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AYURVEDA CONCEPT AND CLINICAL SIGNIFICANCE OF *PURVA* AND *PASCHATKARMA* IN *SHALYA TANTRA*

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Abstract

Shalya Chikitsa, is an essential therapeutic modality of Ayurveda, which encompasses surgical and para-surgical interventions to address various pathological conditions and injuries. This treatment approach has proven effective in managing diseases such as *Arsha*, pilonidal sinus, *Charmakeela*, cysts, *Kadar* and abscesses, etc. The foundation of *Shalya Chikitsa* lies in the well-defined protocols described by *Acharya Sushruta*. One such protocol is known as *Trividha karma*, which outlines the three stages of *Shalya Chikitsa* including *Purva Karma*, *Pradhan Karma* and *Pashchat Karma*. *Purva Karma* and *Pashchat Karma* play vital role in the success of *Pradhan Karma* of *Shalya Chikitsa*. Considering this facts present article explores Ayurveda concept and clinical significance of *Purva* and *Paschatkarma* in *Shalya tantra*.

Key-Words: *Ayurveda, Shalya Chikitsa, Purvakarma, Paschatkarma, Surgery*

Introduction

Shalya Tantra is a specialized branch of Ayurveda dedicated to the care of wounds, drainage of pus and extraction of foreign materials, etc. In this branch, various instruments such as sharp and blunt tools, along with caustic alkalis are used to facilitate the treatments. Materials derived from minerals and animals also utilized in Ayurveda *Shalya Tantra* for therapeutic purpose.

The procedures of *Shalya Tantra* mainly revolve around the *Trividha Karma*, which is a three-stage operative approach. The three stages encompass pre-operative preparations, main operative procedure and post-operative care. Together, these approaches form a comprehensive framework for surgical and para-surgical interventions.

Purva Karma plays a vital role in preparing all the necessary requirements in advance for the surgical procedure, while *Paschata Karma* is followed after *Pradhana Karma* to prevent complications related to the surgeries and maximize the health benefits of surgical interventions.

The operative procedures within *Shalya Tantra* offer effective remedies for a wide range of conditions, including tumors, abscesses, cysts, burns, wounds and fractures, etc. The expertise and techniques employed in this branch contribute significantly to the successful treatment and healing of various ailments and injuries. This article emphasizes the significance of all aspects of *Shalya Chikitsa*, including *Purva Karma* and *Pashchat Karma* [1-4].

Purva Karma:

This initial stage involves preoperative measures, including gathering the necessary surgical materials, preparing the patient for the main procedure and making arrangements for the surgery. Proper preparation during *Purva Karma* sets the stage for a successful surgical intervention. *Purva Karma* serves as the initial step in the surgical process, involving careful consideration of the basic requirements for operative procedures and meticulous preparation for the surgery. The assortment of blunt and sharp instruments, rods, gourds,

caustic alkalis, horns, cotton, honey, milk and threads should be gathered beforehand. Additionally, pastes, ointments and decoctions must be readied prior to the surgery [4-6].

Major procedures within Purva Karma are as follows:

- ✓ Collection of materials required for surgery, the necessary surgical tools and medicinal preparations are collected and organized to ensure a smooth surgical process.
- ✓ Preparation of the patient, this step involves getting the patient ready for the upcoming surgical intervention, ensuring their physical and mental well-being before the procedure.
- ✓ Preparations done by the surgeon, the surgeon carefully reviews and prepares for the surgery ahead, making necessary assessments and decisions to ensure a successful outcome. The operative field is thoroughly examined to minimize the risk of sepsis and other potential complications.

Clinical Significance of Purva karma:

- ✓ Overcoming operative and post-operative complications, planning during *Purva Karma* help to identify potential issues beforehand, allowing the surgical team to address them proactively and minimize complications during and after the surgery.
- ✓ Saving the time and reducing confusion, *Purva Karma* ensures a streamlined and efficient surgical process. This saves time and prevents unnecessary confusion during the procedure.
- ✓ Enhancing patient and surgeon comfort, adequate preparation through *Purva Karma* ensures a comfortable environment for both the patient and the surgical team.
- ✓ Facilitating ease and reducing errors, selection and collection of the required instruments and materials, significantly contribute to making the surgical procedure smoother and reducing the chances of mistakes.

Overall, *Purva Karma* plays a pivotal role in ensuring a successful surgical intervention by preparing and organizing everything needed in advance. This level of meticulous planning

and preparation is crucial for achieving positive surgical outcomes and promoting the well-being of both the patient and the surgical team.

Nirjantukaran is an important component performed under the *Purva Karma* stage in *Shalya Tantra*. It focuses on the sterilization of surgical equipment and instruments to achieve an aseptic or sterile condition. The primary objective of *Nirjantukaran* is to eliminate any potential infections and microbial contamination, thereby ensuring a safe and hygienic surgical environment [5-7]. Various procedures are employed for sterilization to guarantee the complete elimination of harmful microorganisms from the surgical tools. Some common methods used for sterilization is depicted in **Figure 1**.



Figure 1: Approaches of *Nirjantukaran* performed under *Purva Karma* stage of *Shalya Tantra*

***Purva Karma* Considerations:**

- ✚ Patients are instructed to refrain from consuming solid food before undergoing a surgical procedure.
- ✚ Patient consent must be obtained, before proceeding with the operation.
- ✚ Prior to surgical interventions, the medical history of the patients should be thoroughly collected and assessed.

✚ Various factors such as systemic examination, bleeding time and coagulation time should be taken into account before initiating any surgical measures.

Pashchat Karma:

The final stage, *Pashchat karma*, focuses on post-operative care. It plays a crucial role in avoiding complications and ensuring the patient's recovery and overall well-being after the surgery. The attentive post-operative care helps to achieve the therapeutic completion of the treatment.

The treated area should be cleansed using a decoction, followed by gentle wiping with a cotton swab to ensure proper hygiene. To achieve soothing and cooling effects, the application of *Sarshapa*, *Madhu* and *Ghrita* substances is recommended. After the main operative procedure, fumigation is recommended using medicinal substances (*Vacha*, *Lavana* and *Guggulu*). This fumigation helps in promoting healing and preventing infections in the treated area.

To ensure a clean and infection-free environment for the patient, the *Vranitagara* is utilized. The *Vranitagara* unit diligently keeps the patient free from dirt and potential sources of infection, thus effectively preventing any further complications that may arise as a result of the surgical intervention. The attentive care provided by the *Vranitagara* plays a crucial role in supporting the patient's recovery process and ensuring a successful outcome after the surgery.

Several post-operative measures are advised, including bandaging, suturing, dressing, fumigation and diet plan. In terms of fluid intake, it is recommended to provide fluids in smaller quantities along with fruit juice to the patient. After the main procedure, a semi-solid meal may be suggested to support the recovery process and ensure the patient's comfort. These post-operative measures and dietary considerations play a vital role in promoting healing and facilitating a smooth recovery after the surgical intervention. It is recommended to use antibiotics and analgesics to fasten the healing process [6-8].

Conclusion

Purva Karma and *Paschata Karma* are three crucial stages of *Ayurvedic Shalya Chikitsa*. In *Purva Karma*, the focus is on gathering the necessary materials for the surgical procedure and preparing the operation rooms. *Paschata Karma*, performed as a post-operative measure, aims to minimize the risk of operative complications. It encompasses fumigation, the use of *Vranitagara*, dressing, suturing and bandaging along with specific *Ahara* and *Viharas*. Additionally, antibiotics and analgesics drugs may be employed as needed. The collective implementation of these approaches contributes to the success of Ayurvedic surgeries, promoting effective healing and overall well-being of the patients.

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