An Appraisal on Practical Implication of Yogya Sutriya

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ABSTRACT

Classical references do encapsulate 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. Susrutasamhita has put forward a unique notion regarding practical aspects of Shalyaaharana. 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 benefitted during their practical phases.

Key words: Susruta Samhita, Yogyasutriya

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INTRODUCTION

The more acquiring the practical knowledge, the more it effectuates on self learning, clinical utility and courage to perform the procedures independently. A student who has finished his academic period, now next should send 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. Yantavidhiadhaya and Sastravacaraniyadhaya, 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), Susrutasahad mentioned different techniques in Yogyasutriyaadhaya. Different types of karmabhysa 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) - Chedanademonstrated by pushpaphala (Kushmanda), alabu, kalindaka,trapusa, ervaruka, karkaruka. Utkartana (excess cutting) and apakartana (inadequate cutting) should be instructed1.
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 slush.4

Lekhana (Scraping/scarification) - Lekhana can be practised by using a broad sheet of leather with hairs.5

Method for execution in training: It can be performed by scraping over a leather sheet or any rough matted surface.

Vyadhana (Puncturing) - Vedhana should be done by using the veins of dead animals and stalk of lily plant.6

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 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 animals.

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).

Visravana (Draining of fluid) - Visravana by using plank salamali wood smeared with bees wax.

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).

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 body.

Method for execution in training: Different types of bandhana can be done over different parts of body (Image.07 & 08).

Application of fire and alkali - 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).

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).
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 intelligent Shastra/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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