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ROLE OF SHALYA TANTRA TOWARDS THE MANAGEMENT OF GANDAMALA

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ABSTRACT

Ayurveda the science of ancient knowledge put great emphasis on surgical interventions for the management of various diseases and in this connection Ayurveda create branch of surgery known as Shalya Tantra. This is a prime branch of Ayurveda which works around surgical and para-surgical interventions for maintaining optimum health status. The theories and procedures of Shalya tantra helps in the treatment of various pathological conditions including cysts, abscesses, haemorrhoids, bladder stones, urinary retention, wound and ano-rectal problems, etc. This stream of Ayurveda considered useful for other therapies fails to cure diseases. In the present article we are discussing the regarding the role of shalya tantra in management of gandamala.

Keywords: Gandamala , Ayurveda ,Shalya tantra etc

INTRODUCTION

Shalya Chikitsa is considered as a significant branch of Ayurveda amongst many other branches. The ancient renowned philosopher Susruta known as father of surgery, his treatise Susruta Samhita provides knowledge about ancient methods of surgery and gives idea about the diseases which can be handled through traditional approaches of Shalya Chikitsa. This unique ayurveda stream deal with various health problems including tumors, external injuries, fracture, pregnancy, obstruction in intestinal loop, wound and ano-rectal problems, etc The Shalya tantra utilizes various equipments for surgical procedure including bandages, Shastra, Yantras and Sutures, etc. Shastra are sharp instruments, Yantras are blunt instruments and Sutures used for stitching purpose [4-6]. The good surgical practice requires following considerations while treating patient by surgical interventions:

- ⌘ The consideration of Marma's (significant points) is important aspect to avoid any complication during surgery.
- ⌘ Appropriate instrument and procedures are to be adopted as per the clinical condition of patient.
- ⌘ Post-operative precaution play important role in case of elderly and pediatric patient.
- ⌘ The dosing and control of anesthesia is important factor during surgical procedures.
- ⌘ Elderly and pediatric patient are to be handled with great care.

Shalya tantra is an Ayurveda branch which is related with Ayurvedic surgery and provides many therapeutic regimens for the management of surgical conditions. The Ayurvedic

surgery based on the principles and theories of Shalya tantra and helps to cure many pathological conditions. Vrana, Bhagna, Arsha, Bhagandara and Arbuda, etc. are some pathological conditions that can be treated effectively using various approaches of Shalya tantra. Kshar sutra, Shastra and Anushastra, etc. mainly employed in the practice of Shalya tantra for the management of several surgical conditions. The modern approaches of Shalya tantra utilizes for appendectomy, gall bladder removal, hernia repair and chronic ano-rectal diseases, etc. Ayurveda Shalya Chikitsa facilitate debridement of unhealthy mass/pus/dead cells, the minor surgery offers advantage of early recovery so patient can join routine daily works just after post-operative procedure with fewer or no complications, Ayurveda Shalya Chikitsa reduces chances of reoccurrence of infection. Present article explains role of Shalya Tantra towards the management of specific diseases which requiring surgical attention. Ayurveda encompasses great ancient knowledge about the surgery and surgical interventions and their utilization for therapeutic purposes. In this regard Ayurveda put emphasis on surgical interventions for the management of different pathological conditions. The Ayurveda created Shalya Tantra as specific branch for surgical purposes. Shalya Tantra presented surgical and para-surgical interventions for curing diseases and restoring optimum health status. This branch helps to cure disease like; cysts, haemorrhoids, abscesses, urinary retention, wound, urinary stones, ano-rectal problems and fractures, etc. [1-4] The major

therapeutic approaches of Shalya Tantra are depicted in The Gudaroga Chikitsa as depicted in Figure 1 used to cure ano-rectal disorders such as fissures, piles, abscesses and hemorrhoid, etc. The Vruna Chikitsa employed for the management of wound, chronic ulcers and cuts, etc. The fracture rehabilitation techniques used to relocate fractured bones and joints. This branch also helps to manage post operative complications and provides complete relief from minor or major surgical emergency. [4-6] Shalya Chikitsa requires some precautions while employing for the management of Gandamala, Parikartika can also be treated effectively by various surgical interventions such as Chhedana, Bhedana and Ksharana. The Stambhana, Shodhana and Ropana properties are considered helpful to excise the sentinel tag and fissure bed. The ayurveda procedures excises fibrotic tissue due to their Ksharana action and remove unhealthy debris by virtue of their Shodhana property. The surgical procedures like incision, excision, scrapping, suturing and bandaging, etc. offers hemostatic and antiseptic action thus prevent profound discharge in case of ano-rectal problems. The healing materials used in surgical intervention improve natural healing of wound and cuts. The Kshara cauterize tissue due to its Ksharana guna, some materials like turmeric powder provides bactericidal action thus prevent further infection thereby boost healing properties. The chemical cauterization if done by expert person then this process helps in the destruction of pile mass without severe injury [7-10]. The coagulating

property of materials used in surgery helps to prevent bleeding during cutting of the mass. The Sutra ligation process causes mechanical strangulation, of blood vessels and tissue thus local necrosis of pile mass may occur resulting removal of pile mass during defecation. The anti-bacterial and anti-inflammatory properties of materials used for ligation and suturing purpose offers relives from progressive infection during early stage of wound at ano-rectal region. The anti-inflammatory property prevents symptoms of burning sensation and pain. The chemical cauterization during surgical process causes necrosis of unhealthy granulation thus facilitates their drainage and proliferation of new tissue takes places thus recovery process gets improved. Advantages of Shalya Chikitsa in Ano-rectal problems: Shalya Chikitsa facilitates debridement of unhealthy granulation thus suppress disease progression. Cutting of pile mass occur by mechanical pressure thus no other injury observed after procedure. Natural healing process boosts up thus fast recovery of patient occur. Patient can join routine daily works after post-operative regimen. Fewer complications, no chances of reoccurrence and re-infection. The following precautions or suggestions advised while dealing with critical surgical conditions: } The selection of proper instruments prerequisite for surgical intervention. } Maintenance of sterilization of equipments is required. } Maintenance of aseptic conditions in surgical room for preventing chances of infections. } The correct surgical procedures need to be adopted with minimal invasion and

maximum benefits. } The Marma points should be considered before surgical intervention to avoid complication. The dose and duration of anesthesia required especial attention mainly for critical conditions. } The presence of previous diseases or history of illness should be taken in consideration during the surgery. } Pediatric and elderly patient needs especial attention. The Shalya tantra utilizes various equipments as mentioned below for surgical procedure: • Shastra as sharp instruments • Yantras as blunt instruments • Sutures for stitching purpose • Bandages, surgical cloth other equipments, etc. The pre-operative consideration of Shalya Chikitsa ensures complete preparation of surgery and makes comfort for patient as well as physician. The postoperative procedures prevent any chances of complication, provide complete health benefits of main surgical procedure and improve process of healing. [5-7] Shalya Chikitsa for Specific Diseases Shalya Chikitsa used for many disease especially for ano-rectal problems such as; hemorrhoids, fistula-in-ano and pile, etc. Shalya Chikitsa helps to relieve symptoms of painful defecation, bleeding per rectum, discomfort in seating, constipation and burning sensation, etc. Role in Arsha Arsha is can be managed effectively with the help of Kshara Karma and Shastra Karma. The Shastra Karma and bandaging techniques helps in early healing of Arsha and reduces reoccurrence chances. Shalya Chikitsa when used with suturing technique in Arsha then it helps to control discharge, reduces burning sensation, cure itching and

suppress pain. The post operative surgical intervention improves healing process and chemical cauterization of Ksharasutra causes strangulation of blood vessel thus facilitate tissue granulation and fasten healing process. Role in Fissure-in-ano The Shalya Chikitsa facilitates relaxation of sphincter during the treatment of fissure-in-ano and boost up healing by enhancing regeneration process. Avagaha sweda of Triphala kwatha sometimes advocated as accompanying treatment modality in case of Fissure-inano along with surgical intervention. This approach helps to cure inflammation and reduces sensation of pain. Ksharasutra can also be suggested to relax sphincter muscles spasm; Ksharasutra prevents discharge and improves natural healing process. Role in Parikartika Bhedana and Chhedana along with Ksharana can be used effectively for the management of Parikartika. The Shodhana, Ropana and Stambhana, etc. properties provides therapeutic benefits in Parikartika. The Ksharana action of ayurveda procedures helps to excises fibrotic tissue and facilitates removal of unhealthy debris due to their Shodhana action. Role in Bhagna The concept of immobilization and reduction play vital role in the management of Bhagna, however Ayurveda procedure of bandaging helps to relocate the position of fractured bone. Traction, opposition and stabilization followed by bandaging advocated for rehabilitation of Bhagna. Sushruta mentioned cross bandaging over the dislocation of shoulder joint. Role in Vrana The Shalya Chikitsa play vital role in the

management of Vrana, the Dushta Vrana first converted into Shuddha Vrana with the helps surgical and purification measures along with uses of herbal medicines. Ayurveda mentioned Avasechana, Vimlapana, Patanakriya, Ropnam and Vaikritapaham, etc. as therapeutic approaches for the management of Vrana. Mode of Action of Shalya Chikitsa The surgical procedures help to maintain heamostatis and cure disease by entering into the deep routed tissue from where disease mainly arises. Incision, scrapping, excision, bandaging and suturing, etc. are major interventions of Ayurveda surgery which itself provides antiseptic action and prevent discharge thus offers health benefits in ano-rectal problems. The healing materials improve natural healing process thus restrict pathogenesis of wound and prevent further infections. The cauterization of Kshara imparts Ksharana guna thus purify wounds and helps in tissue granulation. The antimicrobial and anti-inflammatory materials like turmeric used in surgical interventions offers antibacterial action and restrict infection. The antiinflammatory action helps to reduces pain and inflammation. Chemical cauterization of some technique helps to destruct pile mass. The chemical cauterization facilitates drainage of unhealthy tissue mass and fastens up regeneration and granulation processes to boost up recovery of affected part. The Sutra used in Ayurveda surgery causes mechanical strangulation of vessels thereby facilitates removal of pile mass

CONCLUSION

As per Ayurveda there are many pathological conditions which can be treated effectively with the help of Shalya Chikitsa. The Ayurveda Shalya Chikitsa play important role in the management of ano-rectal diseases (hemorrhoids, fistulas, abscesses and fissures, etc.). The surgical practice requires knowledge of disease, position of Marma points, and condition of patient and complication of surgery. The skilled surgeon should perform surgical intervention after the proper planning so to avoid any chances of adverse results. Shalya Chikitsa facilitates debridement of unhealthy parts, suppress disease progression. Support natural healing process with fewer or no chances of reoccurrence.

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