



IMPORTANCE OF *SHALYA CHIKITSA* IN ANORECTAL PROBLEM:

AN AYURVEDA REVIEW

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Abstract

Ayurveda the science of ancient knowledge put great emphasis on surgical interventions for the management of various diseases and in this connection Ayurveda create branch of surgery known as *Shalya Tantra*. This is a prime branch of Ayurveda which works around surgical and para-surgical interventions for maintaining optimum health status. The theories and procedures of *Shalya tantra* helps in the treatment of various pathological conditions including cysts, abscesses, haemorrhoids, bladder stones, urinary retention, wound and ano-rectal problems, etc. This stream of Ayurveda considered useful for other therapies fails to cure diseases. *Shastra karma, Guda roga chikitsa, Vruna chikitsa, Anushastragara* and post fracture rehabilitation, etc. are major approaches of *Shalya Tantra* which provides therapeutic advantages in many health problems. This branch used extensively for the management of ano-rectal disorders such as hemorrhoid, fissures and abscesses, etc.

Key-Words: *Ayurveda, Shalya Tantra, Surgery, Ano-rectal Disorders*

Introduction

Shalya Chikitsa is considered as a significant branch of Ayurveda amongst many other branches. The ancient renowned philosopher *Susruta* known as father of surgery, his treatise *Susruta Samhita* provides knowledge about ancient methods of surgery and gives idea about the diseases which can be handled through traditional approaches of *Shalya Chikitsa*. This unique ayurveda stream deal with various health problems including tumors, external injuries, fracture, pregnancy, obstruction in intestinal loop, wound and ano-rectal problems, etc [1-4].

According to *Susruta* the *Shalya tantra* can be indicated for the management of health problems like *Arbuda*, *Gandamala*, *Gud-bransh*, *Ashmari*, *Mutravaodh* and *Stanarog*, etc. In this regards Ayurveda described pre-operative, main and post-operative surgical procedures for the treatment of above mentioned conditions.

The *Shalya tantra* utilizes various equipments for surgical procedure including bandages, *Shastra*, *Yantras* and *Sutures*, etc. *Shastra* are sharp instruments, *Yantras* are blunt instruments and *Sutures* used for stitching purpose [4-6].

The good surgical practice requires following considerations while treating patient by surgical interventions:

- ❖ The consideration of *Marma's* (significant points) is important aspect to avoid any complication during surgery.
- ❖ Appropriate instrument and procedures are to be adopted as per the clinical condition of patient.
- ❖ Post-operative precaution play important role in case of elderly and pediatric patient.
- ❖ The dosing and control of anesthesia is important factor during surgical procedures.
- ❖ Elderly and pediatric patient are to be handled with great care.

***Shalya Chikitsa* for Ano-rectal Problems:**

The ano-rectal problems like hemorrhoids and fistula-in-ano are considered as *Aṣṭamahagada* and ayurveda *Shalya Chikitsa* provides several health benefits in the management of these problems. These disorders associated with peri-anal and perineal

region thus requires special attention while treating such disorders the expertise of physician or surgeon also prerequisite. These disorders mainly arise due to the improper diet, wrong posture, sedentary life style and awful daily regiment, etc.

Common symptoms of ano-rectal problems are:

- ❖ Painful defecation
- ❖ Bleeding per rectum
- ❖ Discomfort in seating and long standing posture
- ❖ Constipation
- ❖ Protrusion of pile mass
- ❖ Mucus discharge, burning sensation and itching of anus

The derangement of *Doshas*, mainly *Vata* involve in *ano-rectal problems*, this vitiated *Dosha* localizes in *Guda vali* and further affects *Twak*, *Meda* and *Rakta*. The disturbance in *Annavaha sroto* and *Agni* causes symptoms of *painful defecation*, *bleeding* and *burning sensations*, etc. *Shalya Chikitsa* mainly advised for ano-rectal disorders, **Figure 1** depicted major ano-rectal problem which can be treated effectively with the help of *Shalya Chikitsa* [5-8].

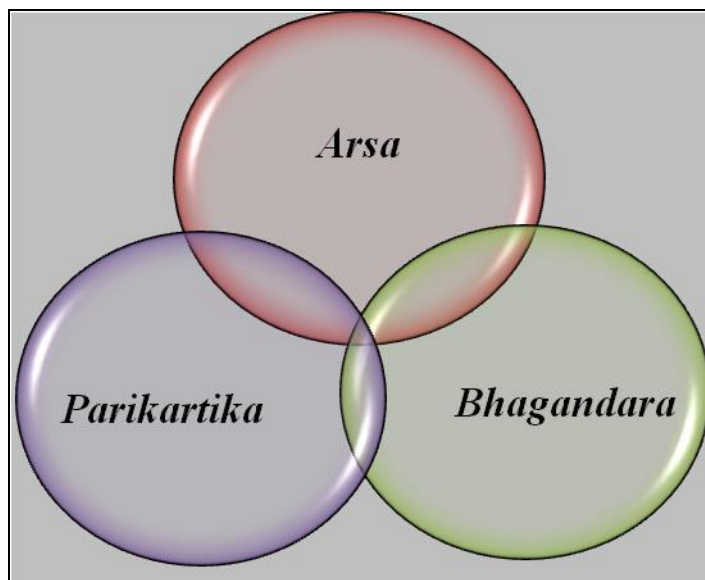


Figure 1: Ano-rectal problems which can be treated by *Shalya Chikitsa*

Hemorrhoids dealt as per the concept of management of *Arsha*, the other fleshy masses like polyp and warts, etc. can also be treated with same principle. *Bheshaj*

Chikitsa, Kshara Karma, Agnikarma and Shastra Karma mainly advise for such types of problem. The *Shastra Karma* followed by suturing and bandaging procedures gives advantage of early healing and reduces chances of reoccurrence. *Shalya Chikitsa* in case of hemorrhoids (*Arsha*) provides therapeutic benefits to control discharge, reduces sensation of pain, suppress burning sensation and itching. The surgical intervention further decreases chances of infection and improves natural healing process. The utilization of *Kṣarasutra* causes chemical cauterization, strangulation of blood vessel and helps to heal wound surface completely.

Fissure-in-ano can also be treated effectively using various modalities of *Shalya Chikitsa*; the surgical intervention helps to acquire complete relaxation of the internal sphincter during the treatment of fissure-in-ano. *Shalya Chikitsa* relaxes sphincter muscles and heals the wound by enhancing process of regeneration. While treating such types of condition it is also advised to take some adjuvant treatments like *Avagaha sweda* (sitz bath) of *Triphala kwatha* to control inflammation and pain. The utilization of *Kṣarasutra* relaxes spasm of sphincter muscles and prevents discharge.

Parikartika can also be treated effectively by various surgical interventions such as *Chhedana, Bhedana* and *Ksharana*. The *Stambhana, Shodhana* and *Ropana* properties are considered helpful to excise the sentinel tag and fissure bed. The ayurveda procedures excises fibrotic tissue due to their *Ksharana* action and remove unhealthy debris by virtue of their *Shodhana* property.

The surgical procedures like incision, excision, scrapping, suturing and bandaging, etc. offers hemostatic and antiseptic action thus prevent profound discharge in case of ano-rectal problems. The healing materials used in surgical intervention improve natural healing of wound and cuts. The *Kshara* cauterize tissue due to its *Ksharana guna*, some materials like turmeric powder provides bactericidal action thus prevent further infection thereby boost healing properties. The chemical cauterization if done by expert person then this process helps in the destruction of pile mass without severe injury [7-10].

The coagulating property of materials used in surgery helps to prevent bleeding during cutting of the mass. The *Sutra* ligation process causes mechanical strangulation

of blood vessels and tissue thus local necrosis of pile mass may occur resulting removal of pile mass during defecation.

The anti-bacterial and anti-inflammatory properties of materials used for ligation and suturing purpose offers relives from progressive infection during early stage of wound at ano-rectal region. The anti-inflammatory property prevents symptoms of burning sensation and pain.

The chemical cauterization during surgical process causes necrosis of unhealthy granulation thus facilitates their drainage and proliferation of new tissue takes places thus recovery process gets improved.

Advantages of *Shalya Chikitsa* in Ano-rectal problems:

- ✚ *Shalya Chikitsa* facilitates debridement of unhealthy granulation thus suppress disease progression.
- ✚ Cutting of pile mass occur by mechanical pressure thus no other injury observed after procedure.
- ✚ Natural healing process boosts up thus fast recovery of patient occur.
- ✚ Patient can join routine daily works after post-operative regimen.
- ✚ Fewer complications, no chances of reoccurrence and re-infection.

Conclusion

It can be concluded that ano-rectal diseases can be managed through surgical skill, however knowledge of disease, position of wound and age of patient, etc. are some points which are to be taken in consideration while planning for surgical intervention. The expertise of surgeon and availability of essential equipments are prerequisite conditions during surgical procedures. Ayurveda surgery is useful for the management of ano-rectal disorders like; abscesses, fissures, hemorrhoids and fistulas, etc.

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