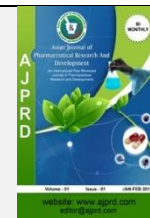


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Review Article

An Appraisal on Practical Implication of Yogya Sutriya

Love Krishna Pal Singh Rathore^{1*} Anand S²

¹Assistant Professor, Department of Shalyatantra, Global Institute of Ayurveda, Rajkot, Gujarat, India

²Assistant Professor, Department of Roganidanaevum Vikriti Vigyana, Global Institute of Ayurveda, Rajkot, Gujarat, India

ABSTRACT

Classical references doencapsulate the utility of surgical interventions years ago itself. There was a time with our ancient Acharyas have postulated different treatment modalities and later on these contributions were transmigrated into modern face. Susrutasmhita has put forward a unique notion regarding practical aspects of Shalyaaaharana. Different chapters were described in Sutra sthana, enlightening the same concept and these are more reliable and helpful in clinical practise at present. Yogyasutriya as one among those chapters, explores knowledge on practical training. Various methodologies have been mentioned in this particular chapter. Administration of this in current clinical practise will be more precise and recommended one. Execution of the methods which are explained by Acharya is more important now a days. So apart from a review point of view, a contemporary paradigm is needed with demonstration and pictorial representation too. So that students will be more benefited during their practical phases.

Key words: Susruta Samhita, Yogyasutriya

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***Address for Correspondence:**

Love Krishna Pal Singh Rathore, Assistant Professor, Department of Shalyatantra, Global Institute of Ayurveda, Rajkot, Gujarat, India

Introduction

The more acquiring the practical knowledge, the more it effectuates oneself learning, clinical utility and courage to perform the procedures independently. A student who has finished his academic period, next should be sent ahead for practical session. Here it moulds the future of vaidya or shastra too. Yogyasutriya propounds such techniques to inculcate the student for whom, it is essential in clinical practise. Different ways of approach towards the patient will annihilate the morbidities. A student ought to be a yogya (Fit/Suitable) in his/her field with implementation of practical knowledge¹. Otherwise they will be ayogya². Yantavidhiadyaya and Sastravacaraniyaadyaya, are those units explained about usage of blunt and sharp instruments

respectively. Before Visikhanupravesha (entering into profession), it should be thoroughly acquainted and learnt to practise.

Discussion

For a beginner, in order to acquaint with shastrakriyas (surgical procedures), Susrutahad mentioned different techniques in Yogyasutriyaadyaya. Different types of karmabhyasa are enumerated as chedana, bhedana, lekhana, vedhana, eshana, aaharana, visravana, seevana, bandhana and so on. Now we will see the classical narration of these procedures along with execution of the same in current application level also. **Chedana (Excising/removal after separating)**

Chedanademonstated by pushpaphala (Kushmanda), alabu, kalindaka,trapusa, ervaruka, karkaruka. Utkartana (excess cutting) and apakartana (inadequate cutting) should be instructed³.**Method for execution in training:**The process of excision is performed over bottle guard as shown in the picture (Image.01).**Bhedana (Splitting/dividing)** - Bhedana should be done by using bellows, urinary bladder of animals, leather sac and such others filled with water or slush⁴.**Method for execution in training:**It can be practised upon water-filled balloon as shown in image (Image.02).**Lekhana (Scraping/scarification)** - Lekhana can be practised by using a broad sheet of leather with hairs⁵. **Method for execution in training:**It can be performed by scraping over a leather sheet or any rough matted surface.



Image.01

Vyadhana (Puncturing) - Vyadhana should be done by using the veins of dead animals and stalk of lily plant⁶.**Method for execution in training:**Stalk of lotus is taken for this. With a fine needle, method of insertion in puncturing can be practised (Image.03).**Eshana (Probing/exploring)** - Eshana by using the holes in pieces of wood eaten by moths, bamboo, nala (a kind of hollow reed) and dry alabu (pitcher gourd)⁷.**Method for execution in training:**Here also, stalk of lotus or any similar kind of structure is selected. Proper

Image.03

throbbing is done through cross section part of stalk (Image.04).

Aaharana (Extracting/pulling out) - Aaharana using fleshy portion of panasa, bimbi, bilvaphala and teeth of dead animals⁸.**Method for execution in training:**Procedure of extraction is done with pulling out the seeds embedded inside the fleshy part of any fruit (Image.05).



Image.05



Visravana (Draining of fluid) - Visravana by using plank salamali wood smeared with bees wax⁹.**Method for execution in training:**The same can be done via smearing wood piece by bee wax.**Seevana (Suturing/sewing/joining)** - Seevana by

using thin

and thick cloth or soft skin (leather)¹⁰.**Method for execution in training:**As shown in picture, it is performed over bottle gourd by using thread and needle (Image.06).**Bandhana (Bandaging)** - Bandhana its different kinds of bandha (bandaging) by using models of (manikins prepared from mud, cloth etc.) and parts of human body¹¹.**Method for execution in training:**Different types of bandhana can be done over different parts of body (Image.07 & 08)



Image.07

Application of fire and alkali¹² - Application of Fire and alkali on soft muscles. For fabrication of the ear, joining the severed ear and bandaging by using soft skin, muscles and hollow stalk of lily plant.Washing or bathing eyes and ulcers/wounds should be

shown using a pot having a spout at its side containing water or by the mouth of the alabu (empty pitcher gourd).

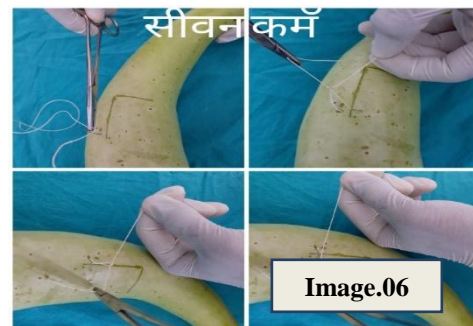


Image.06



Image.08

Hence the student who desires skill in the use of sharp instruments, alkaline and thermal cautery etc. should make use of objects similar to the act and become fit (skilled in surgical work). The above mentioned procedure is performed with help of piece of meat and hot reddened wire loop (Image.09,10& 11).



Image.09



Image.10



Image.11

Conclusion

A surgeon should bear qualities such as courage, quickness in action, should not perspire or get tensed while doing karma, should not have any confusion or unconsciousness and have good knowledge regarding surgical instruments. If one who is failed to fulfil these qualities, he or she should abnegate themselves from treating patients. And the intelligentshastra/surgeon who has been made fit by the use of things which are suitable for practical training, as described in the science does not falter in his action. So theoretical as well as practical knowledge will impart concomitant role in a physician's life.

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