



Review Article

IMPORTANCE OF ANUSHA STRA KARMA IN URDHWAJATRUGATA VIKARA (SHALAKYA TANTRA)- A CONCEPTUAL REVIEW

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ABSTRACT

Acharya Sushruta and Vagbhatta mentioned Anushastras in Sutrasthana. Acharya Sushruta has included 14 types of Anushastra. **Aims and Objectives:** To study Anushastra Prayoga in Urdhwajatrugata Vikara (Shalakyia Tantra) mentioned in different classical texts and detail description of Trividha Anushastra Karma. **Materials and Methods:** This is a conceptual type of study. Textual materials (Bhrihatrayi & various other Samhitas) are used to gather all the available information regarding these Anushastra Prayoga in Urdhwajatrugata Vikara (Shalakyia Tantra). **Conclusion:** The two powerful and less invasive parasurgical techniques, Kshara and Agni Karma, have many uses, particularly in the treatment of pain, which is crucial for preventing recurrence and unintended growth in the various illnesses described in Shalakyia Tantra. Jalaukavacharana is also a minimum invasive parasurgical technique which is useful to treat many diseases related to vitiated Rakta Dosha described in Shalakyia Tantra.

INTRODUCTION

Shalakyia Tantra is one among the eight branches of Ayurveda which includes the diseases of Uttamanga/Urdhwajatru (parts above the clavicle) and their treatment. Urdhwajatru Pradesha provides shelter to sensory organs such as Netra, Shrotra, Rasana, and Ghrana. Therefore, it is important to take the utmost care to maintain and restore the health of the same. In all the diseases Bhesaja Chikitsa can be given and also it can be given even in the initial stage of Shastra Sadhya Vyadhis. In situations where Bhesaja Chikitsa fails to produce the desired outcome, and considering factors such as patient sensitivity, paediatric age group, reluctance towards surgery, unavailability of Shastras, or the difficulty in performing Shastra Karma, opting for Anushastra Karmas becomes a viable alternative. As per the Dalhana, these Anushastras are work as an instrument (Shastra Sadarshanani) or subsidiary to them (Hinashastrani).

Acharya Sushruta has included 14 types of Anushastra. Among them Jalauka, Agni and Kshara are considered as Pradhana and explained in detail by our Acharyas.

In absence of Shastra Twaksaradi Chaturvarga used for Chedana and Bhedana.

Nakha used for Aharana, Chedana and Bhedana.

Gojishcephalikalashaka Patra used for Raktavisravana in Mukharoga and Vartmagata roga.

Bala, Anguli and Ankura used for Eshana Karma.

AIMS AND OBJECTIVES

To study Anushastra Prayoga in Urdhwa jatrugata Vikara (Shalakyia Tantra) mentioned in different classical texts and detail description of Trividha Anushastra Karma.

MATERIALS AND METHODS

This is a conceptual type of study. Textual materials (Bhrihatrayi and various other Samhitas) are used to gather all the available information regarding these Anushastra Prayoga in Urdhwajatrugata Vikara (Shalakyia Tantra).

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Table 1: List of Anushastra mentioned in classics

| S.No. | Sushruta Samhita | Astanga Hridaya | Astanga Samgraha |
|-------|------------------|-----------------|------------------|
| 1. | Jalauka | Jalauka | Jalauka |
| 2. | Agni | Agni | Agni |
| 3. | Kshara | Kshara | Kshara |
| 4. | Twakakshara | | |
| 5. | Sphatika | | Sphatika |
| 6. | Kacha | Kacha | Kacha |
| 7. | Kuruvinda | | Kuruvinda |
| 8. | Nakha | Nakha | Nakha |
| 9. | Gojipatra | | |
| 10. | Shephalika patra | | Shephalika Patra |
| 11. | Shakapatra | | Shakapatra |
| 12. | Karira | | |
| 13. | Bala | | |
| 14. | Anguli | | |
| 15. | | Upala | |
| 16. | | | Kharapatra |
| 17. | | | Samudraphena |
| 18. | | | Shushkagomaya |
| 19. | | | Suryakanta |

Table 2: List of Anushastra & there indications mentioned in classics in Urdhwajatrugata Vikara (Shalaky Tantra)

| | Anushastra used | Vyadhi Adhishthana | Indications |
|-----------|--|--------------------|---|
| Netraroga | Jalaukavacharana | Sarvagata Roga | Pittaja and Raktja Abhishyanda-Adhimantha |
| | | Vartmagata Roga | Kukunaka Pakshmathata, Pothaki |
| | | Krishnagata Roga | Savarna shukra (Shukla), Kshataja shukra |
| | | Drashtigata Roga | Kacha Linganasha dosha & Shalakabhramana dosha |
| | | Sarvakshiroga | Pilla roga |
| | Kshara Karma & Yavakkshara Pratisarana | Vartmagata Roga | Lagana, Vartmarsha, Pakshmakopa, Pakshmoprodha, Alaji, Vartmarbuda, Bisvartma, Bahalavartma |
| | | Shuklagata Roga | Sirajala, Sirapidika, Arma, Balasagrathita, Pishtaka |
| | Agni Karma | Sarvagata Roga | Adhimantha |
| | | Vartmagata Roga | Vartmarsha, Pakshmakopa, Lagana, Pakshmoprodha, Alaji, Vartmarbuda, Kruchchhonmilana, Bisvartma, Bahalavartma |
| | | Sandhigata Roga | Puyalasa |
| | | Drashtigata Roga | Linganasha vyadha dosha, Utplavana dosha |
| | Sivanakarma with Bala | Vartmagata Roga | Pakshmakopa, Pakshmoprodha |

| | | | |
|---|--|---|--|
| | <i>Lekhana with Baladi</i> | <i>Krishnagata Roga</i> | <i>Utpanna/Sashalya shukra</i> |
| | <i>Lekhana with Shephalikadipatra</i> | <i>Vartmagata Roga</i> | <i>Kukunaka, Kumbhika, Alaji, Vartmarbuda</i> |
| | <i>Lekhana with Samudraphena</i> | <i>Vartmagata Roga</i> | <i>Alaji, Vartmarbuda</i> |
| <i>Mukharoga</i> | <i>Jalaukavcharana</i> | <i>Oshtharoga</i> | <i>Pittaja, Raktaja, Kaphaja & Abhigatajanya Oshtharoga</i> |
| | | <i>Talugata Roga</i> | <i>Galashundi, Tundikeri</i> |
| | | <i>Kanthagata Roga</i> | <i>Kanthashaluka</i> |
| | | <i>Dantamoolagata roga</i> | |
| | <i>Ksharakarma & Yavakkshara Pratisarana</i> | <i>Oshtharoga</i> | <i>Jalarbuda</i> |
| | | <i>Danta Roga</i> | <i>Khali</i> |
| | | <i>Dantamoolagata roga</i> | <i>Dantavaidarbha, Vardhan/Adhidanta, Adhimamsa, Dantanadi, Danta vidradhi</i> |
| | | <i>Jihvagata Roga</i> | <i>Upjihva</i> |
| | <i>Agni Karma</i> | <i>Oshtharoga</i> | <i>Medoja Oshtharoga</i> |
| | | <i>Dantamoolagata roga</i> | <i>Adhidanta, Dantanadi, Danta vidradhi</i> |
| | | <i>Jihvagata Roga</i> | <i>Jalarbuda</i> |
| | | <i>Danta Roga</i> | <i>Krimidanta Sheetadanta</i> |
| | | <i>Kanthagata Roga</i> | <i>Medoja Galganda Gandalaji</i> |
| | <i>Lekhana with Nakha</i> | <i>Kanthagata Roga</i> | <i>Vataja Rohini, Vrunda, Gilayu</i> |
| | <i>Lekhana with Shakadipatra</i> | <i>Dantamoolagata roga</i> | <i>Upkusha</i> |
| <i>Sarvasara Mukharoga</i> | | <i>Kaphaja Mukhapaka</i> | |
| <i>Raktavisravana with Shakadipatra & Shephalikapatra</i> | <i>Oshtharoga</i> | <i>Pittaja, Raktaja, Kaphaja and Abhigatajanya Oshtharoga</i> | |
| | <i>Jihvagata Roga</i> | <i>Upjihva</i> | |
| <i>Raktavisravana with Gojipatra</i> | <i>Dantamoolagata roga</i> | <i>Upkusha</i> | |
| <i>Karnaroga</i> | <i>Jalaukavacharana</i> | | <i>Utpata, Lehika, Pitika, Karnanada, Badhirya</i> |
| | <i>Agni Karma</i> | | <i>Lehika, Pitika</i> |
| <i>Nasa Roga</i> | <i>Jalaukavacharana</i> | | <i>Nasapaka, Dipta</i> |
| | <i>Ksharakarma & Agni Karma</i> | | <i>Nasarsha, Nasarbuda</i> |
| <i>Shiro Roga</i> | <i>Jalaukavacharana</i> | | <i>Arunshika</i> |
| | <i>Agni Karma</i> | | <i>Vataja, Kaphaja Shiroroga</i> |

Jalaukavacharana (Leech therapy) according Ayurveda

Definition: Therapeutic application of medicinally usable leech for the purpose of removing vitiated blood is known as *Jalokavacharana*.

Investigations

- CBC
- Liver Function Tests
- Blood sugar

- Serum Urea S. Creatinine
- Bleeding time, clotting time and petithrombin time
- HIV, HBsAg, HCV, VDRL

Material Requirement

- Medicinally usable leeches - Non-poisonous leeches
- Water pot
- Fresh water

- Kidney tray
- *Haridra* (turmeric powder)
- Milk
- Sterile needle
- Gauze piece
- Sterile gloves
- Sterile Pads
- 24 No. needles
- Roller bandages
- *Saindhav Lavana*

Purva Karma

Preparation of the patient

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist.
- Inj. TT, 0.5ml, IM should be given to every patient as a prophylactic measure.
- Patient is allowed to sit or lie comfortably.
- Before applying the leeches, the area to be treated should be cleaned with non-chlorinated warm water.
- No antiseptic solutions should be used to clean the area.

Preparation of the Leech

Leeches should be kept in a solution mixed with the paste of *Haridra* or *Sarsapa* for *Muhurtha Kala* to make them active and then shift them to fresh water.

Pradhana Karma

- Hold the leech gently with a smooth cotton or gauze and place it on the treatment procedure site.
- If it doesn't stick, sprinkle a drop of blood or make a small prick.
- When it sticks its mouth raises as horse's hoof (*Ashwa Khuravadaanam*).
- Observation of hooking of *Jaloka* (*Ashwa Khurvadanana*) for complete fixation of *Jaloka*.
- Application of wet gauze piece over *Jaloka*.
- Observation of proper suction movement of *Jaloka* up to self-removal of *Jaloka*.
- Leech will detach by itself after sucking for duration of 30-45 minutes.
- If it doesn't detach sprinkle *Saindhavalavana* or *Haridra* powder on its mouth.
- Leech should be detached if the patient complaints of pain or itching at the site of bite.

Pashchat Karma

Patient

- The wound so formed bleeds for long time. If bleeding doesn't stop sprinkle some *Sphatika Bhasma* for haemostasis and apply tight secured sterile bandage.

- Tight pressure bandage should be given on operated part.
- Post procedure evaluation should be written in patient's file.
- Advise for rest.

Leech

- Drop the *Jaloka* in clean water pot for rest.
- Allow the leech to vomit the blood by sprinkling *Haridra* powder on its mouth.
- Hold the leech between left thumb and forefinger and squeeze gently from *Tail* towards head by using right thumb and index finger.
- After making them vomit, they should be protected from blood intoxication (*Rakta mada*) and should not be used again for 7 days.
- Those leeches, which used for the treatment, should be stored in a separate container of respective patients and the containers should be labeled by patient's name, age, sex and indication.

Safety Precaution

- One-time applied *Jaloka* should not be used for next 7 days.
- Preservation of *Jaloka* should be done properly.
- *Jaloka* used in one patient should not be used in another patient. It should be patient personalized.
- *Jaloka Vamana* should be performed gently and not vigorously.

Follow Up: Number of sittings of leech therapy should be planned as per the response of the patient to the treatment.

Agni Karma according Ayurveda

Definition: A Classical para-surgical procedure of producing therapeutic burns on body to cure certain pathological conditions is known as *Agnikarma*.

Standard Operating Procedure

Material Requirement

- *Panchdhatu Shalaka*/other material which is appropriate for *Agnikarma* in *Urdhwajatrugata Vikara*
- *Haridra Churna*
- *Ghrithkumari* (*Aloe Vera* pulp)
- Antiseptic solution (Povidone iodine)

Purva Karma

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist
- Prepare *Ghrithkumari Majja*
- Area demarcation for *Agnikarma* should be done
- Heat the *PanchdhatuShalaka*/ other material which is appropriate for *Agnikarma* in *Urdhwajatrugata Vikara* up to red hot.

Pradhana Karma

- Painting of demarcated area for *Agnikarma* with antiseptic solution.
- Draping with sterile linen hole sheet to expose only operative area.
- *Agnikarma* with *Panchdhatu Shalaka*/ other material which is appropriate for *Agnikarma* in *Urdhvajatrugata Vikara* with *Bindu Dagdga* method leaving 0.5 cm 1cm gap between two points of *Dagdha*.
- Immediate *Ghridakumari Majja* application.

Pashchat Karma

- Dusting of *Haridra Churna* after *Agnikarma* over the *Dagdha Vrana*.
- Advice to avoid water contact to *Dagdha Vrana* area for next 24 hours.
- Post procedure evaluation should be written in patient's file

Kshara Karma according Ayurveda**Definition**

Process of Applying *Kshara* (High pH strong alkaline preparation) on demarcated area is *Ksharakarma*.

Standard Operating Procedure:**Material Requirement**

- Sterile *Kshara*
- Spatula
- Lemon juice
- Honey and *Ghee*
- Sterile gauze piece and cotton
- Sterile linen hole sheet

Purva Karma

- Take consent for the procedure and evaluate patient safety for before procedure as per pre procedure checklist
- Site demarcation should be done
- Prepare the part where *Kshara Karma* is proposed for
- Painting and draping is followed

Pradhana Karma

- Expose the area where *Kshara Karma* is proposed
- Confirm the site before application of *Kshara*
- Application of *Kshara* and leave it for 100 *Matra* (75 seconds)

Pashchat Karma

- Rinse the part with lemon juice and Normal Saline respectively.
- Application of *Shatadhauta Ghrith Pichu*.
- Post procedure evaluation should be written in patient's file.

DISCUSSION

Jalaukavacharan is a method of *Raktamokshana* (bloodletting). Method of removing vitiated blood from body using *Jalauka* is considered as the most easier and convenient method. *Jalaukavacharana* has the property to subside immediately the pain, swelling, burning sensation and redness. *Kshara* has *Shodhana*, *Ropana*, *Shoshana*, *Sthambhana*, *Vilayana* and *Lekhana* properties. All properties help to fasten the process of healing. Local application of *Kshara* acts on *Rogas* like polyps or hypertrophied turbinate etc. *Agnikarma* preventing recurrence of disease and removal of *Arbudadi* diseases by its root.

CONCLUSION

The two powerful and less invasive parasurgical techniques, *Kshara* and *Agni Karma*, have many uses, particularly in the treatment of pain, which is crucial for preventing recurrence and unintended growth in the various illnesses described in *Shalaky Tantra*.

Jalaukavacharana is also a minimum invasive parasurgical technique which is useful to treat many diseases related to vitiate *Rakta Dosha* described in *Shalaky Tantra*.

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