



Trividh Karma – A Review study from Sushruta Samhita.

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Abstract –

Ayurveda the Science of life which has given importance to preventive as well as curative modalities of treatments. *Ayurveda* has been divided into eight branches according to Rights of treatments i.e. *Ashtangas*. Among the *Ashtangas* *Shalya Tantra* is one of the most important branch of *Ayurveda*. *Sushruta* has described various treatment modalities for treatment of diseases. *Shalyatantra* includes many Surgical and Parasurgical procedures. For performing these procedures *Acharya* has been described number of karmas i.e. *Trividh karma*, *Ashtavidh Sashtakarma*.

Keywords: *Trividh karma*, *Ashtavidh Sashtakarma*, *Poorva karma*, pre-operative, *Pradhana karma*, operative, *Paschat karma*, post-operative

INTRODUCTION

Acharya Sushruta the Father of Surgery has defined *Shalya Tantra* as it is the name of that branch which describes the methods of removal of different kinds of foreign bodies, such as grass, wood, stone, sand, bone, hair and nail; pus, exudation, vitiated ulcer, use of caustic alkalies and fire and diagnosis of ulcers or wounds¹. *Shalya* means any foreign body

or substance which can harm to body and mind of human beings².

In *Shalya Tantra*, various Surgical and *Parasurgical* procedures have been explained. *Acharya Sushruta* described *Trividh Karmas* namely *Poorva karma* (pre-operative), *Pradhana karma* (operative) and *Paschat karma* (post-operative)³. *Sushrutacharya* was well aware about the complications of surgery, so he described *trividh karma* to minimize the complications and he has been given equal importance to all the 3 karmas as per the view of treatment.

Trividh Karma-

1) Purva Karma-

It means Pre-Operative procedure. Firstly it includes Proper diagnosis, Proper and Detail History taking, General and Local examination of patient. Later on *Purva Karma* includes collection of all the essential equipment's. *Acharya Sushruta* has explained the list of materials required for the surgeon for performing surgical procedure should be collected, instruments (both sharp and blunt) caustic, fire, probes, horn, leeches, gourd (blood sucking apparatus) *Jambhavostha* (a cauterization probe), cotton, gauze, suture and ligation materials, medicinal leaves, bandages,

honey, ghee, milk, oil milk etc. and water to mitigate thirst, ointment, decoction, paste, fan, cold and hot water, frying pan and other earthen vessels, beddings and seats, obedient, steady and muscular strong *paricharak* should be kept ready to hold the patient during surgery⁴

Sushruta has also described the preoperative appreciation of foreign body, its size, shape and exact location within the body and appropriate instrument for its removal should be selected preoperatively. He has also mentioned the preoperative diet and Nil by mouth for various types of surgeries, before all operations patient should take light diet only. Apart from these some exceptions such as artificial or instrumental delivery, abdominal conditions, piles, calculus disease, fistula-in-ano, and surgical conditions of mouth the patient should be kept Nil by mouth before surgery⁵. Proper *Purva Karma* is required to prevent any complications or destruction of main action and ensuring the success.

2) *Pradhana Karma* –

Acharya Sushruta also mentioned the importance of sterilization of instruments to prevent post operative infection by heating sharp instruments in fire.

Pradhan Karma includes the *Shashtra Karma*, before doing the main surgical procedure worship of Agni, Brahman and Vaidya should be done on the *propitious* moment and constellation by offering curd, sanctified rice, Different types of food drinks and gems; then offer oblation, sacrificial ritual and spiritual motets of benediction. After that the light diet is given and the patient and maintain the patients position as *Purvabhimukh* and the surgeon Should sit opposite side of the

patient Besides of *Marma*, *Sira*, *Snayu*, *Sandhi*, *Asthi*, *Dhamani* the incision should be done only once and its in the direction of Loma (Hairs) till the total drainage of pus⁶. Oblique incision should be given in the following regions – eyebrow, cheek, temple, forehead, eyelid, lip, *axilla*, belly and groin⁷. The experienced surgeon should make the circular or semicircular incision in the upper and lower limbs and in *Guda* and *Medhra*⁸. *Acharya Sushruta* has described eight type of *shashtra Karma*.

ASHTAVIDH SHASTRAKARMA⁹ -

Sr. No.	Shastra Karma Names
1)	Chedya
2)	Bhedya
3)	Lekhya
4)	Vedhya
5)	Yeshya
6)	Aaharya
7)	Visravaya
8)	Sivyam

1) *Chedana* –

Means excision of diseased part from the normal part of the body by using *Mandlagra*, *Karpatra*, *Vrudhipatrea*, *Mudrika*, *Utapalpatra* etc. *Chedan Karma* is indicated in *Fistula-in-ano*, *Granthi*, pigmented moles, sinuses, new growths, haemorrhoids, warts, foreign bodies situated in the bone, *Jatamani*, *Mansarbud*, *Kotha*, *Valmika*, *Shatapaunak* (variety of *fistula-in-ano*), penile ulcers, *keloid* and excessive granulation tissue formation.

2) *Bhedana* –

Means incision made for opening a cavity to drain out collection like pus, blood, calculus etc. *Bhedana Karma* is indicated in all types of *Vidradhi* except *Tridoshaj*, *Vataj*, *Pittaj* and *Kaphaj*

types of *Granthi* , *Visarpa*, *Vruddhiroga* , *Vidarika*, *Pramehapidaka*, *Shopha*, *Stanaroga*, *Avamanthaka*, *Kumbhika*, *anusayi*, *sinuses*, the two varieties of *vra*na, disease of the throat, *puskarika*, *alaji*, almost all minor diseases, abscess of the soft palate, gingival abscess, *Tundikeri*, *Gilayu* and other suppurating diseases, *Bastiroga* and other diseases of the urinary bladder, and *Medoroga*.

3) *Lekhana* –

Means Scrapping. It is indicated in the following diseases, four types of *Rohini* (*Diphtheria*), *Kilasa* (*Leucoderma*), *Upajihva* (*Uvilitis*), *Medoroga*, *Danta- vaidarbha*, *Granthi* (*lymphadinitis*), *Vrana- vartma* (disease of eyelids), *Adhi-jivha*, *Arsha* , *Mandala* (*tuberculoid leprosy*), *Mansa-kandi* (*keloid*) and *Mansonnati* .

4) *Vedhana* –

Means puncturing .it is indicated for venipuncture of various types *Vikrut Siras*, *Mutravruddhi* (*Hydrocele*) and *Jalodara* (*Ascites*) for aspiration of fluids.

5) *Yeshana* –

Means probing. It is done by using probes of different Size and shape . it is indicated in *sinuses*, *ulcer* with impacted foreign body and those with tortuous tracks.

6) *Aaharana* –

Means extraction. It is done by using *Dantashanku*, *Nakhapatra*, *Anguli* etc. extraction is indicated for the three kind of *Vataj*, *Pittaj*, *Kaphaj* types of *Sharkara*, *Dantmala* , *Karnamala* , *Ashmari* (urinary calculi), all kinds of foreign bodies, *Mudhagarbha* and accumulated faeces in the rectum.

7) *Visravana* –

Means letting or drainage of Blood and pus by using needle.. It is indicated in five kinds of *Vidradhi* (abscess) except *Sannipataja* *Saruja* *Vataja* *Kustha*, *Ekdeshaj shopha* , *Palyamaya* (diseases of the earlobes), *Shlipada* , *visajusta shonita* (blood vitiated by poison), *Arbuda* (malignant tumours), *Visarpa* , the first three kind of *granthi* (*vataja*, *pittaja*, *kaphaja- syphilis*), *Stanroga* (diseases of the breast), *Vidarika* (pustule in groin and axilla), *Sausira* (small sinus of the tooth), *Gala shaluka* (epiglositis), *Kantaka* (inflammation of tongue), *Krimidanta* (caries of teeth), *Dantavesta* (gingivitis), *Upakush* , *Shitada* (scurvy), *Danta pupputa* (gingivitis) and *Kshudra rogas* (minor disease).

8) *Sivana* –

Sivana Means suturing. by using different types of needle according to body parts, it is indicated for diseases arising from fat such as tumor etc which have been incised, scraped well, *Sadyovrana* (traumatic wound) and diseases localized on movable joints.

Types of *Sivana*¹⁰ –

Sr. No.	<i>Sivana types</i>	Suture types
1	<i>Rujugranthi</i>	Interrupted suturing
2	<i>Anuvellita</i>	Continuous suturing
3	<i>Gophanika</i>	Blanket or button – hole suturing
4	<i>Tunnasevani</i>	Halstead's sub-cuticular suturing

3) *Pashchat karma* –

After the completion of the surgery, the patient should be assured by sprinkling cold water on his mouth and feet. The

wound should be irrigated and pressed slowly, massaged and washed with decoction, then the decoction remained in the wound should be wiped out with a cotton swab and a Gauze containing thick paste of sesames, honey and ghee, neither too Soft nor too rough to be inserted into the wound . After covering with medicated paste and putting a piece of gauze, it should be bandaged. Fumigate it with analgesic and disinfectant drugs like *guggulu, agaru, vacha, sarjras*, salt, *nimb patra* etc. The patient is kept in post operative care unit i.e. *vranitagara* By following all *Raskshoghna Karma* for protection of wound and Patient for 10 days.

DISCUSSION:

As per review from *Sushrut Samhita Acharya Sushruta* has mentioned *Trividh karmas* and its Step by step implementation during surgical procedures . Acharya described *Purva Karma , Pradhan karama and Paschat Karma* in detail. He also explained *Ashtavidh karma* i.e. Main Surgical procedure under Heading of *Pradhan Karma*.

CONCLUSION :

The study can be concluded that *Acharya Susruta* has mentioned *Trividh Kramas* are Very useful For performing *Surgical* as well as para- Surgical procedures .From the study of above review article we can understand about the deep knowledge of *Susrutacharya* . *Acharya Susruta* has given prime importance to surgical procedures and he

explained details about the Procedures under the main Heading of *Trividh Karmas* as *Purva, Pradhan and Paschat Karma* are very essential for a successful surgery without any complications and getting the complete relief from disease.

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