

**ROLE OF SHALYATANTRA IN THE MANAGEMENT OF ANO-RECTAL CONDITIONS
W.S.R. TO PARIKARTIKA, ARSHAS, BHAGANDARA AND GUDABHRAMSA**Sharad Durga Prasad Tripathi^{1*} and Deepti L. Kawale²¹Reader, Shalyatantra Department, Bhausaheb Mulak Ayurved Mahavidyalaya, Nandanvan, Nagpur, India.²Professor, Panchakarma Department, Jupiter Ayurveda Medical College, Shankarapur, Nagpur, India.***Corresponding Author: Sharad Durga Prasad Tripathi**

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ABSTRACT

Ancient science of knowledge Ayurveda paid huge attention on the surgical intervention and its role in the management of various diseases specifically belongs from the ano-rectal region. Shalya Tantra described as an Ayurveda branch of surgery that aims to utilize surgical and para-surgical measures for the treatment of different health ailments. Shalya tantra provides therapeutic benefits in the diseases like abscesses, cysts, haemorrhoids, urinary retention, wound and bladder stones, along with other ano-rectal problems. Post fracture rehabilitation is another important aspect of Ayurveda Shalya Tantra. This branch utilizes various instruments and equipments for therapeutic purposes. This branch offers wide range of applicability in the management of ano-rectal disorders. Considering this point present article highlighted key aspects of Shalyatantra in the management of some ano-rectal conditions.

KEYWORDS: Ayurveda, Shalya Tantra, Surgery, Ano-rectal, Parikartika, Arshas, Bhagandara.**INTRODUCTION**

Shalya Chikitsa is a surgical branch of Ayurveda developed by ancient philosopher *Susruta*. The *Susruta Samhita* offers huge knowledge on surgery and diseases that require surgical management. This Ayurveda branch deals with different conditions which include injuries, tumors, pregnancy, fracture, wound and cuts, along with ano-rectal problems. According to Ayurveda *Gandamala*, *Arbuda*, *Gud-bransh*, *Mutravaodh* and *Ashmari* are some problems that can be treated effectively with the help of surgical procedures.^[1-3] The major approaches of *Shalya Tantra* utilizes for therapeutic purposes is depicted in **Figure 1**.

**Figure 1: Major approaches of Ayurveda Shalya Tantra.**

Shalya tantra used different *Shastra*, *Yantras*, Sutures and other equipments for surgical interventions. Selection of proper instrument and operating procedures is an important aspect for the successful outcome of procedure. Post-operative considerations also important to fasten the recovery process of surgical interventions. Present article discusses role of *Shalya Tantra* in some ano-rectal conditions.^[3,4]

Shalya Tantra in Parikartika

Parikartika is comparable to the fissure in ano; that is painful condition and considered as complication of *Atisar*, *Grahani* and *Arsha*. These conditions may arise due to the poor dietary and living habits. Ayurveda suggested various therapeutic approaches for treating *Parikartika* and *Shalya Tantra* play important role in this regard. Some operative methods are as follows.

- ✚ Internal sphincterotomy (open and closed method)
- ✚ Blunt sphincterotomy
- ✚ Fissurectomy.

The involvement of *Dosha* affects greatly the choice of therapeutic procedure for the management of *Parikartika*. In this connection consideration of vitiated *Vata* and *Pitta*, is important along with the diagnosis of abdominal disorder. Post surgical approaches can improve the recovery of surgical interventions.^[3-4]

Shalya Tantra in Arshas

Acharya Sushruta mentioned several approaches for treating Arsha depending upon the involvement of Dosha. Specifically Shalya Tantra involves following measures for the treatment of Arsha.^[5-7]

- ✓ Shastra Karma
- ✓ Kshara Karma
- ✓ Agni Karma

Shastra Karma is used when other conservative measures becomes ineffective, however it may persist some complications like infection, anal strictures and bleeding, etc. Therefore precautions are recommended while performing Shastra Karma for Arsha.

Ksharakarma is very helpful since it can be used in affected where other measures can't be applied. Chakradatta has mentioned Ksharasutra in case of Arshobhangadara, which is prepared by Snuhi and Haridra powder. This approach offer advantages of minimal invasion and anesthesia is not required generally. Ligation of Ksharasutra also prevents relapse of the disease and formation of anal stricture.

Agnikarma is considered helpful for the Vataja and Kaphaja Arsha, particularly when specific characteristics of Arsha arise such as Kathina, Parusha, Karkasha and Sthira Arsha, etc. Agnikarma is effective in removing the Ankura and prevent chances of reoccurrence. Agnikarma treats ano-rectal condition from its root cause thus provides complete relief from the symptoms and pathogenesis of disease.

Shalya Tantra in Bhagandara^[8,9]

Bhagandara is common diseases of ano-rectal region and considered as an Ashtamaharoga due to its severity and reoccurrence rate. Chedana is considered special treatment option for Bhagandara. It helps to localize inflammation and causes drainage of pus and prevent secondary infection due to the post-operative management. Navakarshika guggulu, Narayan rasa, Saptavinshako guggulu, Vidangadi leha and Saptanga guggulu, etc. are classical formulations which are also employed for the management of Bhagandara.

Eshana, Patana, Marga Vishodana, Dahana, Vranachikitsa and Ksharasutra therapies recommended for managing Bhagandara. In para-surgical measure Rakatamokshana using Jaloukavachrana is advises. It helps to prevents suppuration of Bhagandara Pidaka, reduces inflammation & infection.

Agnikarma is also considered helpful for Bhagandara, since it prevents recurrence & impart haemostatic effect. Similarly Ksharakarma advises as para-surgical measures that help in the removal of wound and prevent chances of infection due to the antimicrobial property of sutures.

Shalya Tantra in Gudabhramsas^[10-12]

Rectal Prolapse is condition in which rectum protrudes beyond the anus abnormally. The condition is predominant on female and people suffering from constipation and other ano-rectal diseases are more prone to rectal prolapse. In Ayurveda it is described as Guda Bhramsas under the heading of Kshudra Rogas. Ayurveda described several therapies for rectal prolapse and Kshara application is one of them. Kshara karma with Apamarga Pratisaraneeya Kshara considered good for such types of conditions.

The surgical and para-surgical interventions for deeper purpose require use of local anesthesia followed by intra-operative procedure. Under spinal anesthesia lithotomy position is advises for patient to proceed intra-operative procedure. Application of Apamarga Pratisaraneeya Kshara on the rectal mucosa extending from the mucocutaneous junction recommended circumferentially. Kshara further can be washed with Nimbu Swaras and same procedure advises circumferentially for repeated application of Kshara.

Post procedural approach involves uses of gauze soaked with Yastimadhu taila to impart soothing and cooling effects. Dressing of the wound and uses of post-operative measures fasten the recovery process. The dietary and daily routine should be follow as per the recommendation given in reference text.

CONCLUSION

Shalya Chikitsa is a surgical discipline within Ayurveda, was pioneered by the ancient philosopher Susruta. The Susruta Samhita provides extensive insights into surgical techniques and the treatment of ailments necessitating surgical intervention. This branch of Ayurveda addresses various conditions such as injuries, tumors, fractures, wounds and ano-rectal problems. According to Ayurveda, surgical procedures are effective in treating conditions like Arbuda, Gud-bransh, Arsha, Parikartika and Bhagandara. Internal sphincterotomy and fissurectomy may be recommended for Parikartika. Shastra Karma, Kshara Karma and Agni Karma are considered useful for Arsha. Patana, Marga Vishodana, Dahana and Ksharasutra therapies are advice for managing Bhagandara. Similarly ayurveda described several therapies for rectal prolapse and Kshara application is one of them. In this regard Kshara karma with Apamarga Pratisaraneeya Kshara considered good for such types of conditions.

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