A Review on Concept of Trividha Karma in Shalya Tantra

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ABSTRACT
For a surgical or parasurgical procedure to be done successfully, it is highly intended and essential to follow all standard protocols suggested by various acharyas through different samhitas. In case of surgical branches while performing any shashtra, kshar or agnikarma it is mandatory to prepare well in advance so that there won’t be any troubles in Pradhan karma or main operative procedures as well for better outcomes and no complications. Acharya sushruta was well known to this fact in that era too, so he emphasized on Trividha karma viz Purva karma, Pradhanakarma and Paschchat karma. Here purva karma refers to the pre operative preparation of patient along with collection of tools, accessories and make OT ready to operate in which main task has to be done i.e Pradhan karma which includes ashtavidhashashtra karma. And paschhat karma includes post operative care of patient. It is necessary to follow this trividh karma for better results and outcome in surgery. That is why it has got tremendous importance in surgery since ancient times.

KEYWORD: Purva karma, Pradhan karma, Paschchat karma, Shashtra, Kshar, Agni

INTRODUCTION
Sushrutsamhitapredominantly comprises of all surgical branches and procedures which deals with removal of different kinds of foreign bodies i.e.asha from human body which might be grass, wood, stone, sand, iron, bone, hair, nail, pus, matrix of contaminated wound, foetus either dead or abnormal, description of yantra’s shashtra’s and diagnosis of vrana or wound[1]. For successful outcome of any surgical or parasurgical procedures there should not be any complications, sushruta was well aware of this fact so he emphasized Trividhi karma to minimize it which includes a) Purva karma i.e Preoperative preparations b) Pradhan karma i.e Operative Procedures and c) Paschhat karma i.e post operative procedures[2].

A. PURVA KARMA (PRE OPERATIVE PREPARATIONS):
In this section first of all it has been told to follow pre operative ethics i.e purvakarmasadvritta by surgeon or shastra vaidya by diagnosing of disease properly and examining the patient thoroughly. Get all medical and surgical history of patient by Pratyaksha, anumaan and aaptopadeshpramanas[3]

It should be decided by Vaidya himself that whether to treat or not according to saadhyaasaadhayatva i.e prognosis of disease and avoid to those patients who are doubtful and hides information[4]. Moreover Vaidya should judge his own capabilities whether he can treat this disease or not properly[5]. Here in purva karma it refers to preparation of patient as well as collection of all necessary instruments and related all accessories needed in surgery and also those which will be required later in paschhat karma. And Sushruta explained about instruments and other necessary materials required in surgical procedures. These includes sharp and blunt instruments, caustic alkali, cautery, rod, horn, leeches, gourd, jambavaushtha, cotton, pieces of clothes, leaves, thread, materials of bandaging, honey, muscle fat, ghrita, tail, dugdha, etc. and water to mitigate thirst, ointment, decocations i.e kasay, pastes, fan, cold and hot water, frying pan and other earthen vessels, bedding and seats, obedient, steady and strong muscular paricharak should be keptready to assist and hold the patient during surgery[6] later on auspicious day, karan, nakshatra and muhurta, after worshipping god of fire, bhrama, and physician surgeons with curd barley, food, drinks and gems and after making offerings, precious festivity and reciting hymns of blessings, the patient should be given light diet as per need and required in that surgery and be seated facing east word with all his movements being restrained and the surgeon facing west words. But now a day patients have been kept nil by mouth i.e NBM, one day prior to the surgery. In ancient era it was provision of giving light diet due to some anaesthesia related differences with few exceptions as in Arsha, bhagandara, ashmi, udarroga, and mukhriga related surgeries[7] All yantra’s and shastra’s, all accessories related to surgery along with OT, surgical ward and vranitagar etc should be sterilized i.e nirjantukikaran of all surgery related aspects should have been done to keep patient away from
infections and complications created by invisible creatures i.e.microorganisms[8].

B. **PRADHAN KARMA (OPERATIVE PROCEDURES):** It includes all ethics.lesadritta of operative procedures in details. Acharya sushruta described eight chief surgical procedures i.e ashtavidhahastrakarma that a surgeon should know in details and he should have done yogayavidhi too. The basic surgical procedures which even today being performed in any surgery by modern surgeons includes eight types of shastra karmas as follows. a) Chhedan i.e Excision b) Bhedan i.e Incision c) Lekhan i.e Scrapping d) Vedhana i.e Puncturing or Paracentesis e) Eshani i.e Probing f) Aaharan i.e Extraction g) Vistravan i.e bloodletting h) Seevan i.e Suturing.

1. **Chhedan karma (Excision):** It includes excision of diseased or an abnormal part of body by using multiple yantra shastra’s suggested by Acharya sushrut like Mandaalagra, kharpatra, murdika, vriddhipatra, etc. following are some diseases can be treated by excision or chhedan method as Bhagandara, Granthi, Tilikalak, Vranavartma, Arbuda, arsh, Charmakila, foreign bodies lodged in bones and muscles, jatunmai, fleshy growth, enlarged uvula, necrosed ligaments and vessels and vessels, valmika, shatponaka, adhrusha, mamskandi etc.

2. **Bhedana karma (Incision):** This implices when there is a need to open a cavity or tapping a cavity to drain out the pus formed in it, rakta and to remove the calculus etc. by using vruddhipatra, nakhshastra, murdika, utpalpatra, and ardhddhaar. Chief indications are the diseases like all abscesses except those caused by sannipatatoshas, three types of granthi (cysts), three types ofvisarp (erysepalis), vrudhi (hydrocele and hernias), vidarika, carbuncles, inflammatory swellings, breast diseases, kumbhika, sinuses etc.

3. **Lekhan karma (Scrapping):** Lekhanyogayayadhishare scraped by using Mandaalagra, vrudhipatra, kharpatra, etc. diseases includes are four types of Rohini, arsha i.e haemorroids, patches on skin, keloids, and hypertrophied muscles etc.

4. **Vedhana karma (Puncturing or Paracentesis):** It is done by kutharika, eshani, aara, and needle in the puncturable diseases like diseased vessels, hydrocele, and ascites etc.

5. **Eshana karma (Probing):** It is done by using aishani to trap the tracks of sinuses, fistulas, and wounds with oblige course or extensions and foreign bodies are subjected for probing.

6. **Aharana karma (Extraction):** It includes extraction of calculus, foreign bodies, confounded foetus which is in abnormal position, faces accumulated in rectum using anguli, nakha, badish etc.

7. **Vistravan karma (Bloodletting):** Bloodletting and drainage of pus like act done by needle, kushyantra, trikurchak, sharaarimukh, antarmukh. Draining should be done in five types of abscesses, leprosy, localized inflammatory swellings, diseases of pinna, elephantiasis, tumors, three types of cysts.

8. **Seevan karma (Suturing):** It is done by the help of various sized and shaped needles and threads to join the incised fresh wounds and to achieve haemostasis too. Suturing should not be done in wounds affected by cautics, burn or poison, carrying air, and infected blood or foreign bodies inside. In such cases first of all wounds should be cleaned by removing dusts, hairs, nails, bone pieces from it to avoid suppuration and pain. Suturing types are i) Vellitak, ii) Goparnika, iii) Tunnasevani, iv) Rujugranthi.

Blood loss is often a common happening during surgeries, so haemostasis i.e raktaastambham should be achieved by proper ways suggested by Acharya sushruta as i) sandhaan, ii) skandan, iii) pachan, iv) dahan[9].

**सन्नद्दा धार्मिक पाठांगत्त्वः सुमु. सु. सू. ३६.**

Marmaaghaat i.e shock should be corrected firstly by balancing fluid chart and marmapariksha.

C. **PASHCHAT KARMA (POST OPERATIVE MEASURES):** As soon as surgery gets over the patient should be assured by sprinkling cold water on his mouth and feet. The wound should be irrigated and pressed slowly all around, it should be massaged and washed with wound healing decoctions, then decoction remained in wound should be wiped out by using a cotton swab and a wick containing thick pastes of sesame, honey andghrita, neither too unctionous nor too rough, be inserted therein. After covering with paste of wound healing and antiseptic drugs, then putting a piece of method as

i) sandhaan, ii) Tunnasevani, iv) Sushrutsamhitasutrasthan, part 1, ch 1st, verse 9th, Shastri, Chaukhamba Sanskrit series, 2011, 03.

**DISCUSSION:**

Any surgical or parasurgical procedure can’t be successful if not followed by Trividha karma properly. Purva karma includes all basic and necessary preparation required to perform any procedure conveniently with no troubles at all and with more superiority is expected in operative Pradhan karma if purva karma is done well. Similarly pashchat karma is very important in which proper pathyapathyapalan, aahrivarhaarpalan, proper wound care will gives credit to pre operative and operative plannings.

**CONCLUSION:**

From this we can understand how our ancient acharyas had deep knowledge and a broad vision of surgical protocols in that era too which is not only compete this modern protocols but also gives some natural, herbal, economical, less hazardous ways to follow in these phases. All these procedures are very essential and mandatory to follow for better results and successful outcome of a surgery.

**REFERENCES:**


