya Tantra towards the management of specific diseases which requiring surgical attention.

KEYWORDS: Ayurveda, Shalya Chikitsa, Shalya Tantra, Ano-rectal, Surgery.

INTRODUCTION

Ayurveda encompasses great ancient knowledge about the surgery and surgical interventions and their utilization for therapeutic purposes. In this regard Ayurveda put emphasis on surgical interventions for the management of different pathological conditions. The Ayurveda created *Shalya Tantra* as specific branch for surgical purposes. *Shalya Tantra* presented surgical and para-surgical interventions for curing diseases and restoring optimum health status. This branch helps to cure disease like; cysts, haemorrhoids, abscesses, urinary retention, wound, urinary stones, ano-rectal problems and fractures, etc.^[1-4] The major therapeutic approaches of *Shalya Tantra* are depicted in **Figure 1**.



Figure 1: Major therapeutic approaches of *Shalya Chikitsa*.

The *Gudaroga Chikitsa* as depicted in Figure 1 used to cure ano-rectal disorders such as fissures, piles, abscesses and hemorrhoid, etc. The *Vruna Chikitsa* employed for the management of wound, chronic ulcers and cuts, etc. The fracture rehabilitation techniques used to relocate fractured bones and joints. This branch also helps to manage post operative complications and provides complete relief from minor or major surgical emergency.^[4-6]

Shalya Chikitsa requires some precautions while employing for the management of *Gandamala*, *Arbuda*, *Ashmari*, *Stanarog* and *Mutravaodh*, etc. The following precautions or suggestions advised while dealing with critical surgical conditions:

- ✓ The selection of proper instruments prerequisite for surgical intervention.
- ✓ Maintenance of sterilization of equipments is required.
- ✓ Maintenance of aseptic conditions in surgical room for preventing chances of infections.
- ✓ The correct surgical procedures need to be adopted with minimal invasion and maximum benefits.
- ✓ The *Marma* points should be considered before surgical intervention to avoid complication.

- ✓ The dose and duration of anesthesia required especial attention mainly for critical conditions.
- ✓ The presence of previous diseases or history of illness should be taken in consideration during the surgery.
- ✓ Pediatric and elderly patient needs especial attention.

The *Shalya tantra* utilizes various equipments as mentioned below for surgical procedure:

- *Shastra* as sharp instruments
- *Yantras* as blunt instruments
- *Sutures* for stitching purpose
- Bandages, surgical cloth other equipments, etc.

The pre-operative consideration of *Shalya Chikitsa* ensures complete preparation of surgery and makes comfort for patient as well as physician. The post-operative procedures prevent any chances of complication, provide complete health benefits of main surgical procedure and improve process of healing.^[5-7]

Shalya Chikitsa for Specific Diseases

Shalya Chikitsa used for many disease especially for ano-rectal problems such as; hemorrhoids, fistula-in-ano and pile, etc. *Shalya Chikitsa* helps to relieve symptoms of painful defecation, bleeding per rectum, discomfort in seating, constipation and burning sensation, etc.

Role in Arsha

Arsha is can be managed effectively with the help of *Kshara Karma* and *Shastra Karma*. The *Shastra Karma* and bandaging techniques helps in early healing of *Arsha* and reduces reoccurrence chances. *Shalya Chikitsa* when used with suturing technique in *Arsha* then it helps to control discharge, reduces burning sensation, cure itching and suppress pain. The post operative surgical intervention improves healing process and chemical cauterization of *Kṣarasutra* causes strangulation of blood vessel thus facilitate tissue granulation and fasten healing process.

Role in Fissure-in-ano

The *Shalya Chikitsa* facilitates relaxation of sphincter during the treatment of fissure-in-ano and boost up healing by enhancing regeneration process. *Avagaha sweda* of *Triphala kwatha* sometimes advocated as accompanying treatment modality in case of *Fissure-in-ano* along with surgical intervention. This approach helps to cure inflammation and reduces sensation of pain. *Kṣarasutra* can also be suggested to relax sphincter muscles spasm; *Kṣarasutra* prevents discharge and improves natural healing process.

Role in Parikartika

Bhedana and *Chhedana* along with *Ksharana* can be used effectively for the management of *Parikartika*. The *Shodhana*, *Ropana* and *Stambhana*, etc. properties provides therapeutic benefits in *Parikartika*. The *Ksharana* action of ayurveda procedures helps to excise

fibrotic tissue and facilitates removal of unhealthy debris due to their *Shodhana* action.

Role in Bhagna

The concept of immobilization and reduction play vital role in the management of *Bhagna*, however Ayurveda procedure of bandaging helps to relocate the position of fractured bone. Traction, opposition and stabilization followed by bandaging advocated for rehabilitation of *Bhagna*. *Sushruta* mentioned cross bandaging over the dislocation of shoulder joint.

Role in Vrana

The *Shalya Chikitsa* play vital role in the management of *Vrana*, the *Dushta Vrana* first converted into *Shuddha Vrana* with the helps surgical and purification measures along with uses of herbal medicines. Ayurveda mentioned *Avasechana*, *Vimlapana*, *Patanakriya*, *Ropnam* and *Vaikritapaham*, etc. as therapeutic approaches for the management of *Vrana*.

Mode of Action of Shalya Chikitsa

The surgical procedures help to maintain heamostasis and cure disease by entering into the deep routed tissue from where disease mainly arises. Incision, scrapping, excision, bandaging and suturing, etc. are major interventions of Ayurveda surgery which itself provides antiseptic action and prevent discharge thus offers health benefits in ano-rectal problems. The healing materials improve natural healing process thus restrict pathogenesis of wound and prevent further infections. The cauterization of *Kshara* imparts *Ksharana guna* thus purify wounds and helps in tissue granulation.

The antimicrobial and anti-inflammatory materials like turmeric used in surgical interventions offers antibacterial action and restrict infection. The anti-inflammatory action helps to reduces pain and inflammation. Chemical cauterization of some technique helps to destruct pile mass. The chemical cauterization facilitates drainage of unhealthy tissue mass and fastens up regeneration and granulation processes to boost up recovery of affected part. The *Sutra* used in Ayurveda surgery causes mechanical strangulation of vessels thereby facilitates removal of pile mass.^[7-10]

CONCLUSION

As per Ayurveda there are many pathological conditions which can be treated effectively with the help of *Shalya Chikitsa*. The Ayurveda *Shalya Chikitsa* play important role in the management of ano-rectal diseases (hemorrhoids, fistulas, abscesses and fissures, etc.). The surgical practice requires knowledge of disease, position of *Marma* points, and condition of patient and complication of surgery. The skilled surgeon should perform surgical intervention after the proper planning so to avoid any chances of adverse results. *Shalya Chikitsa* facilitates debridement of unhealthy parts, suppress disease progression. Support natural healing process with fewer or no chances of reoccurrence. Ayurveda

advocated uses of *Kshar sutra*, *Shashtra* and *Anushashastra*, etc. in *Shalya Chikitsa* for the management of pathological conditions like *Bhagna*, *Arsha*, *Vrana*, *Arbuda* and *Bhagandara*, etc.

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