

SURGICAL INTERVENTIONS IN GYNAECOLOGY & OBSTETRICS: AN AYURVEDA REVIEW

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ABSTRACT

The renowned physicians of ancient time developed many branches of medical science and *Shalya Chikitsa* is one of the important branches of Ayurveda. *Shalya Tantra* possesses great utility for the management of many medical emergencies where minor or major surgical intervention needed. The gynecological problems many times need special surgical interventions therefore it is required to explore the role of *Shalya Chikitsa* in *Prasuti Tantra* and *Stree Roga*. Considering this present article emphasizes various aspects of *Shalya Chikitsa* utilized for *Prasuti Tantra* and *Stree Roga*.

KEYWORDS: Ayurveda, *Shalya Chikitsa*, *Shastra Karmas*, *Prasuti Tantra*, *Stree Roga*.

INTRODUCTION

Ayurveda is one of the oldest sciences of disease prevention and treatment which described many concepts related to the health and well being. The traditional literatures of ayurveda encompass many evidences related to the utility of *Shalya Chikitsa* in various health ailments. *Acharya Sushruta*, the father of surgery described many concepts of surgery and applications of *Shastra Karmas* for different therapeutic purposes. *Ashtavidha Shastra karma* described in *Sushruta Samhita* focuses on various forms of surgical interventions which can be used to cure the disease The *Shalya Chikitsa* not only utilizes sharp instruments but

this branch also suggests uses of blunt instruments (*Yantra Karmas*) for many medical purposes.

The ayurveda concepts and methods of surgery can be employed successfully to cure different health issues including obstetrics and gynecological problems. The female disorders like; *Granthi*, *Arbuda*, *Stanarogas* and *Arshas*, etc. need assistance of *Shastra karma* when immediate attention required. Therefore the ayurveda physician must be aware about the practicing of *Shastrakarma* in *Streeeroga*. It is also suggested that skilled physician should perform *Shalya Chikitsa* in *Streeeroga* only whenever required. The **Figure 1** depicted some special procedures of *Shalya Chikitsa* utilized in *Prasuti Tantra* and *Stree Roga*.



Figure 1: Some special procedures of *Shalya Chikitsa* for *Prasuti Tantra* and *Stree Roga*.

Surgical equipments suggested for *Prasuti Tantra* and *Stree Roga*

Ayurveda described many surgical instruments like; *Shalaka*, *Badishamukhi Yantra*, *Mandalagrashastra*, *Vridhhi Patra* and *Suchi*, etc for specific purpose in gynecological problems. *Gandupadmukhi Shalaka* can be used for examining uterus, dilatation of cervix and cervical stenosis. *Sarpaphanamukhi Shalaka* can be used for cesarean purposes. *Badishamukhi Shalaka* including *Badisha* can be employed for extracting *Mudhagarbha*. Similarly cotton swab to take vaginal smear for culture purpose applied through *Karpasakritoshniya Shalaka*. *Jambavavadana Shalaka* can be used for *Dahana karma* in *Streerog*. *Mutramarga Vishodhini Shalya Tantra* is recommended for dilatation of urethral passage.

Badishamukhi Yantra indicated for *Mudhagarbha*, hooked forceps is used for the extraction purpose from uterine cavity. *Mandalagrashastra* used for extraction of *Mudhagarbha*. *Acharya Sushruta* has mentioned that *Vridhipatra* should not be used for *Mudhagarbha* since its sharpness may cause harm to the mother. *Acharya Harita* described uses of *Ardhachandra Shashtra* for the management of *Mudhagarbha*. Here it was suggested to extract dead fetus after cutting both arms. *Vetasapatra Shashtra* recommended for *Vedhana karma*. *Mudrika* tied with a thread can be used for excision of obstructed fetal head in case of *Mudhagarbha*. *Badisha* can be used for holding up *Arbud*. *Suchi* recommended for *Vedhana* and *Seevana Karma*. Similarly *Aattimukha* is used for *Raktavisravana* while *Shararimukhastra* is used as doing Episiotomy during Normal Delivery and also cutting umbilical cord after baby is out.

Shalya Chikitsa for Specific Problems Related to the *Prasuti Tantra* and *Stree Roga*

As per classical texts of ayurveda *Yoni Vyapat* can be managed effectively using various approaches of *Shalya Chikitsa*. *Shashtra Karmas* can be used in various abnormalities of the *Yoni* and helps to restore normal position of displaced *Yoni*. *Samvruta Yoni* can also be dilated using para-surgical approaches.

Astanga Sangraha described *Shashtra Karma* for the treatment of *Yoni Arsha*. Here it is specified that thin root *Arsha* which is moist can be cured by *Shashtra Karma*. *Ashtanga Hridaya* explained *Chedana karma* for *Yoni Arsha* similar to the *Samanyaarsha*.

Granthi & Arbuda can be best managed by *Chedana karma*, *Lekhana karma* with *Kshara Karma* suggested for *Apakvagranthi*. *Granthi* incurable by *Aushadachikitsa* can be treated with *Shastrakarma*. *Pakwa Granthi* needs *Patana Karma* while *Siravyadha Chikitsa* suggested for *Vatajagranthi*. *Jalaukavacharana* along with para-surgical measures recommended for *Pittajagranthi*. *Chedana karma* offers best result in *Apakwa Medajagranthi*.

Shalya Chikitsa also helps to cure *Arbuda* and in this regards *Chedana karma* is considered treatment of choice. *Raktavasechana* by *Shruna* advised in *Vatarbuda* and *Visravana karma* in *Pittarbuda*. *Sushruta* described uses of *Kshara & Shashtra karma* for *Arbuda* when critical condition occurs. *Acharya Vagbhata* emphasized that incomplete removal of *Arbuda* can lead to severe complications therefore expert physician should remove *Arbuda* using *Kshara & Shashtra Karma*.

As per ancient philosopher of ayurveda *Shastrakarma* can be used for *Stana Roga* like *Stana Vidradhi*. *Shastrakarma* can be performed by safe guarding the nipples in case of *Pakwastha*. *Jalaukavacharana* along with para-surgical measures explained for *Stana Roga*.

Precautionary recommendation to perform surgical interventions

- ❖ Sterilization of equipments is prerequisite to perform surgery and *Agropaharaniya Adhyaya* elaborated sterilization process in surgery.
- ❖ The complicated surgical procedures like; obstructed labor (*Mudhagarbha*) needs consent permission from diseased person or her family member.
- ❖ The genital organs of female should be handled with great respect and training of such conduct must be designed on non-living materials before performing any surgical practice.
- ❖ The critical condition like miscarriages after long time of conception, abortion and caesarian section needs great post surgical care to avoid any further complications. Therefore physician should advise such patients for regular follow up.
- ❖ *Sutikaparicharya* and *Mudhagarbha Niharan* are recommended for counseling purposes.
- ❖ The physician as well as supporting staff must be well aware about the each and every step of *Poorva Karma*, *Pradhan Karma* and *Pashchat Karma* before performing surgical interventions.
- ❖ In complicated cases, it is recommended to give priority in saving life of mother, if it is very difficult to save fetus.
- ❖ The medical termination of pregnancy must be performed only when it is required under supervision of expert physician.

CONCLUSION

The *Shalya Tantra* possesses great utility for *Prasuti Tantra* and *Stree Roga*, there are many problems related to the female genital organs can be best managed by surgical and para-surgical approaches of Ayurveda. *Granthi*, *Arbuda*, *Stanarogas* and *Arshas*, etc. are some pathological condition which needs assistance of *Shastrakarma*. Ayurveda philosopher suggested that skilled physician should perform *Shalya Chikitsa* in *Streeroga* only whenever required with great care.

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