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ROLE OF SHALYATANTRA AND IT'S IMPORTANCE IN TREATMENT OF ANORECTAL DISORDERS

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ABSTRACT

Shalya tantra is an Ayurveda branch which is related with Ayurvedic surgery and provides many therapeutic regimens for the management of surgical conditions. The Ayurvedic surgery based on the principles and theories of Shalya tantra and helps to cure many pathological conditions. In this modern era, there is a remarkable increase in the number of traumatic cases, where the treating modalities like antibiotics, and local [management](#) is not sufficient for wound healing in present article we are discussing the role shalyatantra in treatment of anorectal disorders

Keywords :Nil

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 postoperative 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. ☞

Shalya Chikitsa requires some precautions while employing for the management of Gandamala, Arbuda, Ashmari, Stanarog and Mutravaodh, etc. The following precautions or suggestions advised while dealing with critical surgical conditions: } The selection of proper instruments prerequisite for surgical intervention. } Maintenance of sterilization of equipments is required. } Maintenance of aseptic conditions in surgical room for preventing chances of infections. } The correct surgical procedures need to be adopted with minimal invasion and maximum benefits. } The Marma points should be considered before surgical intervention to avoid complication. 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.

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.

The Shalya tantra utilizes various equipments as mentioned below for surgical procedure: • Shastra as sharp instruments • Yantras as blunt instruments • Sutures for stitching purpose • Bandages, surgical cloth other equipments, etc. The pre-operative consideration of Shalya Chikitsa ensures complete preparation of surgery and makes comfort for patient as well as physician. The postoperative procedures prevent any chances of complication, provide complete health benefits of main surgical procedure and improve process of healing. [5-7] Shalya Chikitsa for Specific Diseases Shalya Chikitsa used for many disease especially for ano-rectal problems such as; hemorrhoids, fistula-in-ano and pile, etc. Shalya Chikitsa helps to relieve symptoms of painful defecation, bleeding per rectum, discomfort in seating, constipation and burning sensation, etc. Role in Arsha Arsha is can be managed effectively with the help of Kshara Karma and Shastra Karma. The Shastra Karma and bandaging techniques helps in early healing of Arsha and reduces reoccurrence chances. Shalya Chikitsa when used with suturing technique in Arsha then it helps to control discharge, reduces burning sensation, cure itching and suppress pain. The post operative surgical intervention improves healing process and chemical cauterization of Kṣarasutra causes

strangulation of blood vessel thus facilitate tissue granulation and fasten healing process. Role in Fissure-in-ano The Shalya Chikitsa facilitates relaxation of sphincter during the treatment of fissure-in-ano and boost up healing by enhancing regeneration process. Avagaha sweda of Triphala kwatha sometimes advocated as accompanying treatment modality in case of Fissure-inano along with surgical intervention. This approach helps to cure inflammation and reduces sensation of pain. Kṣarasutra can also be suggested to relax sphincter muscles spasm; Kṣarasutra prevents discharge and improves natural healing process. Role in Parikartika Bhedana and Chhedana along with Ksharana can be used effectively for the management of Parikartika. The Shodhana, Ropana and Stambhana, etc. properties provides therapeutic benefits in Parikartika. The Ksharana action of ayurveda procedures helps to excises fibrotic tissue and facilitates removal of unhealthy debris due to their Shodhana action. Role in Bhagna The concept of immobilization and reduction play vital role in the management of Bhagna, however Ayurveda procedure of bandaging helps to relocate the position of fractured bone. Traction, opposition and stabilization followed by bandaging advocated for rehabilitation of Bhagna. Sushruta mentioned cross bandaging over the dislocation of shoulder joint. Role in Vrana The Shalya Chikitsa play vital role in the management of Vrana, the Dushta Vrana first converted into Shuddha Vrana with the helps surgical and purification

measures along with uses of herbal medicines. Ayurveda mentioned Avasechana, Vimlapana, Patanakriya, Ropnam and Vaikritapaham, etc. as therapeutic approaches for the management of Vrana. Mode of Action of Shalya Chikitsa The surgical procedures help to maintain hemostasis and cure disease by entering into the deep routed tissue from where disease mainly arises. Incision, scrapping, excision, bandaging and suturing, etc. are major interventions of Ayurveda surgery which itself provides antiseptic action and prevent discharge thus offers health benefits in ano-rectal problems. The healing materials improve natural healing process thus restrict pathogenesis of wound and prevent further infections. The cauterization of Kshara imparts Ksharana guna thus purify wounds and helps in tissue granulation. The antimicrobial and anti-inflammatory materials like turmeric used in surgical interventions offers antibacterial action and restrict infection. The anti-inflammatory action helps to reduce pain and inflammation. Chemical cauterization of some technique helps to destruct pile mass. The chemical cauterization facilitates drainage of unhealthy tissue mass and fastens up regeneration and granulation processes to boost up recovery of affected part. The Sutra used in Ayurveda surgery causes mechanical strangulation of vessels thereby facilitates removal of pile mass.

CONCLUSION

As per Ayurveda there are many pathological conditions which can be treated effectively with the help of Shalya Chikitsa. The Ayurveda Shalya Chikitsa play important role in the management of ano-rectal diseases (hemorrhoids, fistulas, abscesses and fissures, etc.). The surgical practice requires knowledge of disease, position of Marma points, and condition of patient and complication of surgery. The skilled surgeon should perform surgical intervention after the proper planning so to avoid any chances of adverse results. Shalya Chikitsa facilitates debridement of unhealthy parts, suppress disease progression. Support natural healing process with fewer or no chances of reoccurrence. 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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