

**LITERATURE REVIEW ON TRIVIDHA KARMA****Shweta R. Mhatre<sup>1\*</sup>, Dr. Veerendra Meenkire<sup>2</sup> and Dr. Amit Shedge<sup>3</sup>**

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**ABSTRACT**

Acharya Sushruta was an ancient Indian physician and world's first surgeon known as "Father of Surgery". In Agropaharaniyam Adhyayam Acharya sushruta described Trividha karma. Trividh means three types and karma means operative Procedures. All surgical procedure consist of 3 stages (Trividha karma) - Purva karma (pre-operative), Pradhan karma (operative) and Paschat karma (post-operative). Purva karma means preoperative procedures includes agropaharna (collection of material for surgery), patient's preparation and surgeon's preparation. Pradhan karma means operative procedures including Ashtavidh shastra karma (different type of surgical procedures) and Paschat karma means post- operative procedures

which includes care of wound and patient. In order to get successful and complications free surgery we have to gain knowledge about these tri vidha karma. Acharya sushrut explained the importance of Trividha karma and it's use in surgery.

**KEYWORDS:** Trividha karma, Purva karma, Pradhan karma, Paschat karma.

**INTRODUCTION**

Ayurveda is a "science of life".<sup>[1]</sup> Ayurveda is a system, that helps maintain health in a person by using the inherent principles of nature to bring the individual back into equilibrium with their true self.<sup>[2]</sup> Ayurveda is divided into eight main branches for the convenience in clinical practice. They are Shalya tantra, Shalakya tantra, Kaya chikitsa, Koumarabritya, Bhuta vidya,

Agada tantra, Rasayana and Vajikarana tantra.<sup>[3]</sup> “Shalyatantra” is a prime branch of Ayurveda.<sup>[4]</sup> It include Procedure of excision of different types of straw, pieces of wood, Stone, dust particles, metallic articles, soil, pieces of bone, hair, Nail, pus, obstructed labour, Dushtvrana; Blunt instruments; Sharp instruments; Kshara; Agnikarma.<sup>[5]</sup>

Acharya Sushruta was an ancient Indian physician and world’s first surgeon, he is the one who practiced and described surgical procedures. In Agropaharaniyam Adhyayam Acharya sushruta described Trividha karma.<sup>[6]</sup> Trividha karma are – Purva karma, Pradhan karma and Paschat karma.<sup>[7]</sup> These are the important karma of shalyatantra. To perform any kind of karma in shalyatantra to cure any disease firstly we need to think about Trividha karma and do the procedures like ksharkarma, agnikarma etc according to these Trividha karma.

## MATERIAL AND METHODS

A critical review done from the matter related to Trividha karma in various Ayurvedic treatises.

### Trividha Karma<sup>[8]</sup>

‘Trividha’ means three types and the word ‘Karma’ means Operative procedure.

- i. Purva karma (Pre-Operative)
- ii. Pradhana karma (Operative)
- iii. Paschath karma (Post-Operative)

#### 1] Purva Karma

- i. Preoperative ethics:- before performing preoperative procedures vaidya should have follow preoperative ethics. vaidya should have used diagnostic measure like pratyaksha, anumana, aptopadesh and give the proper treatment according to these measures.<sup>[9]</sup>
- ii. Patient history and general examination.
  - Patient history includes Patient name, age, address, cast, occupation, satmya-asatmya, pre medical history, pre operative history, swarup of shool and vedana, personal history (appetite, sleep, bowel, bladder), duration of vyadhi.<sup>[10]</sup>
  - General examination includes Prakruti, vikruti, sarta, sahananta, pramanata, samyata, satmya, aaharshakti, vyayamshakti, vaya and bala.<sup>[11]</sup>
- iii. Selection of proper Aushadi and shastra karma.
  - Collection of all essential equipment :- Accessories beginning with blunt instruments are to be arranged before the surgical procedures. Sushruta has mentioned in detail about the

materials to be collected before any surgical procedures, which includes instruments and other preparations are shalaka, mrugashrung, jaloka, alabu, jamboshtashalaka, pichu, prota, Sutra, pata bandha aushadhi dravya, madhu, ghrut, Vasa, pya, taila, tarpan, kashaya, lepana, kalka, shitoshnodaka, Patra etc.<sup>[12]</sup>

○ Sterilization :-Before surgical procedure all the instrument should be heated to kill all the bacteria otherwise there is chances of infection and pus formation. Acharya Sushruta also followed the sterilization method<sup>[13]</sup> for various surgical Procedures such as Thaila Paayana, Udaka Paayana And Kshara paayana and in the context of Bhinna Vrana chikitsa Agni tapta salaka is used.

iv. Pre-operative diet :- Generally light food is advised before doing the procedures except mudha garbha (Abnormal position of fetus), udar (Ascites), arsha (Hemorrhoids), ashmari (Calculus), Bhagadar (Fistula), mukhroga (mouth diseases). Such patients should be operated empty stomach.<sup>[14]</sup> Even now also surgeries are usually performed by nil orally.

v. Consent:- Sushruta has mentioned the importance of taking consent in the context of Ashmari chikitsa.<sup>[15]</sup> In condition where death is certain if surgery is not done, when there is doubt between life and death while performing the surgery, then the surgeon should take consent from the authorities.

vi. Sangyahan (Anesthesia) :- In Ayurveda text book Acharya Sushruta was the first person to make use of opium, alcohol (wine) etc. are used to sedate the patient for Plastic surgery of nose 2000 BC. Patients were advised to take food before undergoing surgical operations so that the patients would not faint, to take alcohol to alleviate pain during surgery.<sup>[16]</sup>

## 2] Pradhan Karma

➤ Pradhan karma includes different types of surgical procedures (Shastra karma). Main eight types of surgical procedures explained by Sushruta are called Ashtavidh shastra karma.<sup>[17]</sup>

Chedana (excision), Bhedana (incision), Lekhana (scrapping), Vyadhana (puncturing), Eshana (probing), Aharana (extraction), Visravana (drainage) and Seevana (suturing).

### i. Chedan Karma

Chedana karma means excision of abnormal part of the body. Indicated diseases are Arshaankur (hemorrhoid) fistula-in-ano, granthi (cysts), tilkalak, vranavvrthma (ulcer margins), Arbuda (tumours), charmakila (warts), foreign body situated in bone and muscles,

jatumani (necrosed ligament, muscles and vessels) with the help of mandalagra (circular knife), karpatra (bone saw), vrudhipatra (scalpel).

ii. Bhedan karma

Bhedana karma means surgical cut made to expose specific operative field. Bhedana karma used in different type diseases - vataj-pitaj-kaphaj granthi (lymphadenitis), prameha pidika, shopha, bhagandaradi prapaki (suppurating) roga, medoj vyadhi (diseases of the adipose tissue), the three types of visarpa (erysipelas), vrudhhi (hydrocele and hernias), carbuncles, inflammatory swellings, breast diseases, diseased caused by medas etc.

iii. Lekhana Karma

Lekhana karma means scraping of infected skin Or lesion. Lekhana karma yogya diseases are Vataj-pitaj-kaphaj-raktaj rohini (diphtheria), Vitiligo, kilas (leukoderma), upjihvika (sublingual inflammatory swelling), diseases of Adipose tissue, patches on skin, keloid, hypertrophied muscles etc.

iv. Vyadhana Karma

It means puncturing with instruments. Vyadhana is indicated in disorders like Bahuvridha sira (different types of blood vessels), Mootra vriddhi (hydrocele) Dakodaram (ascites). Instruments like Utpala patra, Vrihimukha, Ara sastra, Vetasapatra are used for Vyadhana karma. Karna Vyadhana (ear puncture) Piercing of the ear lobe of Children using Soochi and Aara sasthra and measures to manage the complications of improper Vyadhana Were also explained.

v. Eshana Karma

Eshana karma means probing with eshani (probe). Sinuses and wounds with oblique course or extensions and foreign body are subjected to probing. The word Esana means to be searched by introducing Probe inside in order to find out the depth of the Sinus and internal opening in case of fistula. Esani Sastra is used for Eshana karma. Sinuses, wound with foreign body, those extending in wrong track and having pockets should be probed with soft stalks, hair and finger or probe.

vi. Aaharana karma

Aharana karma means extraction. Aharana is indicated in diseases like Ashmari (renal calculi), Danta mala (tartar of teeth), Karna mala (ear wax), Moodha garbha (obstructed labour), Varchasa nichitham gude (feaces accumulated in rectum). Instruments used for Aharana are Badisa and Danta sankhu.

## vii. Visravana Karma

Visravana karma means drainage. Visravana is indicated in disorders like kushta (skin diseases), Ekadeshaja sophra (localised inflammatory swelling), Palyamaya (diseases of ear pinnae), Sleepada (elephantiasis), Visha jushta shonita (poisoned blood), Arbuda (tumours), Upadamsa (erysipelas), Granthi (cyst) etc. Draining pus is performed with the help of needle, Kushyantra, trikurchak, shararimukh, Antarmukh and aatimukh.

## viii. Seevana karma

Seevan karma means suturing with the help of needles and threads. Seevana is indicated in disorders caused by medas, incised wounds and well scraped lesions, fresh wounds, those situated in the moving joints. Suturing should not be done in wounds affected with caustic, burns or poison and foreign body containing wounds.

➤ Hemostasis :- <sup>[18]</sup> Blood is a root of body. The main constituent of body is blood so we have to take all the precautions to stop bleeding. Hemostasis is important step to prevent further complications. To stop excessive bleeding 4 measures are used :- Sandhan, Skandan, Dahan and Pachan.

➤ Wound examination:- Before suturing of wound we need to look for any bleeding, instruments, gauze, hair follicles etc. If any particles remain in wound it can cause pain, inflammation, abscess of wound. vrana shodhana is advised before suturing.

**3] Paschat Karma:-** Wound care, Aahar- Vihar, Pathya- pathya are included in Paschat karma.

A. Vranitagar<sup>[19]</sup>

A vranitagar (ward) for wounded person should be well designed and according to vastu shastra. Vranitagar should be cleaned and auspicious, the head of wounded person should be on East side. Vranitagar must be free from dirt, Sunlight and heavy breeze, the person will not suffer from physical, mental and traumatic diseases.

B. Care of wounded person<sup>[20]</sup>

- To avoid infection of wound precautions should be taken while walking, sitting, sleeping, talking etc.
- Wounded person should not sleep during day. By sleeping during day, itching in the wound, feeling of heaviness in the body, swelling, pain, redness and exudation occurs and infection may greatly increase.

### C. Pathya-apathya<sup>[21]</sup>

pathya-apathya kalpana is one of the important therapies according our Acharya. Shali rice with ghee, chaulai, jivanti, changeri, bathuwa, amalak, mung, sattu, vilapi, boiled water etc. should be used during period of three karmas as per indicated. Patient should not consume nava dhaanya, mastu, sarshapa, klaaya, kulattha and nishpaava.

### D. Bandha

Bandha (bandaging) on wound is very important karma to avoid infection of wound. In diseases of Pitta origin and during autumn and summer, bandaging should be done twice in a day. This is same for diseases produced by vitiated blood. In diseases of Shleshma and in winter and spring bandaging should be done once in three days. This is same for diseases Produced by aggravation of Vata.

### E. Raksha Karma

Fumigation of the chamber should be done for ten days twice a day without lazyness using sarshapa, leaves of Arishta (Nimba) added with Ghee and Salt.

## DISCUSSION

The surgical procedures explained in Sushruta Samhita forms the basis for modern surgery. In Agropaharaniyam Adhyayam Acharya sushruta described Trividha karma in details. These Trividha karma are implemented to do various surgical procedures. The Ashta vidha shastra karma are being implemented in various forms in Modern Surgery even today. Sushruta has given clear instruction on surgical procedures but the references are scattered. Acharya sushruta also explained importance of Sterilization. The knowledge of Alleviating pain during surgery was started by Sushruta. Sushruta has also explained in a very detailed manner about bandaging, when to be done, how to be done, which to be done as per body parts; they are still relevant till now. Acharya sushruta also explained wound management in details.

## CONCLUSION

Acharya Sushruta is regarded as “Father of Surgery”. Acharya has described very minute and discrete concepts of surgery. To perform successful and complication free surgery Acharya Sushruta has mentioned trividh chikitsa karma and step by step implementation during surgery. Before operative procedures the patient history, examination of patient, consent are very important steps to do to find out specific treatment. Acharya also mentioned about laghu aahar or langhan before surgery to avoid complications during

surgery. Post operative wound care, bandha, varanitaagar are described in details by Acharya to avoid contamination of wound. Basic surgical procedures and their importance are well explained by Acharya. After correlation with modern surgical literature, it was observed that Ayurvedic surgical practice was well developed in ancient era.

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