ASTAVIDHA SHAHTRA KARMA IN NETRA ROGA: A REVIEW

Dr Deepa S Hugar¹, Dr Veerayya R Hiremath², Dr Shashikala D.K³, Dr Gururaj⁴

¹Final year PG Scholar, ²Professor & HOD Dept of Shalakya Tantra SJGAMC&H Koppal, ³Associate Professor Dept of Shalakya Tantra SJGAMC&H Koppal, ⁴Associate Professor Dept of Shalakya Tantra SJGAMC&H Koppal

ABSTRACT

Ayurveda the science of healthy living encompasses various branches related to different therapeutic aspects; Shalakya Chikitsa is one of eight branches. A few diseases are being treated successfully by adopting chaturvidhachiksta and Astavidha Shastra Karma. Astavidha Shastra Karma offer great advantages in surgical emergency and resembles some modern techniques of surgery. This article summarizes role of Astavidha Shastra Karma in netraroga for the management of various surgical problems.

Keywords: Ayurveda, Shalakya, Astavidhashastrakarma, Netraroga


Introduction

Acharya Sushruta says, there are 3 kinds of procedures in surgical practice which includes Poorvakarma, Pradhan karma and Paschatkarma. And Astavidha Shastra Karma comes under Pradhanakarma. His surgical principles are relevant even today and advanced techniques have been developed based on his principles.

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All surgical procedures are classified into eight branch.

**Astavidhashastra karma in Netra Roga:**

AshtaVidha Shastra Karma utilizes eight surgical techniques for the management of surgical problems. AshtaVidhaShastraKarma involves procedures such as Chedana (Excision), Bhedana (Incision), Lekhana (Scrapping), Vyadhana (Puncturing), Vrisravana (Drainage), Eshana (Probing), Aharana (Extraction) and Sivana (Suturing).

In addition, following operative methods are mentioned in astanga:

- Pracchanna, kutttanna: Different types of pricking
- Manthana: Drilling
- Grahana: Catching
- Dahana: Burning

Among all eight surgical procedures, Chedana, Bhedana, Lekhana, Vyadhana mainly employed in netra rogas, there are three stages in surgical treatment i.e.: Purvakarma, Pradhanakarma, Paschat karma.

<table>
<thead>
<tr>
<th>No</th>
<th>Shastra Karma</th>
<th>Example of Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Chedana</td>
<td>Excision Arma</td>
</tr>
<tr>
<td>02</td>
<td>Bhedana</td>
<td>Incision Krimigrati</td>
</tr>
<tr>
<td>03</td>
<td>Lekhana</td>
<td>Scrapping Utsangini</td>
</tr>
<tr>
<td>04</td>
<td>Vyadhana</td>
<td>Puncturing Ajakajata</td>
</tr>
</tbody>
</table>

Table 1: Showing Chaturvidha Shastra Karma in Netra roga with example

1) **Chedana Karma:** The procedure of excision is known as chedanakarma. It is one of eight main surgical procedure mentioned by acharya Sushruta. Chedana karma is indicated to treat chedyanetaroga. following disease are treated with chedanakarmathoseare

Arma, SiraJala, Sirapidaka, Pavani, Vartmasharkara, Suskarsha, Vartmaarbuda

Chedana karma can be performed by shastra and Anushashtra like

<table>
<thead>
<tr>
<th>Shastra</th>
<th>Anushashtra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mandalgra</td>
<td>Sphatika</td>
</tr>
<tr>
<td>Karpatra</td>
<td>Kachha</td>
</tr>
<tr>
<td>Vrudhipatra</td>
<td>Kuruvinda</td>
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<tr>
<td>Mudrika</td>
<td>Nakha</td>
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<tr>
<td>Upalpatraka</td>
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</tbody>
</table>

Table 2: Showing Shastra & Anushashtra used in Chedhana Karma

**Armachedana:**

**Purvakarma**

1) Aturasiddata – the patient should be administered with Sneha predominant food before being surgically operated

2) Asana – the patient should be made in comfortable position

3) Samroshana – the affected eye should be irritated by casing powered Saindhavalaavana

4) Svedana – immediately after samroshana MruduSvedana should be adopt

5) Parighattana – after Svedana the eyeball should be rubbed with the hand

**Pradhana karma**

Eyelids should be firmly held to guard against their being anywise hurt during the operation. Thearma should be carefully secured with a badishayantra and held with a muchundiyantra at the site of wrinkles arises after samroshana. thus, made flabby and pendent that sold be completely separated from the krishna mandala and the sukla mandala. Thechedana karma should be made to the extremity of kaneenika about one fourth and then removed.
Paschat karma

Pratisarakas should be done with yavakhara, trikatu churna, Saindhavalavana. Vranavathchikitsa should be adopted.

2] Bhedana Karma: The procedure of incision is called Bhedana karma. It is one of eight main surgical procedure mentioned by Acharya Sushruta. Bhedana Karma is indicated to treat Bhedya netraroga. Following disease are treated with Bhedana karma

Bisagranti, Lagana, Anjanananamika, Krimigranti, Kaphopana.

Bhedana Karma can be performed by shastra and Anushashtra like

<table>
<thead>
<tr>
<th>Shastra</th>
<th>Anushashtra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vruddhipatra</td>
<td>Spatika</td>
</tr>
<tr>
<td>Nakhashastra</td>
<td>Nakha</td>
</tr>
<tr>
<td>Mudrika</td>
<td>Kuruvinda</td>
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<tr>
<td>Utpalapatra</td>
<td>Nakha</td>
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<td>Ardhara</td>
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<td>Antarmukha</td>
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<td>Kushapata</td>
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</tbody>
</table>

Table 3: Showing Shastra & Anushashtra used in Bhedana Karma

Bhedana karma in Bisagranti 5

Purvakarma

1) Aturasiddha – the patient should be administered with Sneha predominant food before being surgically operated

2) Asana- the patient should be made in comfortable position


Pradhana karma

First fomentation of pakwa Bisagranthi should be done. The puncture like holes of pakwa Bisagranthi should be completely incised. It should then be dusted with Saindhava, Kasisa, Magadhi, Pushpanjana, Manahashila, and Ela powdered together.

Paschat karma

Honey and ghrita should then be applied. it should be loosely bandaged

Bhedana karma is to be adopted followed by Pratisarana with Rasakriyaanjana, Triphalakshaya, tutta, kaseesa, and Saindhavalavana.

3] Lekhana Karma: The procedure of scraping is called Lekhanakarma. It is one of eight main surgical procedure mentioned by Acharya Sushruta. Lekhana Karma is indicated to treat Lekhya netraroga. Following disease are treated with Lekhana Karma

Netraroga – utsangini, kumbika, pothaki, vartmaku, vartmakardma, vartmakshara, shyava Vartma, klista Vartma, bahala Vartma

Lekhana karma can be performed by shastra and Anushashtra like

<table>
<thead>
<tr>
<th>Shastra</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Mandalagra</td>
<td>Kshara</td>
</tr>
<tr>
<td>Karpatra</td>
<td>nakha</td>
</tr>
<tr>
<td>Vruddhipatra</td>
<td>Kshouma</td>
</tr>
<tr>
<td></td>
<td>Pichu, plotha</td>
</tr>
</tbody>
</table>

Table 4: Showing Shastra & Anushashtra used in Lekhana Karma

Purvakarma

1) Aturasiddha – the patient should be treated with Vamana, virechana, and proper Sneha karma

2) Asana- the patient should be laid down in a supine position held by 2 – 3 aapta. the overturned eyelid should be held straight with the thumb and the index finger covered with a piece of linen to prevent against its
movement and fell downturned eyelid should be held straight

3) Samroshana – the affected eye should be irritated by casing powered Saindhavalamana

4) Swedana – immediately after samroshana Mrudu Swedana should be adopt

5) Parighattana – after Swedana the eyeball should be rubbed with the hand

Pradhana karma

In vartmavabandha, klistavartma, bahalavartma the lid should be uniformly scraped carefully.

Paschat karma

Pratisarana should be done with the fine powder of manashila, kaasisa, trikattu, Rasanjana, and Saindhavam mixed with honey.

Then the eyelid should be washed with hot water, irrigated with ghrita, and treated like vrana. Swedana and avapeedananasya should be done from third day onwards.

Acharya Vagbhata has advised the application of Pindi with yavashaktu on second day. Based on doshaporiseka should be adopt. On fourth day, nasya karma and dhupana is to be adopted. On fifth day can go outside without bandage.

4) Vyadanakarma: The procedure of puncturing is known as vyadhana karma. It is one among the eight surgical procedures explained by acharya susruta. in netrarogavyadhanakarma is indicated in ajakajata and Kaphajalinganasha.

Vyadhana karma in ajakajata

First ajakajata should be punctured on either side of ajaka growth with needle.

The thin watery matter accumulated in the growth should be drained.

The vrana should be filled with gomamshachurnawithghrita.

Scarification should be made many times if ulcer is raised.

Conclusion

Ayurvedic Shalaka Chikitsa offer great contribution in the field of surgical problems. Astavidha Shashtra karmas is one of the approaches of Shalakya 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 Shashtra Karma involve procedures such as Chedana, Bhedana, Lekhana, Vyadhana. These all techniques offer relief in various surgical adversity like Arma, Krimigranthi, Anjananamika, Kaphajalinganasha etc.

The principles behind application of Shashtra Karmas in netra roga mentioned by Sushruta proved to be logical and thus holds good in present era. Sushruta lead the foundation for the practice of surgical procedures which is even practiced in present days with advanced techniques.

Thus, it is evident that Sushruta was way ahead of his time, in his approach to the Shashtra Karmas in netraroga.

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