



# Importance of Shalyatantra in Ayurvedic Surgical Practices: A Review

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**ABSTRACT:** Shalyatantra is a branch of Ayurveda that deals with Ayurvedic surgery and provides regimens for the management of surgical conditions. It focuses on the removal of foreign bodies and conditions that require surgical or nonsurgical treatment which includes injuries and deformities etc. Vrana, Bhagna, Arsha, Bhagandar, Arbud etc. are some pathological conditions that can be treated effectively using various approaches of Shalyatantra. For the management of several surgical conditions kshar sutra, Shastra and Anushastra etc. mainly employed in the practice of Shalyatantra. The modern approaches of shalyatantra utilizes for appendectomy, gall bladder removal, hernia repair and chronic ano-rectal diseases etc. Ayurveda Shalya Chikitsa reduces chances of reoccurrence of infection. Present article explain role of Shalya Tantra towards the management of specific diseases which requiring surgical attention.

**KEYWORDS:** Ayurveda, Shalya Chikitsa, Shalyatantra, Ano-rectal, Surgery

## INTRODUCTION

Shalyatantra is a branch of Ayurveda that deals with treatment of various conditions such as fractures, wound, tumours, abcesses etc.<sup>[1-4]</sup>. Shalyatantra treats a variety of surgical and parasurgical problems by employing a variety of therapeutic treatments, including bandaging, Marmachikitsa, Jaloukavacharanna, Raktamokshana, Kshara sutra, Agnikarma, and fracture care techniques. One of the eight branches of Ayurveda, Shalyatantra, includes method for preventing and detecting health problems as well as method for curing illnesses through medical procedures. It considers the management of challenging conditions and injuries that are not healable using conventional methods. During surgical treatments, turmeric and other antimicrobial and anti-inflammatory drugs are used to fight infection and development of bacteria. Pain and annoyance are lessened by the mitigating action<sup>[2-4]</sup>. The Ayurveda Shalayatantra department focuses on orthopaedics, para-surgery, and surgical procedures. Taking care of illness, injuries, and breaks is the division's main goal<sup>[4-6]</sup>

## MATERIAL AND METHOD

Shalyatantra utilizes therapeutic approaches for the management of anorectal cases; piles, fissure, prolapse and fistula etc. This branch also provides therapeutic benefits against non healing ulcer, diabetic ulcer and venous ulcer. Varicose vein and other arterio venous disorders can also be healed using approaches of Shalyatantra. Inflammatory conditions, skin problems, abcess and warts etc. can also be cured using approaches of Shalyatantra. Various bandages, sutures, shrap objects, and anesthetics are described in the Ayurveda Shalyatantra. The Shalya instruments primarily made of stone, wide leaves, wood and tree braches along with other organic material, etc. Ligatures supplanted by a creeper or a climbing plant<sup>[3-5]</sup>

Shalyatantra utilizes many therapeutic procedures such as; Kshara sutra, Rakta mokshana, Jaloukavacharna, Agnikarma, bandaging, Marmachikitsa and fracture management techniques for curing various surgical and para-surgical conditions. Shalyatantra as one of the eight parts of Ayurveda incorporates strategies for treating sickness through medical procedure, as well as techniques for forestalling and diagnosing careful issues. It takes into consideration the treatment of difficult ailments and wounds that can't be restored through other means. Orthopedics, para-surgical and surgery techniques are the areas of focus of Ayurveda Shalyatantra department. The divisions significant objective is to manage injuries, breaks and other sickness, etc.<sup>[4-6]</sup>

### **Mode of Action in Shalya Chikitsa**

The mode of action in Shalya Chikitsa is rooted in a combination of precise surgical techniques and therapeutic interventions that aim to restore health and promote healing. The fundamental mechanisms include:

#### ➤ **Haemostasis and pathogenesis Management:**

The surgical procedures help to maintain haemostasis and cure disease by entering into deep routed tissue from where disease mainly arises. Incision, Scrapping, excision, bandaging and

#### ➤ **Tissue Granulation and Regeneration:**

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.

#### ➤ **Antiseptic and Anti-Infective Actions:**

The antimicrobial and anti-inflammatory materials like turmeric used in surgical interventions offers antibacterial action and restrict infection. The anti-inflammatory action helps to reduce pain and inflammation.

Techniques like Ksharasutra (alkaline thread therapy) induce mechanical strangulation of tissues, promoting tissue granulation and regeneration. This ensures faster healing of wounds and surgical sites.

#### ➤ **Reduction of Inflammatory Responses:**

Ayurvedic materials used in Shalya Chikitsa possess anti-inflammatory properties, which help alleviate pain, swelling at the surgical site. This is especially effective in conditions such as fissures and abscess.

#### ➤ **Cauterization and Tissue Debridement:**

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<sup>[7-10]</sup>

#### ➤ **Enhanced Healing Through Herbal Therapies**

Herbal interventions incorporated in Shalya Chikitsa, such as Triphala and Guggul, enhance the body's natural healing mechanism by accelerating cell repair and reducing scarring.

### **Supportive Measures for Recovery:**

The combination of surgical and para-surgical interventions, along with dietary and lifestyle adjustments, ensures holistic recovery. This minimizes post-operative complications and prevents recurrence of conditions.

In essence, Shalya Chikitsa employs a multidimensional approach to address surgical and post-surgical needs, harmonizing precise surgical techniques with Ayurvedic principles to achieve optimal patient outcomes.

### **Applications of Shalya Chikitsa in Specific Diseases<sup>[11]</sup>**

#### **❖ Ano-rectal Diseases:**

Conditions like hemorrhoids, fistula-in-ano, and piles are treated effectively using Kshara karma, Shashtra Karma, and bandaging techniques.

#### **❖ Shalya chikitsa in bhagna:**

The management of Bhagna relies heavily on the concepts of immobilization and reduction, but the Ayurvedic method of bandaging aids in repositioning the fractured bone. Footing, resistance and adjustment followed by swathing pushed for restoration of Bhagna.

#### **❖ Shalya chikitsa in vrana:**

The Shalya Chikitsa assumes essential part in the management of Vrana and Dushta Vrana. Shalya chikitsa prevents pathological progression of Dushta Vrana, control further infection and chances of reoccurrence, etc. The para-surgical intervention helps to convert Dushta Vrana into Shuddha Vrana which can be managed by natural medications, Vimlapana, Patanakriya, Ropnam, Vaikritapaham and Avasechana, etc. are the helpful methodologies of Ayurveda for the management of Vrana.

#### **❖ Role in Arsha**

Arsha is can be managed effectively with the help of Kshara karma and shastra karma. The Shashtra 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 processes 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-in-ano 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 Chedana 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.

### **Orthopedic aspect of Shalyatantra:**

- Osteoarthritis and degenerative diseases of joints and bones.
- Dislocations and fractures
- Lumbar Spondylosis, cervical spondylosis and diseases of spine etc.

- Tennis elbow and calcaneal spur etc.

### **Surgical Equipment in ShalyaTantra**

Various tools and materials are utilized for surgical procedures in Shalyatantra including:

- Shastra (Sharp instruments)
- Yantras (blunt instruments)
- Sutures for stitching
- Bandages and surgical cloths

### **Precautions in Shalya Chikitsa**

While practicing Shalya Chikitsa, certain precautions are essential to ensure safety and efficacy:

1. Proper selection and sterilization of surgical instruments.
2. Maintenance of aseptic conditions in the surgical area to prevent infections.
3. Adoption of precise surgical techniques with minimal invasion and maximum benefit.
4. Consideration of Marma points (vital points) to avoid complications.
5. Careful determination of anaesthesia dose and duration, especially in critical cases.
6. Thorough evaluation of patient history and existing conditions.
7. Special attention to pediatric and elderly patients.

### **Pre and post- operative Considerations** <sup>[12,13]</sup>

Pre-operative measures in Shalaya chikitsa ensure through preparation, facilitating smoother surgical processes and patient comfort. Post-operative care focuses on preventing complications, promoting healing, and maximizing the benefits of the surgery.

### **Advantages of Ayurveda shalayatantra:**

- This field is responsible for the development of modern surgical principles.
- It is cutting-edge method of surgery that removes an irritant from the body.
- At the point when drug can't determine the issue, then this branch of Ayurveda is considered beneficial for the disease management.
- It is still the strategy that is utilized the most frequently in Ayurveda for managing emergency conditions.
- Patient sometimes regain normal life even after the few days of surgical interventions.
- Shalyatantra provides vital aseptic measures where required for some susceptible conditions.
- Shalyatantra utilizes different strategies to eliminate blockages in the body and reestablish harmony.
- Shalyatantra can be used to manage conditions like hernia, gallstones, kidney stones and cancer etc.<sup>[1-3]</sup>

## **CONCLUSION**

As per Ayurveda there are many pathological conditions which can be treated effectively with the help of Shalya Chikitsa. It is a significant part of Ayurveda that helps to reestablish and keep up the well being of the body using various surgical and para-surgical interventions. Shalyatantra helps in diagnosing issues and giving appropriate treatment. The Ayurveda Shalya Chikitsa play important role in the management of ano-rectal diseases (hemorrhoids, fistula, 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, suppresses disease progression. Support natural healing process with fewer or no chances of reoccurrence. Ayurveda advocated used of Kshar sutra, Shastra and Anushastra, etc. in Shalya Chikitsa for the management of pathological conditions like Bhagna, Arsha, Vrana, Arbuda and Bhagandara etc.

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