

**Ashta Vidha Shastra Karma : An Ayurvedic Review****Dr.Saigeeta Mache<sup>1</sup> , Dr.Sumedh Wasnik<sup>2</sup>**<sup>1</sup>PG Scholar in Shalya Tantra Department,PMT's Ayurved College ,Shevgaon.<sup>2</sup>Prof & HOD in Shalya Tantra Department,PMT's Ayurved College ,Shevgaon.**Abstract**

Acharya Sushruta is said to be an ancient surgeon who is the author of Sushruta Samhita who had given more importance to shalya chikitsa,he described 8 kinds of surgical procedures which include Chedana,Bhedana, Lekhana, Vedhana, Eshana, Aharana,Visravan,Sivan.The advance techniques in surgery like excision, incision, puncturing, extraction, draining,suturing have been developed based on these principles.Thus,showing the importance of Asthavidha Shastra Karma.This article summarises role of Astha vidha shastra karma in shalya kriya for the management of various surgical problem.

**Introduction**

Acharya Sushruta says, there are 3 kinds of procedures in surgical practice which includes Poorva karma,Pradhan karma and Paschat karma.And Asthavidha Shastra Karma comes under Pradhana Karma.He says in his Sushruta Samhita,Shastra Karma being the main procedure,it will be described first and hence importance is given to Shastra Karma.He has classified Shastra Karmas into 8 categories,which should be performed appropriately for achieving successful outcome.His surgical principles are relevant even today and advanced techniques have been developed based on his principles.

**Ashtavidha Shastra Karma's are as follows**

Taccha Shastrakarmastha Vidham; Chedyam, Bhedyam, Lekhyam, Vyadhyam, Eshyam, Aharyam,Visaravyam,Seevyamithi.

Ashta Vidha Shastra Karma involve procedures such as; Chedana (Excision),Bhedana (Incision),Lekhana (Scrapping), Vyadhana (Puncturing), Visravana (Drainage),Eshana (Probing), Aharana ( Extraction ) and Sivana ( Suturing).

**1.Chedana**

**Nirukti** – Chedyam Nisheshataschedaneyam arshaha prabhuruthi.

Chhedana involve excision of part from the body.

**Indications** – Bhagandara,Kaphaja Granthi, Tilakalaka, Vrana Vartma,Arshas,Charmakeela,Asthi Mamsagatha Shalya, Jatumani, Mamsa Sanghata,

Snayu Mamsa Sira Kotha, Valmika, Sataponaka,Adhrusa.

**Shastra's and Anushastra's used for Chedana**

**Shastra's** – Vriddhipatra, Nakhasastra, Mudrika,Utpala,Patra and Ardhadhara.

**Anushastra's** – Sphatika,Kaca ,Agni,Kshara,Nakha.

**2.Bhedana**

**Nirukti** – Bhedyam Bhedaneyam,Vidradyadi.

Bhedana involve incision procedure to open a cavity for draining out tissue debris,rakta,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, Ksudra Rogas,because of Ashmari and few diseases caused due to Medha.

**Shastra's and Anushastra's used for Bhedana**

**Shastra's-** Vriddhipatra, Nakhasastra, Mudrika, Utpalapatra and Ardhadhara.

**Anushastra's-** Sphatika,Kaca ,Agni,Kshara,Nakha.

**3.Lekhana**

**Nirukti-** Lekhyam Lekhaneeyam ,Rohinyadi.

This technique involves scrapping out waste ,debris,dead material from affected part .

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

**Shastra's and Anushastra's used for Lekhana**

**Shastra's-**Mandalagra,Karapatra

**Anushastra's-** Kshara,Gojihva,Sephalikka,Nakha

**4.Vyadhana**

**Nirukti-** Vyadhyam Alpamukhahi Shastra Vyadhaneeyam Siradi.

Vyadhana involves puncturing of affected part .

**Indications-** Sira Vyadha,Mutra Vriddhi,Dakodara.

**Shastra's and Anushastra's used for Vyadhana**

**Shastra's-** Kutharika,Vrihimukha,Ara,Vetasapatra and Suchi

**Anushastra's-** Kareera.

**5.Eshana**

**Nirukti-** Eshyam Eshaneeyam Nadyadi.....

Eshana involves snoothing of waste discharge ,debris and foreign body ,etc.

**Indications-** Nadi Vrana, Sasalya Vrana and Unmargi Vrana.

**Shastra's and Anushastra's used for Eshana**

**Shastra's-** Esani

**Anushastra's-** Anguli,Baala,Kareera

**6.Aharana**

**Nirukti-**Aharyam Aharaneeyam Sharkaradi.

Aharana involves extraction of waste from diseased body parts.

**Indications-**

Dantamala,Karnamala,Ashmari,Salya,Mudha Garbha.

**Shastra's and Anushastra's used for Aharana**

**Shastra's-** Badisa, and Dantasanku

**Anushastra's-** Nakha,Anguli.

**7.Visravana**

**Nirukti-** Visravyam Visravaneeyam,Taccha Vidradhi Kushtadi.

Visravana is for the purpose of blood letting or draining of 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,Ksudra rogas.

**Shastra's and Anushastra's used for Visravana**

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

**Anushastra's-** Jalouka,Nakha

**8.Seevana**

**Nirukti-** Seevyam Seevaneeyam,Taccha 'Seevyam Medha Samutthascha Bheetva Sulekhitha Gadaha Ithi.'

It is a para-surgical approach involves use of sutures,needles and threads as post operative

management.Rhujugranthi,anuvellit,gofanika and tunnasevani are various types of Seevan used in this therapy.

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

**Shastra's and Anushastra's used for Seevana**

**Shastra's-** Suchi

**Anushastra's-** Baala

**Conclusion**

Ayurvedic Shalya Chikitsa offer great contribution in the field of surgical problems.Ashtavidha Shastrakarmas is one of the approaches of Shalya Chikitsa which involve eight surgical procedures based on different principles.These surgical approaches can be employed for various interventions depending upon types of disease which is to be cured.Ashta Vidha Shastra Karma involve procedures such as Chedana,Bhedana,Lekhana,Vyadhana,Visravana,Eshana,Aharana and Sivana.These all techniques offer relief in various surgical adversity like,Ashmari,Jalodara,Stana vidradhi,Visarpa,Pakva vidradhi and Sadyo Vrana etc.

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