



"A CONCEPTUAL AND APPLIED STUDY OF TRIVIDHA KARMA IN SHALYA TANTRA"

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ABSTRACT

In Ayurveda all types of treatments are described under Ashtang Ayurveda which means eight branches of Ayurveda. Shalya tantra is one of them and Aushruta Samhita is the oldest text available on Shalya Tantra (surgery). Among various types of treatment, Shastra Chikitsa is one among them, which includes Purva Karma, Pradhana Karma and Paschata Karma and these are known as Trividha Karma. According to Acharya Sushruta, Purva Karma means preparation of patient along with collecting all the materials needed during the Pradhana Karma. Ashtavidha Shastra Karma is included in Pradhana Karma, Paschata karma includes post-operative care. By virtue of the present article, we can understand the systematic method of arrangement of surgical procedures, about preliminary measures, principal measures and after measures. All the procedures included under these three headings i.e., Trividha karma which plays an important role in successful and complication free surgery. These three stages of action are relevant not only in the field Shalya Tantra, but hold equal significance in Kayacikitsa, especially during the conduct of various procedures like Vamana, Virechana and Basti etc.

KEYWORDS : Trividha Karma, Purva Karma, Pradhana Karma, Paschata Karma, Shastra Chikitsa

INTRODUCTION

Shalya Tantra is meant for extraction of foreign bodies such as grasses, pus etc., matrix of the dirty wounds, foetus either dead or in abnormal position, description of instruments and diagnosis of wounds¹. *Shastra Karmas* consists of *Trividha Karma*.

Trividha means three types and word *Karma* means procedure.

Acharya Sushruta has classified all the surgical procedure in three major steps²

1. *Poorva karma*
2. *Pradhana karma*
3. *Paschata karma*

Poorva karma means preparation of the patient along with collecting all the materials needed during the *pradhan karma*. *Ashtavidha shastra karmas* are included in *Pradhana Karma* and *Pashchat Karma* included all post-operative care. In every surgical procedure these three *Karmas* are essential.

Modern science also accepts this fact that a good surgeon is required for a good surgery, but the better outcome also depends upon the preoperative diagnosis and preparation as well as good postoperative care. Because it reduces the rate of mortality and postoperative complications.

AIMS AND OBJECTIVES

To evaluate, elaborate and discuss the concept of *Trividha Karma* and its importance in *Shalya Tantra*.

MATERIALS AND METHODS

All sorts of references have been collected and compiled from Ayurvedic classics and available commentaries on *Sushruta Samhita*, *Charaka Samhita*, *Astanga Hridaya* etc. we have also referred the modern text books of surgery and searched and referred various websites to collect the relevant information's on the topic.

TRIVIDHA KARMA

Any preparations or activities connected to surgery can be classified into distinct three stages

1. *Purva karma*
2. *Pradhana karma*
3. *Paschata karma*

The description of these 3 stages very clearly provides

- An in-sight to the care taken by surgeons
- Preparing a patient for surgery
- Providing adequate post-operative care to prevent development of any complications.

PURVA KARMA

PREPARATION OF PATIENT

The surgeon with great care, by means of various clinical methods like *Darshana*, *Sparshana*, *Prashna*³ or *Dashavidha Pareek a'* and other methods; by deciding the prognosis of disease whether *Sadhya* or *Yapya* or *As dhya* etc, by deciding the remaining life span of the patient etc., should select only that patient who is fit to undergo surgery.

PREPARATION OF MATERIALS AND EQUIPMENT

Blunt instruments, various required sharp instruments, caustics, fire for thermal cautery, horns, leeches, pitcher gourd, pieces of gauze/swab or pad (*Picu*, *Protā*), threads (*S tra*), leaves (*Patra*), thick cloth or pieces of leather (*Patta*); honey, ghee, milk, oil; nutritions decoctions (*Tarpana Ka ya*), paste of drugs for external application (*Alepāna Kalka*), fans (*Vyajana*), pots having cold and hot water etc.

- Surgeon should work as a team with his subordinates having qualities like love, care, strong body etc.
- After everything is ready, consent of the patient for undergoing surgery has to be taken.
- Surgeon should refresh himself with a bath in the doctor's room of the operation theatre.
- He should wear clean trousers, vest, footwear etc. kept ready in the operation theatre.
- He should speak to the patient brought into the operation theatre, reassure him, go through the case-sheet and reconfirm the findings.
- He should then clean his hands till the elbow using liquid soap etc. He should scrub the nails, creases, between fingers etc. carefully.
- He should then dry his hand with sterile towel and again clean hands, forearm with spirit
- He should wear the gown, without touching its outside.
- He should also not touch anything inside the OT.
- He should then wear the sterile gloves carefully.

PRADHANA KARMA

This includes mainly *Ashtavidha Shastra Karma*. These eight specific surgical techniques are considered as the basic

surgical procedure useful in the management of all the diseases which require surgical intervention.

Acharya Sushruta has described eight types of *Shashtra karma*, Acharya Charaka has described six types of *Shashtra Karma*, Acharya Vagbhata in *Ashtanga Hridaya* has described thirteen types of *Shashtra Karma* and twelve type of *Shashtra Karma* in *Ashtang Samgraha*. Among all these *Shashtra Karmas*, *Ashtavidha Shashtra Karmas* are the procedures or the steps which are always the soul of any surgery, because almost all surgeries performed today by modern surgeon are included in these eight techniques of *Sushruta's*.

S.No	Charaka ⁵	Sushruta ⁶	Astanga sangraha ⁷	Astanga hrudaya ⁸
1	Patana	Chedana	Aharana	Utpatana
2	Vedhana	Bhedana	Patana	Patana
3	Chedana	Lekhana	Seevana	Seevana
4	Lekhana	Eshana	Eshana	Eshana
5	Prachhana	Aharana	Lekhana	Lekhana
6	Seevana	Vedhana	Visravana	Prachhana
7		Visravana	Kuttana	Kuttana
8		Seevana	Chedana	Chedana
9			Bhedana	Bhedana
10			Vedhana	Vedhana
11			Manthana	Manthana
12			Grahana	Grahana
13				Dahana

- The day selected for surgery, should be auspicious.
- Surgeon before entering the operation theatre should take blessings from God, elders etc.
- Patient is given light food or kept orally nil in -
मृद्गर्भोदराशोऽश्मरीभगन्दरमुखरोगेषु अभुक्तवतः कर्म कुर्वीत ।।
- Patient is tied to the bed and immobilised.
- Patient is given alcohol to make him disoriented and less sensitive to the surgery (now a days he is anaesthetised).
- Incision is made on the skin avoiding damage to major vessels, nerves or other vital structures
- Incision should be done at a stretch (repetitions should be avoided), edges of the wound created should be even and broad to reach the deeper structures.
- Incisions are made horizontal (*Tiryaka*) - Over eyebrows, cheeks, temples, forehead, eyelids, lips, gums, axilla, abdomen and groin regions.
- Incisions are made circular- Over palms and soles.
- Incisions are made semi-circular - Over penis and in anal region.

Note

- Incisions should be made such a way that they provide proper access to the site of pathology.
- Incisions should be adequate.
- Incisions should be made along natural creases for cosmetically better scars.
- Incisions should be planned in a manner that they don't damage vital structures around.

For Example, in case of presence of arteries or nerves at the site, incisions can be made parallel to them rather than across, causing damage to them.

- Once the procedure is successfully completed, the instruments are removed.
- Patient's consciousness is revived by sprinkling cold water on the face.
- The incision line and around is lightly squeezed to remove collected fluids viz, blood, pus etc.
- The area is cleaned well and then a wick made of *Tila*, honey and ghee are placed over the wound (or if required inserted into the wound).
- A thick pad (*Kavalika*) is placed over the wound (incision line) and then bandaged.

- Fumes from various drugs like *Guggulu*, *Agaru* etc. are passed over the site, to disinfect the area and reduce pain.

Note-

Before making incisions, the selected site and the area surrounding it should be painted with 1% iodine and then cleaned again with spirit. Once done, the area is covered with sterile drapes.

PASCHATA KARMA

- Patient is then shifted to post-operative ward.
- The post-operative ward (*Vranit g ra*) should be clean and fumigated with *Guggulu*, *Agaru*, *Sarja* and *Sar apa* and Hymns are chanted to cleanse the ward of influence of evil spirits.
- Should be advised wholesome food and activities.
- Then on the third day, bandage is removed, wick is replaced with a fresh one and then rebandaged. Early changes of dressings, prevents the union of wound edges.
- To relieve post-operative pain, medicated Ghee with *Yastimadhu* is best.

CONCLUSION

From this above review we can understand that *Trividha Karma* is very essential part of every operative procedure. It is helpful for students which are studying surgery as their speciality with appropriate knowledge of pre-operative, operative and post-operative procedure. Each procedure is very important for successful operation and complete relief of the patient.

Acharya Sushruta was well aware of this fact and gave it much importance which can be noticed as he described a complete chapter on perioperative management of surgical patient in *Agrahoparniya Adhyaya* which describes as *Trividha Karma*.

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