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CLINICAL AND THERAPEUTIC ROLE OF *POORVA KARMA* AND *PASCHAT KARMA* IN *SHALYA TANTRA*: AN AYURVEDA REVIEW

Dr Arjun Gupta¹, Dr Rishu Sharma², Dr Aman Kumar³

¹Assistant Professor, Dept. *Shalya Tantra*, Babe Ke Ayurveda Medical Collge, Daudhar, Moga (PB) India.

²Assistant Professor, Dept. *Panchkarma*, Govt. Ayurveda Medical College, Akhnoor, Jammu, India.

³PG Scholar, Dept. Bal Rog, Babe Ke Ayurveda Medical Collge, Daudhar, Moga (PB) India.

Abstract

Ayurveda gives prime importance to the preventive measures as compared to the curative modalities of diseases treatments. In this regard Ayurveda elaborated different branches which work for the prevention and treatment of diseases. *Ashtangas Shalya Tantra* is one such branch of Ayurveda which includes surgical and parasurgical modalities for the purpose of health restoration. Ayurveda mentioned concept of *Poorva Karma* and *Paschat Karma* as pre-preparation and post operative care respectively which requires during surgical intervention. The *Poorva karma* mainly includes *Agropaharana* and preparation of patient for surgery while *Paschat karma* includes *Raksha karma* and *Vranitopasana*, etc. These pre-operative and post-operative measures play important role in the success of surgical procedures.

Keywords: *Shalya Tantra*, *Poorva karma*, *Paschat karma*, *Shalya Tantra*

Introduction

Ayurveda classics described several ways of treatment including *Shalya Chikitsa* which utilizes various *Shastra Karmas* for surgical interventions meant for the diseases management purpose. These all surgical interventions (*Shastra Karma*) have definite pre-operative and post-operative procedures. The pre-operative procedure performed before main operative procedure and called as *Poorva Karma* while post-operative procedures performed after main procedure (*Pradhan Karma*) and termed as *Paschat Karma*. *Poorva karma* and *Paschat Karma* plays pivotal role in the successful and complication of *Shalya Chikitsa* [1-5]. The sequential stages of surgical procedure depicted in **Figure 1**.



Figure 1: Steps of Surgical Procedures

Poorva Karma:

Poorva Karma is considered first step of surgery and helps to complete basic requirements of operative procedure. Accessories and drugs requires for *Pradhan Karma* arranged during the stage of *Poorva Karma*. *Poorva karma* includes preparation of patient as well as preparations of surgeon. *Sambhara sangraha, Thiti, Karana, Muhurtha, Dhoopana, Shastra payana, Abhuktavata* and written consent, etc. are major considerations of *Poorva karma* [4-7].

Sanghyaharana Agropaharana is major step of *Poorva karma* which involves collection of materials like *Yantra, Shastra, Kshara, Agni* for thermal cautery, *Salaka, Srnga, Jalauka, Alabu, Pichu, Protu, Sutra, Patra, Patta, Madhu, Ghrta, Vasa* and *Taila*, etc.

The suggestions and medical advises given to the patient before procedure also comes under the heading of *Poorva karma* i.e.; patient generally advised to avoid oral

intake before surgery in diseases like *Udara*, *Arshas*, *Ashmari* and *Mukha roga*, etc. Patient generally provided light food before surgery and advised to remain calm and cool.

As per modern view pre-operative procedure includes consideration of patient history and clinical examination as well as hereditary perspectives. Cardio vascular health, routine blood examination, general health examination and family history, etc. are the major things which are to be adopted while preparing for surgical procedure. An administration of anesthesia is crucial point which play key role in deep tissue surgery. It is also required to take consent form either from patient or family person especially in case of major surgical procedure. Maintenance of aseptic condition and exclusion of septic spot are important features of *Poorva Karma* [4-6].

Importance of *Poorva Karma*

- ✚ *Poorva Karma* helps to overcome complications of operative procedure.
- ✚ *Poorva Karma* prevents any chances of obstruction in main surgical procedure.
- ✚ *Poorva Karma* supports anesthetic procedure and provides maximum benefits of main procedure.
- ✚ *Poorva Karma* prevents any chances of infection since aseptic area arranged before procedure.
- ✚ Consequences of major surgical procedures can be avoided by adopting good practice of *Poorva Karma*.
- ✚ *Poorva Karma* helps to handle emergency situation during surgery.
- ✚ *Poorva Karma* facilitates coordination amongst the surgeon, technician and other experts during surgical process.

Paschat Karma

Paschat Karma means measures which are adopted after main surgical procedure. The post-operative period start from leaving the operation theater to joining of normal life thus it is duty of surgeon to advocate patient about the regimen which are to be followed during this period.

Paschat Karma includes guidelines related to the specific *Ahara-Vihara* which advises after surgery. Suturing, bandaging, administration of anti-inflammatory and anti-infective medicines, patient care and dressing of cuts and wounds, etc. are important aspect of *Paschat Karma*.

Washing with *Kashaya*, cleaning by swab, uses of wick of *Tila*, honey and ghee should be used for enhancing natural healing process. Sometimes *Kavalika* placed over the affected area then tied up with bandage and exposed to fumes of drugs to relieve post operative pain.

Rakshaa Karma means protective measures which includes certain *Mantras* for the early recovery of patients. *Achrya Susrutha* suggested shifting of patient to the *Aatura aagara* which provide dirt free, hygienic and good environment for fast recovery. It is strongly advises that patient should protect from mental and physical trauma after major surgery thus psychological support and counseling play vital role against traumatic disorder.

Fumigation also advised as post-operative measure which helps to prevent infections and inflammatory symptoms related to the surgical consequences. Fumigation can be performed using drugs like *Sarsapa*, leaves of *Nimba* mixed with *Gritha* and *Saindava*.

The *Paschat Karma* in case of *Vranitopasana* (wound care) includes removal of bandage after few days of surgery followed by cleaning of wound and repeated bandaging with medicaments till to get complete recovery. As post operative measure it is suggested not to remove dressing during early days of surgery to avoid hardening of wound and severe pain.

Patient should avoid *Vyayama*, *Harsha*, *Vyavaya*, *Bhaya*, *Divaswapna* and *Krodha*, etc. *Amla*, *Ushna*, *Ruksha* and *Teeshna Aaharas* also to be avoided after surgical intervention to prevent any health related consequences.

Initially patient administered only liquid diet after surgery, that after semi-solid foods can be allowed and after few days patient can take normal diet. Antibiotics and analgesics medicine given after *Shalya Chikitsa* to relieves infection and pain respectively.

Measurements of blood pressure, pulse rate and other essential parameters are important aspects of modern care of patient as post-operative measure. Uses of catheter to prevent postoperative retention are important for elderly patient [8-10].

Importance of *Paschat Karma*:

- ✚ Proper care after surgical interventions helps to restore early mobilization.
- ✚ If patient care taken with all necessary guideline then he/she can rejoin normal routine daily work as earliest.
- ✚ *Paschat Karma* facilitates fast healing of wounds and cuts.
- ✚ *Paschat Karma* enhances effects of surgical procedure by providing favorable conditions.
- ✚ *Paschat Karma* is useful for chronic and complicated surgery where patient seeks longer period for recovery.
- ✚ Post-operative care provides idea about to recover gradually in case of fracture and major surgical operations. where patient not able to rejoin daily work.
- ✚ Post-operative care decrease incidence of thrombosis and infections related to the surgical procedures.
- ✚ *Dhoopana* helps in sterilization and maintain aseptic condition.
- ✚ Patient counseling done after surgery helps to improves mental status of patient.

Conclusion

Poorva karma is prescribed for better outcome of *Pradhana karma* and complication free surgery can be achieved. Similarly final result of surgery depends upon proper post-operative care. Therefore it can be stated that pre and post-operative procedures are essential for successful operation and complete recovery/healing of the patient. *Poorva karma* includes *Paachana*, *Deepana*, *Snehana* and *Swedana* while *Paschat karma* includes *Peyaadi samsargana*. Collection of materials required for surgery is very important to acquire hurdle free surgical procedure. The emergency situation during surgery can be

managed if prior preparation done in advance. The surgical complication can be avoided by considering rules of *Poorva karma* and *Paschat karma*.

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