

## CONCEPT OF TRIVIDHA KARMA W.S.R POORVAKARMA PRADHANKARMA AND PASHCHATKARMA IN SHALYATANTRA VYADHIS

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### ABSTRACT

*Ayurveda* is an ancient science of life since the time of immemorial. In *Ayurvedic classics*, there is two types of treatment for all diseases, either with use of *Aushadhi* (medicines) or by use of surgery. In *Ayurveda* the 3 phases of Surgical procedure explained in the name of *Trividha karma* namely, *Poorva karma* or Preoperative measures, *Pradhana karma* or Operative procedures, *Paschat karma* or postoperative care.<sup>[1]</sup> *Karma* refers to all the procedures and also indicates the timing of the surgical operations. Every *shastra karma* has definite Preoperative procedure called as *Poorva karma*, Operative procedure called as *Pradhana karma*, Postoperative procedure called as *Paschat karma*. The word *Poorva karma* means a former action. The therapeutic procedure which are adopted before the commencement of *Pradhana karma*. *Pradhana karma* is the second step under *Trividha karma*. It refers to therapeutical or surgical procedures. *Paschat karma* indicated the measures taken after the therapeutical or surgical procedure. The *vyadhis* which are treated using *Yantra*, *Shastra*, *Kshara* and *Agni* are known as Shalya tantra vyadhis.<sup>[2]</sup>

**KEYWORDS:** *Ayurveda*, *poorvakarma*, *pradhankarma*, *paschat karma*, *Shalya Tantra Vyadhis*, *Trividha karma*.

### INTRODUCTION

*Trividha karma* is base and necessary part of all shalya tantra procedure. *Trividha karma*, the classification of surgical treatment as *Poorva karma* or Preoperative, *Pradhana karma* or Operative and *Paschat karma* or Postoperative which is very important principle in *Ayurveda* and Modern surgery explained by Sushruta in *Agropaharaniya adhyaya*. *Agropaharaniya adhyaya* is the most outstanding contribution regarding *Trividha karma* in the history of surgery. *Agropaharaniya* means preparation of patient along with the collecting all the required materials needed during any surgical procedure. A preoperative assessment is essential to gather all information, optimize co morbidities and then organize anaesthetic, surgical and postoperative care before surgery begins. Surgery cannot be made risk free, but risks must be known so that the patient can make an informed decision. Lack of preoperative assessment increases the risk associated with anaesthesia and surgery. *Dalhana* in his commentary says that in *Vrana chikitsa*, *Langhana* to *virechana* is considered as *Poorva karma*, *Patana* to *ropana* is considered as *Pradhana karma* and Restoration of *bala*, *varna* and *agni* is considered as *Paschat karma*.<sup>[3]</sup>

### Steps of *Poorvakarma*

*Sambhara sangraha*; *Thiti*, *Karana*, *Muhurtha* & *Nakshatra*; *Dhoopana*; *Shastra payana*; *Abhuktavata*; *Consent*; *Sanghyaharana*.

#### 1. *Sambhara Sangraha*,<sup>[4]</sup>

##### Collection of materials

*Yantra*, *Shastra*, *Kshara*, *Agni*, *Shalaka*, *Shringa*, *Jalouka*, *Alabu*, *Jambavoushta*, *Pichu*, *Protha*, *sutra*, *Patra*, *Patta*. Collection of Medicines: *Madhu*, *Grhita*, *Vasa*, *Payasa*, *Taila*, *Tarpana*, *Kashaya*, *Aalepana*, *Kalka*, *Vyajana*, *Sheethoshna*, *Udaka*. *Paricharaka*: Should be affectionate, firm and strong.

#### 2. *Thiti*, *Karana*, *Muhurtha* & *Nakshatra*<sup>[5]</sup>

After collecting all the required things, one has to confirm the date by seeing *Thiti*, *karana*, *muhurtha* and *nakshatra*. Then has to get blessings from the elders and god. This is considered as auspicious.

#### 3. *Dhoopana*<sup>[6]</sup>

*Acharya Sushruta* has mentioned *Dhoopana* as a *raksha vidhi* for *Vranitagara*, *Sutikagara*, *Kumaragara*, for *aatura*, as a *krimighna* by using certain *dhoopana dravyas* or *rakshogna dravyas* like *guggulu*, *agaru*, *sarjarasa*, *vacha*, *gourasarsapa*. Fumigate with these

*dravyas* and then mixed with salt and *nimba* leaves added with *ghee*.

#### 4. *Shastra Payana*<sup>[7]</sup>

**Table 1: This is to be done to improve the tensile strength, hardness of the Shastras.**

<i>Kshara payana</i>	Used for <i>chedana</i> of <i>shara</i> , <i>shalya</i> and <i>asthi</i> .
<i>Udaka payana</i>	Used for <i>mamsa chedana</i> and <i>patana</i> .
<i>Taila payana</i>	Used for <i>siravyadana</i> , <i>snayuchedana</i> .

#### 5. *Abhuktavata*<sup>[8]</sup>

In case of *Moodagarbha*, *Udara*, *Arshas*, *Ashmari*, *Bhagandara* and *Mukharoga* patient should be operated upon empty stomach. Earlier it is said that the patient should take light diet but now exception for the same in these conditions. Because, if the patient with full stomach may feel pain or die by inserting the instruments and also due to aggravation of *vata*. In case of *Mukharoga*, if the food is vomited due to pressure of fingers, it obstructs the surgery. *Dalhana* says, if *shastra karma* done after having food there may be chances of getting *hikka*, *shwasa*. So, *Sushruta* mentioned *snigdha* and *alpa ahara* before 1/2/3/4/5 days before surgery.

#### 6. Consent<sup>[9]</sup>

*Sushruta* says that if there is any doubt between life and death of patient while performing operation then doctor should inform and take consent from patient's wellwisher or relative priorly.

#### 7. *Sanghyaharana*<sup>[10]</sup>

*Sushruta* mentioned that before surgical operation, the patient should have *hitakara* and *Pathyaahara* because by taking food patient doesnot faint and if intolerant to pain should be give *teekshna madya* which helps to overcome pain.

#### In *Atyayika Avastha*<sup>[11]</sup>

In case of emergency, all *Poorvakarma* procedures cannot be adopted, rather than the surgery should take immediate action like fire authority.

#### *Pradhan Karma* (Main operative procedure)

This includes mainly *ashtavidhashastra Karma* (eight surgical procedures) and every surgeon must be familiar with these eight surgical procedures. All most all surgeries performed today are conducted by modern surgeons with these eight techniques of *Sushruta*. These *ashtavidhashastra Karma* are as follows-

**Table 2: *Ashtavidhashastra Karma* (Eight surgical procedures).<sup>[12]</sup>**

Sr. No.	<i>Ashtavidhashastra Karma</i>	Eight surgical procedures
1.	<i>Chhedana</i>	Excision, Amputation or extraction.
2.	<i>Bhedana</i>	Incision for opening a cavity or tapping of cavity.
3.	<i>Vedhana</i>	Paracentesis or puncturing.
4.	<i>Lekhana</i>	Scraping.
5.	<i>Eshana</i>	Probing.
6.	<i>Aharana</i>	Extraction.
7.	<i>Vistravana</i>	Bloodletting or drainage of pus.
8.	<i>Seevan</i>	Suturing.

- Chhedana Karma* (Excision, Amputation or extraction): It means abnormal or diseased part should be excised from the normal body part with the help of *mandalagra*, *karpatra*, *vrudhipatra*, *mudrika*, *utpalpatraka* etc. The following are treatable by excision- fistula in ano, cyst caused by *kapha*, mole, margin of ulcer, tumors, hemorrhoids, wart, foreign body situated in bone and muscle, *jatumani*, fleshy growth, necrosed ligament, muscle and vessel, *valmika*, *shataponaka*, *adhrusa*, soft chancre, *mamsakandi* and muscular hypertrophy.
- Bhedana Karma* (Incision): It means incision taken for opening a cavity or tapping of cavity to drain out pus, *rakta*, removing calculus etc. with the help of *vrudhipatra*, *nakhgashastra*, *utpalpatrak* etc. The following disorders are treatable by incision-abscesses except those caused by *sannipata*, three types of cyst, the first (three) types of erysipelas, scrotal enlargements, *vidarika*, carbuncles,

- inflammatory swellings, breast diseases, *avamanthaka*, *kumbhika*, two types of *vrinda*, *puskarika*, *alaji*, most of the minor diseases, *talupupputa*, *dantapupputa*, *tundikeri*, *gilayu*, aforesaid diseases which are suppurating, urinary bladder for extracting calculus and diseases caused by *medas*.
- Vedhana* (Paracentesis or Puncturing): It means puncturing or paracentesis with the help of needle, *kutharika*, *eshani*, *aara* etc. Puncturable are different types of vessels, hydrocele, ascites etc.
- Lekhana* (Scraping): It means scraping with the help of *mandalagra*, *vrudhipatra*, *karapatra* etc. Those treatable by scraping are as follows –four types of *rohini*, vitiligo, *upajihvika*, *dantavaidarbha* caused by *medas*, cyst, ulcer margin, *adhijihvika*, hemorrhoids, and patches on skin, keloid and hypertrophied muscle.
- Eshana* (Probing): It means probing with the help of

*eshani*. Sinuses and wounds, with oblique course and foreign body are subjected to probing.

6. *Aharana* (Extraction): It means extraction with the help of *badish*, *dantashanku*, *nakha*, *anguli* etc. The following are to be extracted- three types of *sharkara*, tartar of teeth, ear wax, calculus, foreign bodies, confounded foetus ( in abnormal position ) and faeces accumulated in rectum.
7. *Vistravana* (Bloodletting or draining of pus): It means bloodletting or draining of pus with the help of needle, *trikurchak*, *shararimukh*, *aatimukh* etc. Draining is to be applied in five types of abscess, leprosy, localized inflammatory swelling, diseases of pinnae, elephantiasis, poisoned blood, tumors, erysipelas, first three types of cyst and soft cancre, breast diseases, *vidarika*, *sushira*, *galashaluka*, *kantaka*, caries, pyorrhoea, spongy gums, *upakusha*, *dantapupputa*, disorders of lips caused by *pitta*, *rakta* and *kapha*.
8. *Seevan* (Suturing): It means suturing with the help of different types of needles and threads. Sutures are applied in disorders caused in *medas* (fatty tissue), incised and well scraped lesions, fresh wounds and those situated in moving joints. Suturing should not be done in wounds affected with caustics, cauterization or poison, carrying air and having inside blood or foreign body. In such cases, the wound should be cleaned properly. If dust, hairs, nails etc. and bone pieces are not removed they may

cause severe supuration of wound along with various types of pain. Hence these should be cleaned.

**Table 3: Types of suture.**<sup>[13]</sup>

Sr. No.	Seevan types	Suture types
1.	<i>Rhujugranthi</i>	Interrupted suturing.
2.	<i>Anuvellit</i>	Continuous suturing
3.	<i>Gofanika</i>	Blanket or button-hole suturing.
4.	<i>Tunnasevani</i>	Halstead`s subcuticular suturing.

#### **Pashchat karma (Post-operative procedure)**

Means post-operative interventions, wrapping and bandaging wounds should be fumigated with drugs after the surgical procedure- *aguru*, white mustard, *saindhava* and leaves of the *Neem*, soaked in clarified butter. The residue of the clarified butter should be rubbed over the region of the heart and other vital parts of the patient.<sup>[34]</sup>

The patient is held in the postoperative *vranitagar* ward. *Vranitagar* fumigation should also take place for 10 days, Twice a day. The care should be taken until the patient is discharged. Post-operative care is an important in the prognosis of the disease. Careful monitor of vitals and general condition of the patient should be under the normal values. Hospital stay varies from patient to patient and even condition to condition until complete recovery of the patient, should be under the supervision of the surgeon.<sup>[14]</sup>

**Table 4: Trividha karma in Anushastra.**

Sr. No.	Name	Poorvakarma	Pradhankarma	Paschatkarma
1	<i>Jaloukavacharan</i> <sup>[15]</sup>	For patient- Patient ask to sit and lie down and part if uninjured roughned with powdered earth and cowdung. For <i>jalaoka</i> - Preparation of <i>jalaoka</i> by keeping in vessel containing turmeric powder and mustard mixed with water for about one muhurtha. <i>Jalouka</i> will be activated by this.	After this <i>jalouka</i> should be applied to the disease spot, there it should be covered with smooth, white and moistened cotton swab; in case it does not suck the blood a drop of milk or blood should be put, if then also it is unable to suck another <i>jalouka</i> should be applied.	If at the biting site, needling pain and itching appear it indicates that it is sucking pure blood and then it should be removed. For patient- ointment should apply with <i>ghee</i> washed 100 times or put cotton swabs soaked therewith bitten part should be rubbed with honey, sprinkled with cold water or bandaged astringent, sweet, unctuous and cold paste should be apply For <i>jalouka</i> - it make to vomate
2.	<i>Pratisarneeeya ksharakarma</i> <sup>[16]</sup>	The patient to be treated by <i>kshara</i> should be made to sit in a spacious place free from wind and sun while all the required materials should be arranged. Then after locating the spot, it should be rubbed / <i>avagrushya</i> in <i>pittadushti</i> , Scraping / <i>avalikhya</i> in <i>vatadushti</i> ,	locate the spot, it should be rubbed / <i>avagrushya</i> in <i>pittadushti</i> , Scraping / <i>avalikhya</i> in <i>vatadushti</i> , Scarified / <i>prachayitva</i> in <i>kaphadushti</i> and caustic alkali should be applied and kept it till 100 matra	clean with group of sour dravya <i>Amla ras parisheka</i> . Sesamum and <i>madhuka</i> and <i>gheelepa</i> and <i>bahya-abhyantar shitopachar</i>

		Scarified /prachayitva in kaphadushti.		
3.	Agnikarma <sup>[17]</sup>	In all the diseases and seasons, Agni karma should be performed after having picchila anna. Surgeon should perform agni karma after considering well regarding the shape and size of the lesion, vital spots and strength of the patient, disease and season.	selected material heated to red hot and placed over the site for specific period of time	Burn area should be protected for moisture. A paste of madhu and ghrta is applied to reduce burn

Table 5: Poorva Karma, Pradhan karma, Paschat karma in shalya tantra vyadhi.

Sr.No.	Vyadhi	Poorvakarma	Pradhan karma	Paschat karma
1.	Vrana <sup>[18]</sup>	Dalhana opines that, Langhanadi virekantam as Poorva karma in the context of Vrana chikitsa	Procedures from lekhana to sivana as Pradhana karma in context of vrana chikitsa	Procedures from sandhana to Raksha karma as paschat karma in context of vrana chikitsa
2.	Arsha <sup>[19]</sup>	The patient with Arshas who is strong should undergo Snehana, Swedana and then should give snigdha, ushna, alpa ahara to pacify aggravated vata. <sup>[17]</sup> Patient should be taken in lithotomy position	Anal canal lubricate with ghee. Arsho yantra lubricate with ghee and introduce in anal canal. Using tal yantra kshara applied over pile mass. it left for 100 matra kala. Kshara removed with, dhanyamla, dadhi mastu, juice of sourfruit	Ghee and yashtimdhua are applied to the site. Avgaha sweda. Patient shifted to vranitagar. Patient has to follow Diet and regimen chart.
3.	Bhagandara <sup>[20]</sup>	Here, if the abscess is not suppurated, it should be treated with Ekadasha Upakramas. If abscess suppurated, after Snehana and Swedana the patient should take position on examination table and should examine whether the fistula has internal opening or external opening by inserting probe. <sup>[18]</sup>	Track is laid open using instruments (udhharet sastrena) or alternatively kshara can be used to remove unhealthy tissue in track and agnikarma can be done	In order to relieve pain nadi sweda. Patient should be advised to consume kushtha, all lavana, vacha, hingu, ajmoda with ghee or mrudwika, sura etc. Operated area should. Madhuka taila, anu taila applied. Gophana bandha should be applied
4.	Ashmari <sup>[21]</sup>	The patient who underwent Vamana, virechana and reduced weight should undergo Snehana and	Barley grain incision should be made and with the help of badish yantra	Patient should be given tub bath and sedated, thus bladder does not get filled up with blood. The decoction of milky

		<p><i>Swedana</i> then after taking food, offerings, auspicious rites and recitation of <i>mantras</i> should be performed, with arrangement of all required equipments and the patient should be assured. consent should be taken</p>	<p>Trees should be administered through urethral douche it flushes out the calculus immediately along with blood collected in bladder. Warm gruel with mixed ghee for 3 days, milk with plenty of jaggery 10 days, after 10 days he should be served with meat of aquatic animals and then again for days he should be sudated carefully with <i>senha</i> and liquid sudation. Wound should be washed with decoction of milky tree, paste of <i>rodhra</i>, <i>madhuka</i>, <i>manjishtha</i> and <i>prapaundrika</i>, haridra oil and <i>ghee</i>.</p>
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## DISCUSSION

For every procedure, *trividha karma* is mandatory for the successful completion of *Procedure*.

*Sushruta* in *Agropaharaniya* as explained collection of materials required before, during and after surgery which is essential for successful surgical procedure and in the management of complications.

In *Atyayika avastha*, *Poorvakarma* should be done swiftly as any delay will deteriorate the condition of the patient.

The preoperative procedure, main operative procedure, post-operative procedure mentioned in contemporary science is similar to the *trividha karma* explained in *Samhita*.

## CONCLUSION

*Poorva karma*, *Pradhan karma*, *paschat karma* can be correlated with preoperative, main operative, post-operative measures.

*Trividha karma* is very much essential for every surgical intervention.

Final result of surgical case mainly depends upon proper preoperative procedure, main operative procedure and post management; and also depends on psychological and physical preparation of patient.

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