

TRIVIDHA KARMA IN SURGICAL PRACTICE- A CONCEPTUAL STUDY

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Article Received on
22 September 2022,
Revised on 12 Oct. 2022,
Accepted on 01 Nov. 2022
DOI: 10.20959/wjpr202216-26081

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ABSTRACT

Ayurveda is a system of medicine which gives the way of perfect living with nature. In Ayurvedic classics there are various types of treatment are mentioned and shastra chikitsa is one among them. Trividha karma means Purva karma, Pradhan Karma, Paschat Karma. According to Acharya Sushruta, Purvakarma means preparation of particular & collection of all the material needful in pradhana karma. Asthavidha shastra karma included in pradhan karma. Paschat karma includes post operative care.

KEYWORDS: Sastra karma, purva karma, Pradhan karma, paschat karma.

INTRODUCTION

Ayurveda has eight branches Shalya, Shalakyas, Kayachikitsa, Agadtantra, Bhootvidya, Kaumarbhritya, Rasayana and Vajikaran.^[1] The Shalya Tantra, A prime branch and rich in many aspects of modern surgical concepts.^[2] Sushruta one who is practiced & described as father of surgery. His classical literature Sushrut samhita, is one among three major classical texts. Sushruta was the first in ancient era to describe & practiced surgical procedures. He has mentioned many concepts, trividha karma is one of the important concept described by Acharya sushruta. Trividha karma means Poorva karma, Pradhan Karma, Paschat Karma.^[3] Poorva karma (Pre-operative management).

Poorva karma is defined as pre-operative management in Ayurveda. Poorva karma includes various other processes performed prior to surgery like poorva karma rugna sambandhit, chikitsa sambandhit, yantra shastra sambandhit, shastragraha sambandhit, Vaidya sambandhit.

Rugna sambandhit (Patient related)

Rugna Parikshana/Examination of patient

For the diagnosis of patient all types of examination are already done. But before operative procedures examination of patient is also important. To rule out congenital disorders, patient's physical examination is necessary for the anaesthesia. Trividha Pariksha told by Acharya Charak as Darshan (Inspection), Sparshan (Palapation), Prashna (history taking) Shadvidha Pariksha told by Acharya sushruta Panchnyanendriya & Prashna.^[4] Give all information regarding operative procedure to patient.

Shaving & part preparation.

Diet of patient before operative procedure proper diet advice by Acharya sushrut. Acharya Sushrut also told that keep patient nil by mouth before operative procedures of following diseases like – Mudhagarbha (obstructed fetus), udar (ascites), arsha (haemorrhoids), ashmari (renal calculi), bhagandar (fistula in ano), mukharoga (diseases of oral cavity).^[5]

Chikitsa/Treatment related

Before patient taken for operative procedure one should manage patient's vital stable. If patient is diabetic, Hypertensive, Anaemic etc. then give proper medicine for proper disease. Give IV fluid to patient if require.

Yantra –Shastra related (Instruments)

Acharya Sushrut explained ashthavidha shastra karma. Before any operative procedures there is requirement of many Yantra & Shastras. Following are some appliance required in surgical operation.

Yantra, Shastra, Kshar, Agni, Shalaka, Shruna, Jalauka, Alabu, Jamboushta, Pichu, dugha, tail, Santarpana dravyas, kwath, lepa, kalka, sheetjal, ushnajal, Lohanirmit patra etc.^[6]

Then on auspicioes tithi/day, after worshipping fire & brahmanas. The patient should be given light diet or nil by mouth then patient seated facing east ward, his movement being restrained and the surgeon facing west ward. Then the pradhan karma started.^[7]

Shastragruha sambandhit (Operation Theatre):

Operation theatre should be separate for different operations like general operation theatre, Netra shalaky operation theatre etc.

Surgery ward should nearby to that operation theatre.

Sterilization of operation theatre and vranitagar should be compulsory before operation.

Acharya sushruta explained dhupan dravyas like guggul, Ral, Nimbapatra etc.

Vaidya Sambandhit

Sushrutacharya explained qualities of good surgeon as follows.

Boldness, swiftness in action, sharpness of his instruments, no sweating and no trembling in hands, confidence. These qualities are most important for the surgeon.^[8]

Pradhan Karma (Main operation procedure)

This includes mainly asthavidh shastra karma & surgeon must be familiar with these eight surgical procedure. These are chhedana (excision, amputation, extraction), Bhedana (Incision), Vedhan(Puncturing), Lekhana (scraping), Eshana (Probing), Aharana(Extraction), Vistravana (Bloodletting), Seevan (Suturing).

Chedhana means excision. Indications of Chedhana are Bhagandara (Fistula-in-Ano), Arshas (Piles), Charma Keela (Keloids) etc.^[9]

Bhedhana – Bhedhana means Incision. Indications of Bhedhana are all Vidradhi (abscesses) except Sannipataj, Antra vriddhi (Hernia), Stanvidradhi (Breast abscess) etc.^[10]

Lekhana means scraping. The indications of Lekhana are Adhijiwika (uvulitis), Mandal Kushta (Patchy dermatitis) etc.^[11]

Eshana means Probing. The indications of Eshana are Naadee Vrana (Sinus), Shalya anaveshana (Detection of Foreign body) etc.^[12]

Aaharana means extraction. The indications of Aaharana are Pada Sharkara (corns in foot), Mudhagarbha (abnormal presentation of foetus), Karna and Danta mala (Earwax and dental Debris) etc.^[13]

Vedhana means puncturing. The indications of Vedhana are Siras (veins) in Rakta Mokshna, Jalodra (Ascites), Hydrocele.^[12]

Visravana means draining. The indications of Visravana are Vidradhi (abscess), Raktaarbuda (Haemangioma), Kushta (Leprosy).^[14]

Seevana means suturing. The indications of Seevana are Shatra Vranas (incised wound), Agantuja Vrana (Injuries).^[15]

Paschata Karma (Post-Operative Care)

After completing the Sastra Karma, the surgeon and his assistant must take meticulous care till the patient recovers completely and the wound heals. After surgery, the patient kept in vranitagar^[16] means recovery room or ward. The medicinal pastes should be applied over the wound which should then be covered by a thick layer of pad or bandages. The old bandage or dressing should be opened on the third day reapplied exactly as before. In winter and spring, the dressings should be changed every third day and in summer and rainy season every second day.^[17] In Sushruta Samhita sutrasthan, acharya Sushruta explained bandha vidhi (types of bandaging).^[18] The patient must be very careful in sitting, standing, moving, changing of position in bed etc. Pathya-apathya i.e. Prasastha aahara as Snighda, Ushna, Saali anna (unpolished rice), Jangala maamsa rasa, Jivanthi (spinach), Kaaravella (bitter gourd), Mudga (grass gram pulses), Vilepi and boiled water should be given. Madya (alcohol) is to be avoided as this will deteriorate the patient's health and delay the wound healing. Severe pain due to operative procedure making the patient restless can be relieved by gently applying lukewarm ghee mixed with Mulethi (yashtimadhu).^[19]

DISCUSSION

Acharya Sushruta wisely explained Trividha karma concept in Sushruta Samhita sutrasthan Agraphoparaniya adhyaya. From above conceptual study we can understand the systematic method of preoperative, operative & post operative measures. All these measures & procedures included in these three headings is Trividha karma. That plays important role in successful and complication free surgery.

CONCLUSION

Students which are studying surgery this trividha karma concept very helpful for preoperative, operative & postoperative management of patient. Acharya Sushruta was well aware of this fact & gave it much importance.

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