



AVASTHIC CHIKITSA (STAGEWISE TREATMENT) IN SHALYA SHASTRA- A LITERATURE REVIEW.

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ABSTRACT

The stagewise chikitsa in shalya shashtra is mentioned by Acharya Sushrut in Sushrut samhita. The stagewise chikitsa is mentioned at different places for same purpose in Ayurveda samhita. This is important during treatment of disease. This concept is useful to learn, to use and to teach to the students. If the disease is treated in Amaavastha further progression of disease stopped. Also further complication should be avoided. The benefit of the avasthic chikitsa is one can avoid operative by treating in first phase ie amaavastha. So it is relevant to review the description available in the ayurvedic text books in relation to stagewise chikitsa.

KEYWORDS : Stages of chikitsa, Amaavastha, Pakwavaavstha.

INTRODUCTION:

Surgery (Shalya-chikitsa) is one of the eight ancient branches of Ayurvedic medicine. The Susrata Samhita is a classic text of Ayurvedic medicine. It describes a range of surgical practices. As being Surgeon Acharya Sushrut not mentioned only surgical treatment for every disease but mentioned conservative treatment for many diseases. Majority of conservative treatment mentioned by Sushrut in the initial stage of disease. As Acharya Sushrut in sutra sthan 24 adhyay mentioned 'do snehadi kriya in shastra sadhya vyadhi but don't do shastrakarma in snehadi kriya sadhya vyadhi. So According to this statement first do conservative treatment then think of surgical treatment. The treatment is different in different stage of vyadhi in surgery. This stagewise chikitsa concept is important during treatment of disease. So it is necessary to find them and collect them at one place. So it can be easy to understand and easy to learn and can be utilized easily. This article focusing the stagewise chikitsa concept mentioned in Ayurveda especially in shalyatantra.

Objectives:

To understand the concept of Stagewise chikitsa in Shalyatantra.

Methods:

Manual searching and collection.

All Bruhatrayi and Laghutrayi samhitas granthas used for the Chikitsa of Avasthic condition of different diseases.

SN	Vyadhi/Disease	Apakwa/Amavastha chikitsa	Pakwavaavstha chikitsa
1	Bhagandhar pidaka	As Vranshoph	Chhedan Treatment
2	Prameha pidaka	As Shophavat	Treat as like Vrana
3	Vidradi	As Shophavat	Treat as like Vrana
4	Granthi	As Shophavat	Vidaran
5	Ajgallika	Jalaukavacharan	Lepa
6	Pitta vrudhi	As like Pittaj grathi	Bhedan karma
7	Vidarika	Prachhan, Jalauka	Bhedan, Shodhan & Ropan
8	Brdnharoga (Andavrudhi)	-	Treat as like Vrana
9	Visarpa	-	Treat as like Vrana
10	Vrana	Vimlapan, Avasechan, Upnaha	Patan, Shodhan, Ropan.

DISCUSSION:

In Shalya tantra while treating the disease the avastha of disease is important factor. According to Amaavastha & pakwavaavstha treatment of diseases may be different. In amaavastha the disease is treated with proper treatment mentioned in Classic then disease will be cured and further disease progress and complication will be avoided. If disease not treated properly in amaavastha many other complications may develop. Also, acharya Sushrut told that in Amaavastha of Shophadon't do chhedan, and do leave pakwa vrana as it is. If Chhedan is done in amaavastha complication like of Mamsa, sira, snayu are happening, also Shonit atipravrutti, vedana (Pain), Avadaran etc takes place. If pakwa shophadon't leaves without treatment a khat vidradi is developed.

So in some examples conservative treatment is helpful in amaavastha and surgical treatment is helpful in pakwavaavstha as in pidaka and vidradi. So it is very useful when planning for treatment. If someone is not getting the result with regular mentioned treatment then concept of stagewise chikitsa can be used. As acharya Sushrut mentioned the true Vaidya who the Ama, pchaman & pakwa avstha of vrana. The vaidhyas who are not knowledge of these avasthas are known as taskarvutti/shwapcha.

CONCLUSION:

The stagewise chikitsa/ treatment concept is useful for treating simple, chronic or complicated disease.

This concept adding knowledge regarding treatment of disease in shalya shastra.

It is useful for multiple choice questions in different Ayurvedic competitive exams.

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