



Ashtavidha shastra karma and its implication in Stree and Prasuti tantra

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Abstract

According to *Acharya Sushruta*, surgical operations are divided into three phases: *Poorva karma* (preoperative), *Pradhan karma* (operational), and *Paschat karma* (postoperative). *Ashtavidhi shastra karma* comes under *Pradhan karma*, which covers the key operational procedures. *Ashtavidha Shastra karmas* are the operations that form the foundation of any surgery. It serves as a base for contemporary surgery, which may be the reason why *Acharya Sushruta* has been recognized as the father of surgery globally. The eight principles of surgery are a unique contribution. In order to treat surgical diseases, current surgical science uses these eight surgical methods. According to *Acharya Sushruta*, even if a practitioner completely understands all surgical procedures, they cannot be considered knowledgeable without *Yogya*. The *Yogya Sutriya* chapter of *Sushruta Samhita* provides a safe and controlled setting for scholars to practice their surgical skills. *Stree Roga and Prasuti Tantra*, Ayurveda's highly developed branch, are under the *Ashtanga of Kaumarbhritya*. Disorders like *Granthi*, *Arbuda*, *Stanarogas*, and *Mudagarbha*, etc., required *shastra karma*; therefore, a skilled physician should perform *shalya chikitsa* in *streeroga and Prasuti Tantra*. This article summarizes the role of *Asta Vidha Shastra Karma* in *Stree Roga and Prasuti Tantra* in the management of various surgical problems.

Key words : *Ashtavidhi shastra karma* ,*Yogya Sutriya*, Surgical procedures.

INTRODUCTION:

Acharya Sushruta described three *karmas* (*Poorva karma*, *Pradhana karma*, and *Paschat karma*)¹ for improving surgical outcomes. *Pradhana karma* involves eight procedures known as *Ashta Vidha Shastra karma*. Eight basic surgical techniques are still utilized in modern surgery, with several advancements from minor surgical instruments to robotic surgery. However, the basic principles of surgical care are still the same today. All operational procedures utilized in gynaecology and obstetrics make use of *Ashta Vidha Shastra Karmas* in different ways. *Acharya Sushruta* addressed a chapter on learning surgical methods on objects before performing them on humans. A surgeon's skills is developed through appropriate surgical training. Famous Sir Astley Cooper, President of the Royal College of Surgeons, said that “*without dissection there can be no anatomy, and that anatomy is our polar star, for without anatomy a surgeon can do nothing, certainly nothing well*”²

Ashtavidha Shastra Karma:

Ashta Vidha Shastra Karma includes procedures such as *Chedana* (excision), *Bhedana* (incision), *Lekhana* (scraping), *Vyadhana* (puncturing), *Visravana* (drainage), *Eshana* (probbing), *Aharana* (extraction), and *Seevana* (suturing)³.

1) Chedana Karma:

It involves the excision of parts from the body.

Indications: *Bhagandara, Kaphaja-Granthi, Tilakalaka, Vranavartma, Arshas, Charmakeela, Asthi-Mamsagatha Shalya, Jatumani, Mamsa Sanghata, Snayu Mamsa Sira Kotha, Valmika, Sataponaka, and Adhrusa*⁴.

Shastra's and Anushastra's Used For Chedana⁵

Shastra's: *Viddhipatra, Mudrika, Utpala, Patra, Ardhadhara, and Nakhasastra.*

Anushastra's: *Sphatika, Kaca, Agni, Kshara, and Nakha.*

Modern tools, such as scalpels and scissors, are utilized for this purpose.

Model for practices: including bottle gourds, cucumbers, water melons, pumpkin gourds⁶ etc. Various items are mentioned for this purpose. On top of these things, several excision procedures have to be practiced. The reason for the selection of such fruits is that their outermost layer is not as hard and the inside compartment is soft / bulky. So that a new practitioners can feel how much pressure is needed to execute an excision and to know how to hold a surgical blade in various directions.

Implications of Ashtavidhi shastra karma in Stree roga and Prasuti Tantra:

Stree roga: cold cone biopsy, cervical punch biopsy, tubectomy, hysterectomy, myomectomy, cystectomy, polypectomy.

Prasuti Tantra: cord cutting, craniotomy in obstructed labour.

2) Bhedana Karma

It is described as an incision made to open a cavity for draining tissue debris, blood, pus, and waste discharge.

Indications: All types of *Vidradhi* except *Sannipataja, Vataja Pittaja and Kaphaja Granthi, Vataja, Pittaja and Kaphaja Visarpa, Vriddhi, Vidarika, Prameha Pidaka, Sopha, Stana Rogas, Avamanthaka, Kumbhika, Anusayi, Nadi Vrana, Puskarika, Alaji and Ksudra Rogas*⁷.

Shastra's and Anushastra's are used for Bhedana⁵

Shastra's: *Utpalapatra, Criddhipatra, Nakhasastra, Mudrika, Ardhadhara.*

Anushastra's: *Sphatika, Kaca, Agni, Kshara, and Nakha.*

Model for practices: Incision should be practiced on a leather bag, urine bladder, or leather pot filled with water and slime⁶. When a practitioner practices incisions using this model, they can determine the necessary pressure and explore cavities more effectively.

Implications of Ashtavidhi shastra karma in Stree And Prasuti Tantra:-

Stree roga:- Surgical correlation of imperforated hymen

Prasuti Tantra:- Episiotomy, Caesarean section.

3) Lekhana

This technique involves scraping out waste, debris, and dead material from affected parts.

Indications: *Vataja, Pittaja, Kaphaja, Sannipataja Rohini, Kilasa, Medaja Granthi, Medaja Vartma, Adhijihvika, Arshas, Mandala Kusta, Mamsakanda, and Mamsonnati*⁸.

Shastra's and Anushastra's are used for Lekhana⁵

Shastra's: *Mandalagra, Karapatra*

Anushastra's: *Kshara, Gojihva, Sephalikka, Nakha.*

Model for practices: it should be performed on the hairy skin of a dead animal⁶.

Scrape the region with a careful balance of the knife, avoiding harm to the underlying structures. *Samyak Lekhana Karma* is distinguished by the absence of blood from the area, irritation, oedema, etc.

Implications of Ashtavidhi shastra karma in Stree roga And Prasuti Tantra:-

Stree roga: Endometrial biopsy, pap smear test.

Prasuti Tantra: Curettage, Manual removal of placenta.

4) Vyadhana Karma

Vyadhana Karma means puncturing, by this technique, an affected part is punctured. **Indications:** Siravyadhana and to remove the fluids from any cavity⁹.

Shastra's and Anushastra's are used for Vyadhana Karma⁵

Shastra's: Kutharika, Vrihimukha, Ara, Vetaspatra, and Suchi

Anushastra's: Kareera.

Model for practices: Vessels of dead animals, lotus stem⁶.

When a practitioner practices vyadhana karma using this model, they can determine how to penetrate a vessel, gaining the ability to enter the vessel with precision and accuracy.

Implications of Ashtavidhi shastra karma in Stree roga And Prasuti Tantra:-

Stree roga: Laparoscopy Drainage of haematocolpos and haematometra.

Prasuti Tantra: Amniocentesis.

5) Eshana

Eshana involves the sponging of waste discharge, debris, foreign bodies, etc.

Indications: Nadi Vrana, Sasalya Vrana, and Unmargi Vrana⁹.

Shastra's and Anushastra's are used for Eshana⁵

Shastra's: Esani

Anushastra's: Anguli, Baala and Kareera.

Model for practices: on worm-eating hollow pieces of dry wood, bamboo stem, dried Alabu⁶.

By following this procedure, new practitioners can develop clinical skills to trace the pathways of sinuses and cavities in humans.

Implications of Ashtavidhi Shastra Karma in Stree roga and Prasuti Tantra:-

Stree roga: hysteroscopy, uterine sounding, dilatation of OS, per vaginal examination

Prasuti Tantra: uterine sounding, dilatation of OS, per vaginal examination.

6) Aharana

Removal of a foreign body by the pulling method is called Aharana Karma.

Indications: Dantamala, Karnamala, Ashmari, Salya, and Mudha Garbha¹⁰.

Shastra's and Anushastra's are used for Aharana⁵

Shastra's: Badisa and Dantasanku

Anushastra's: Nakha and Anguli.

Model for practices: pulp of bilwa, jackfruit, or the teeth of dead animals⁶.

By following this procedure, new practitioners can develop the clinical skills to determine the best grip and force to use in order to remove the foreign object with the least amount of harm to the near by structures.

Implications of Ashtavidhi shastra karma in Stree roga And Prasuti Tantra:-

Stree roga: Removal of polyp by twisting method, Intrauterine device removal

Prasuti Tantra: Evacuation, Manual removal of placenta

7) Visravana

Visravana is for the purpose of bloodletting or draining pus.

Indications: Five types of Vidradhi, Ekadeshaja Sopha, Slepada, Visajusta Sonitha, all kinds of Arbuda, all kinds of Visarpa, Vataja Pittaja Kaphaja Granthi, Vataja Pittaja Kaphaja Upadamsa, Stanaroga, Vidarika, and Ksudra rogas¹¹.

Shastra's and Anushastra's used for Visravana⁵

Shastra's - Suci, Kushapatra, Atimukha, Sararimukha, Antarmukha and Trikurcaka.

Anushastra's- Jalouka and Nakha.

Model for practices : surface of shalmali coated with bee wax⁶.

The concept behind using beeswax for Visravan Karma is that it is a soft substance, so when an incision is made, it will feel similar to a skin incision. The bark of Salmali wood is rich in liquid substances. By practicing Visravan Karma on this model, practitioners gain skill in making small incisions for the free flow of fluids.

Implications of Ashtavidhi shastra karma in Stree roga And Prasuti Tantra:-

Stree roga: Ovarian drilling

Prasuti Tantra: ARM (artificial rupture of membrane), urinary catheterization

8)Seevana

Indications: Diseases that are due to vitiation of *Medas*, cut wounds, *Sulekhitha Vrana*, *Sadyovrana*, and diseases localized on *Chala Sandhi*¹².

Shastra's and Anushastra's are used for Seevana⁵

Shastra's: *Suchi*

Anushastra's: *Baala*.

Model for practices: *Seevana* should be done between the margins of fine and thick cloth, as well as on the borders of leather⁶.

Contraindications: include wounds from *Agni*, *Kshara*, and *Visha*; wounds that release gas; and wounds that include blood or *Loha*¹³

Seevana Vidhi: If the suture is taken extremely far from the margin, it may result in a tension suture, which causes severe pain at the surgical site, and if the bite is taken very close to the edge, the margin may rupture. Therefore, the needle should not be inserted too close to or too far from the wound's edges¹⁴.

Types of seevana¹⁵:

1. *Vellitaka*: continuous type.
Suturing along the wound's length and rapping the edges inside helps achieve this.
2. *Gophanika*: interlocking or blanket suturing. Wounds shaped like crow footprints are sutured with *Gophanika* type of suturing.
3. *Tunnasevani*: Zigzag or subcuticular.
It is done in the same way that damaged clothing is sutured.
4. *Rijugranthi*: straight and interrupted type.
This suturing thread is introduced from the wound's two edges, and the knot is tied.

Implications of Ashtavidhi shastra karma in Stree roga And Prasuti Tantra:-

Stree roga: Suturing in all operative procedures

Prasuti Tantra: Suturing in all operative procedures, cervical cerclage.

DISCUSSION:

Acharya Sushruta gave a logical discussion of the various types of sastras that should be applied to different *sastra karmas*, along with their indicators. Even though there are no direct references for operations done in the fields of *stree roga* and *prasuti tantra*, similar ideas apply to other surgeries such as LSCS, hysterectomy, myomectomy, laproscopic surgeries, D&C, and investigative techniques like hysteroscopy and culdoscopy. *Ashtavidha Shastra karmas* are not the eight surgical procedures; rather, these are the eight basic principles of all the surgical procedures that can be used for any surgery. All of the procedures are fully described in brief in these *Karmas*. Each surgical treatment includes one or more of these basic procedures. The surgical training and practice methods described by *Sushruta* in "*Yogyasutriya Adhyaya*" are still considered valid today. A new practitioner can develop surgical skills in a safe and regular environment. *Acharya Sushruta* built experimental surgery to create interest in the topic and give a lasting mental image of basic surgical processes.

CONCLUSION:

Acharya Sushruta categorizes and simplifies all surgical techniques under *Ashtavidha sastra karma*. A new practitioner who developed their surgical skills through hands-on training avoids confusion in the field. Thus, students who aim to become skilled in *Ashtavidha sastra karma* must participate in hands-on work using comparable models. Here, an attempt is made to list operations done in the fields of *stree roga* and *prasuti tantra* that are indicated for these *Ashtavidha sastra karma*.

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