

APPLICABILITY OF EKADASHA UPAKRAMA IN VARIOUS SURGICAL
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ABSTRACT

The conservative management of the surgical conditions is of much importance before performing Shashtra karma. *Ekadasha Upakrama* is mainly the conservative management techniques by using the first eleven *Upakramas* in *Shashti Upakrama*; that is from *Apatarpana* to *Virechana*. *Ekadasha Upakrama* is explained by *Acharya Sushruta* for the treatment of *Vrana* and *Vrana shopha*. Also *Ekadasha Upakrama* are the *Poorva Karma* to *Ashta Vidha Shashtra karma* according to *Dalhanacharya*. Therefore *Ekadasha Upakrama* becomes the first line of management in various surgical conditions. Hence review of literature is done in this regard for understanding the applicability of *Ekadasha Upakrama* in different stages of various surgical conditions.

KEYWORDS: *Vrana shopha*, *Ekadasha Upakrama*, Surgical conditions.

INTRODUCTION

The diseases in Ayurveda are classified as *Shashtra Saadhya* and *Snehadikriya Saadhya* by *Acharya Sushruta*. Even in *Shashtra Saadhya vyadhi*, *Snehadi kriya* like *Snehana*, *Swedana*, *Vamana*, *Virechana* can be adopted before *Shashtra Karma*.^[1] *Ekadasha Upakrama* is mainly the conservative management techniques by using the first eleven *Upakramas* in *Shashti Upakrama*; that is from *Apatarpana* to *Virechana*.^[2] *Ekadasha Upakrama* are the *Poorva Karma* to *Ashta Vidha Shashtra karma* according to *Dalhanacharya*.^[3] *Ekadasha Upakrama* is explained by *Acharya Sushruta* in the context of treatment of *Vrana* and *Vrana shopha*.^[4] Various surgical conditions like *Granthi*, *Vidradhi*, *Alaji* etc are considered to have similar etiology to that of *Vrana Shopha*.^[5] Therefore *Ekadasha Upakrama* becomes the first line of management in various surgical conditions.

Ekadasha Upakrama includes *Apatarpana*, *Alepa*, *Parishheka*, *Abhyanga*, *Swedana*, *vimlpana*, *Upanaha*, *Pachana*, *Viravana*, *Snehana*, *Vamana*, *Virechana*.^[6]

The word *Ekadasha* refers to eleven and *Upakrama* refers to chikitsa. *Ekadasha Upakrama* are though twelve in number are considered together as *Ekadasha Upakrama* by adopting *Bahuvrihi samasa*.^[7]

Ekadasha Upakrama

1. **Apatarpana**- *Apatarpana Upakrama* is considered as *aadya Upakrama* by *Acharya Sushruta*^[8] and *Acharya*

Vagbhata.^[9] *Apatarpana* in this context refers to *Abhojana* not therapies like *Vamana*, *Virechana* etc., as they are mentioned separately.^[10]

Indications- It is indicated in *Nija Vrana* as it does *Shamana* of *Uchrita Dosha*. Also indicated in *Vataja shopha* and *Vataja Vrana* to eliminate the *Ama* which is associated in the early stage.^[11]

Contraindications- In *Agantuja Vrana* as there is no *Dosha Prakopa* upto one week.^[12] *Apatarpana* is contraindicated in diseases caused by *Vata*, *Trushna*, *Kshudha*, *Mukhashosha*, *Shramanvita*, *Garbhini*, *Vruddha*, *Baala*, *Durbala* and *Bheeru*.^[13]

However all said *Apatarpana* should be employed only after considering the *Dosha*, *Bala* and *Prakruti* of the person.^[14]

Benefits- *Apatarpana* does the *shamana* of *Uchrita Dosha*.^[15,16] In *Vrana* devoid of reddish discoloration and *Vrana shopha* in initial stage the *dosha Shamana* is quickly attained by *Apatarpana*.^[17]

2. **Alepa**- *Alepa* means application of paste like medicine and is considered as *aadya* and most important *upakrama* and for all types of inflammatory conditions.^[18]

Classification

Pralepa	Pradeha	Alepa
<i>Pralepa</i> is <i>Sheeta</i> and <i>tanu lepa</i> It does <i>Shoshana</i> when <i>Srava</i> is present.	<i>Pradeha</i> is either <i>sheetha lepa</i> or <i>ushna lepa</i> and is <i>mahishardacharma pramana</i> . It is <i>avishoshi</i> . It does <i>Vata Kapha prashamana, shodhana, ropana</i> also reduces pain in inflammatory swellings.	<i>Alepa</i> is neither too thick nor too thin. It does <i>rakta pitta prasadana</i> . It can be used both in <i>Vrana</i> and <i>Vrana shopha</i> . ^[19]

Indications- *Alepa* is indicated in initial stages of *vrana shopha* and indicated in *vrana* associated with severe pain.^[20] *Alepa* is suitable even in *guhya* and *marma pradasha*.^[21] *Pralepa* is indicated in *samyak dagdha* and *atidagdha vrana*.^[22] In the context of *Prakupita doasha* in *karnapali*, *pralepa* for individual *dosha* is mentioned.^[23]

In *Vataja* conditions- *Matulungadi lepa*
In *Pittaja* conditions- *Durvadi lepa*
In *Kaphaja* conditions- *Ajagandhadi lepa*.^[24]

Snehamatra in lepa

<i>Vataja</i>	1/4 th <i>sneha matra</i>
<i>Pittaja</i>	1/6 th <i>sneha matra</i>
<i>Kaphaja</i>	1/8 th <i>sneha matra</i>

Method of application of Alepa

- *Alepa* should be done in *pratiloma gati*. In this way the *veerya* of *lepa dravya* enters *roma kupa* and penetrates through *swedavahini sira*.
- *Alepa* should not be applied at night
- We should always apply freshly prepared *alepa*.
- *Alepa* should not be applied again on the previously applied
- Once used *alepa dravya* cannot be used again.^[25]

<i>Vataja</i> conditions	<i>Ushna parisheka</i> with <i>ghruta, taila, dhanyamla, mamsa rasa, vatahara aushadha</i>
<i>Pittaja</i> conditions	<i>Sheeta parisheka</i> with <i>ksheera, ghruta, madhu, sharkarodaka, ikshurasa, maduraushada, ksheeravruksha nishqwatha</i>
<i>Kaphaja</i> conditions	<i>Ushna parisheka</i> with <i>taila, mutra, ksharodaka, sura, sukta, kaphahara aushadha</i>

Benefits of Parisheka- As fire is extinguished by sprinkling of water, the *dosha* is also pacified immediately by *parisheka*.^[34]

4. Abhyanga

Abhyanga should be done after considering *dosha*. It does *dosha shamana* and brings about *mruduta*.

<i>Vataja</i> and <i>kaphaja</i> conditions	<i>Taila</i>
<i>Pittaja, raktaja, visha nimittaja</i>	<i>Shatadhoutadi ghrita</i> ^[36]

Abhyanga should be done with *taila* or *ghrita* after examining *prakruti, satmya, rutu, desha, dosha* and *vikara*.^[37]

5. Swedana

Swedana refers to sudation process, usually done after *abhyanga/ snehana*.

Benefits of Alepa

- *Alepa* is beneficial in *avidagdha shopha* as it does *dosha shamana*, removes *daha, kandu* and *ruja* and also responsible for *twak, mamsa* and *rakta prasadana*.^[26]
- *Alepa* does *prahladana, shodhana, shopha harana, utsadana* and *ropana*.^[27]
- *Alepa* does *srava sannirodha, mruduta* of *puti mamsa* and *vrana shodhana*.^[28]
- *Acharya Sushruta* gives a simile as to how a house in fire sprinkling of water extinguish the fire similarly application of *Alepa* removes the pain quickly.^[29]

3. Parisheka

Parisheka refers to the sprinkling of *drava dravya* on the body parts.^[30]

Indications of Parisheka

- In *picchita, ghrusta* and *chinna agantuja vrana, parisheka* is indicated.^[31]
- In *bhagna chikitsa, sheeta parisheka* is indicated.^[32]
- In *ushtragreeva bhagandhara chikitsa*, and in general all *bhagandhara, parisheka* is indicated.^[33]

Indications

- It is done as *poorvakarma* in *swedana, vimlapana* etc
- It is done as *paschat karma* in *visravana*^[35] etc
- It is indicated in *granthi, arbuda, vidradhi, galaganda*.

Indications

- *Swedana* should be done in *shopha* and *vrana* which are painful, *Katina* and *daruna*.^[38]
- *Swedana* should be done when pain is due to *vata* and *kapha* and not *pitta*.^[39]
- *Swedana* is indicated in *vataja arshas, ashmari* and *bhagandhara chikitsa*.

6. Vimlapana

Vimlapana is a specialized process which does diffusion of localized *dosha* by *angulimardana* (soft manipulation).^[40]

In *sthira* and *manda ruja yukta vrana shopha*, *vimlapana* should be done after *abhyanga* and *swedana*, mildly by pressing slowly and gently using bamboo tube or palm and sole or thumb.^[41]

Later paste of roots of *vikankata*, *aragwadha*, *kakananthi*, *kakadanti*, *tapasavruksha* and *pinda phala*, *arka*, *bhargi*, *karanja*, *kala*, *madana* should be applied.^[42]

It is usually done in *kaphaja* and *vatakaphaja shopha*, *shlemaja granthi*.

7. Upanaha

Upanaha can be done in both *ama* and *pachyamana shopha*.

In *ama shopha* it does *shopa shamana*, whereas in *pachyamana shopha* it does *paka*.^[43]

Mainly indicated for *vata shamana*, *vataja* and *kaphaja shopha*.^[44]

It is done in two ways

- *Upanaha* can be done with *vatahara mula kalka*, *amlapishtha* and more salt without *vastra bandhana*.
- It is also done with *kalka* prepared with *kakolyadi gana*, *eladi gana*, *surasadi gana*, *tila*, *atasi*, *sarshapa*, *krushara*, *payasa*, *utkarika*, *veshavara* and *lavana*, followed by *vastra bandhana*.^[45]

8. Pachana

When *vrana shopha* does not subside by other *Ekadasha Upakrama*, *pachana* is indicated.

- *Dadhi*, *takra*, *sura*, *shukta*, *dhanyamla* are taken *ghrita*, *lavana* are added and *utkarika* is prepared and applied hot on the part and covered with *eranda patra*.
- *Pachana dravya yukta ahara* is given internally.^[46]

9. Visravana

Visravana is indicated in *vrana shopha* in initial conditions for the purpose of relieving *vedana* and *paka*.

Visravana is indicated in *vrana* associated with *shopha*, which is *kathina*, *krishna*, *aruna*, *rakta varna*, which is extensive and uneven.

In *savisha vrana jalauka* etc are particularly beneficial.^[47]

Visravana is usually done using *jalauka* and *prachanna*. *Visravana* prevents diseases like skin diseases (*kushta*, *nyaccha*, *nilika*), *granthi* (*sira granthi*), *shopha*, blood disorders (*rakataja gulma*, *vidradhi*, *visarpa*).^[48]

10. Snehana^[49]

Snehana here refers to internal administration of *sneha dravya* as *abhyanga* is already mentioned.

Oushada siddha snehapana is indicated in patients with *upadrava* like *vepathu*, *pakshavadha*, in *ruksha*, *krusha* and *vrana shoshi* persons.

It can be given in the form of *pravicharana* or *accha snehapana*.

11. Vamana

Vamana refers to therapeutic emesis.

Indications

- It is indicated in *shopha* where elevation of *mamsa* is present and *vrana* is associated with *dushita rakta* and *kapha*.^[50]
- In *agantuja vrana* if bleeding is present in *amashaya vamana* is indicated.^[51]
- *Vamana* is indicated in *vataja arshas*, *kaphaja vidradhi*, *apachi*

Benefits- Acharya sushruta gives a simile as how on cutting a tree by root destroys flowers, fruits and buds suddenly, the disorders caused by *kapha* are eliminated by *vamana*.^[52]

12. Virechana

Virechana refers to therapeutic purgation.

Indications

- *Virechana* is indicated in *vatapittaja* and long standing *vrana* and *vrana shopha*.^[53]
- *Virechana* is the treatment of choice in *agantuja vrana* if bleeding is present in *pakwashaya*.^[54]
- *Virechana* is indicated in *pittaja arshas chikitsa*, *udara chikitsa*, *apachi*, *pittaja arbuda*, *galaganda*; *vataja*, *pittaja*, *raktaja vrudhi*, *upadamsha*, *twak paaka* type of *shuka dosha*.

Benefits- Acharya sushruta gives a simile as how the moving entities in the water body (aquatic animals) and immobile entities (aquatic plants) both gets destroyed by removal of water, similarly the *pittaja vikaras* are destroyed after *virechana*.^[55]

DISCUSSION

Though both *apatarpana* and *alepa* are considered as *aadya upakrama*, *dalhanacharya specifies* that *apatarpana* is *adya upakrama* in *antah parimarjana chikitsa* and *alepa* in *bahir parimarjana chikitsa*.^[56]

Apatarpana, *Alepa*, *Pariseka*, *Abhyanga*, *Swedana*, *Vimlapana*, *Visravana* are to be adopted in initial stage/ *ama avastha*.

Pachana, *Snehapana*, *Vamana*, *Virechana* are to be adopted in later stage/ *pakwa avastha*.

Upanaha can be adopted both in *Ama* and *Pachyamanavastha*.

CONCLUSION

Ekadasha upakrama mentioned by acharya sushruta can be adopted as a treatment modality specifically in *vrana* and *vrana shopha* and in general for other surgical conditions. It is the basic line of treatment which helps in the management and prevents the further progress of the condition. *Ekadasha Upakrama* in clinical practice is mainly based on the stage of the disease and its clinical manifestation. Though their specific benefits and indications are mentioned in the literature, the ultimate applicability depends on the *dosha pradhanyata* and condition of the patient.

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