

SHORT COMMUNICATION

A Literary Review on Ayurvedic Concept of *Shashtranipatajata Vedana*

Author: Nabanita Basak¹

Co Authors: Rajesh Kumar Gupta² and V D Sharma³

¹⁻³P.G.Department of Shalya Tantra, Dsraru, Jodhpur, Rajasthan, India

ABSTRACT

Surgery gives the fastest relief from various diseases and can remove the root cause of diseases but the most common complaint of patients are pain after surgery. Pain is subjective one and is difficult to assess and quantify. It depends on person to person. It varies from time to time. It may be due to physical or due to mental cause also. Pain after surgery could be considered as Postoperative pain. According to the Ayurvedic literature post-operative pain can be co-related to *Shalya karma paschatvedana*. Acharya Shushruta has mentioned the term *Shashtranipata jatavedana* in *Sushruta Samhita* in *Agropaharaniya adhyaya* while mentioning the *Trividha karma* along with its management by applying *koshna yashtimadhu ghrta* to get relief from post-operative pain.

Key Words *Shashtranipatajatavedana, Post-Operative Pain, Trividha Karma*

Received 17th December 21 Accepted 26th January 22 Published 10th March 2022

INTRODUCTION

In various *ayurvedic* texts we get the knowledge of *shashtra karmas*¹. Detailed knowledge of *Ashtavidha Shashtra Karma* is found in *Sushruta Samhita*². Various *Shashtra Karma* or operative procedures are also mentioned. When any surgical or para-surgical operative procedures are done it leads to immense pain which is called as post operative pain. In *Ayurveda* it is known as *shashtranipatajata vedana*. According to Acharya, *Dalhana* because of *shashtranipata*, or the application of *shashtra* gives rise to *Pradunoti* in *shareera* which means *pida* or *upatapa* i.e., pain³.

Pain is defined as an unpleasant and emotional experience associated with or without actual tissue damage⁴.

The clinical assessment of pain is done on the basis of its severity, nature of the pain, and its causes. It should be analysed by doing all the investigations.

It is very important to alleviate the pain arising after surgery. Pain delays the recovery and also causes psychological trauma to the patient. So, it needs urgent medication. In modern science the drugs are given orally, intramuscularly, few intravenously, per rectally as suppositories, sublingually to reduce the pain.

SHORT COMMUNICATION

Acharya *shushruta* has also described its management in *Sushruta Samhita*. Pain arises after performing *shashtra karma* should be treated with the application of *yashtimadhu* along with *koshnaghrita*. While describing the *pakwaavastha* of *sopha acharya Sushruta* said – *Vatadritenastiruja* which means there is no pain without the involvement of *vata dosha*. Increased *vata dosha* leads to pain⁵.

Acharya *Shushruta* has also mentioned about *vedana* after *karnavyadhan* in *karnavyadha bandha vidhiadhyaya*. He has advised to apply *alepa* made up of *yashtimadhu*, *eranda moola*, *manjistha*, *yava*, *tilakalka*, *madhu*, *ghrita* after the removal of *varti*⁶.

Acharya *Sushruta* has also described about *shashtrapatanvedana* in *Bhagandar chikitsa adhyaya*. After performing *shashtra karma* in *bhagandar* he has suggested to give *Parisechan* of *ushna anutaila*⁷.

While explaining the *marmaghat*, *acharya Sushruta* has mentioned due to *marmaghat*, *vata dosha* gets aggravated thus leads to acute pain in the body.

AIMS AND OBJECTIVES

1. To understand the concept of pain in *Ayurveda*.
2. To explore the *shalyapaschad karma vedana* mentioned in *Samhita*.
3. To evaluate and discuss the various *ayurvedic* modalities of treatment which are

described in the classical texts of *ayurveda* to get relief from the pain after surgery.

4. To appraise the cause and their treatment behind *shalyapaschad karma vedana* mentioned in *ayurvedic* texts in various diseases.

MATERIALS AND METHODS

All the references are collected from classical *ayurvedic texts* and commentaries viz. *Sushruta Samhita*, *Nyay Chandrika Teeka*.

We have also referred the book of modern science like SRB'S Manual Of Surgery, Essentials Of Medical Physiology.

DISCUSSION

From the ancient *ayurvedic* texts we get the knowledge of various surgical and para surgical procedures in various diseases by using many instruments. Beside that we get many references of post-operative pain in *Samhita* along with their management and complications which need urgent medication. *Shashtra karma paschat vedana* or post-operative pain is a major problem in surgery. To get relief from this pain *acharya* has also mentioned their treatment but we need to alleviate the *vata dosha* also as *vata dosha* is responsible for producing *vedana*.

CONCLUSION

Shashtranipatajatavedana is compared to post-operative pain. Pain is subjective unpleasant or uncomfortable sensation which is difficult to define and equally difficult to measure in

SHORT COMMUNICATION

accurate objective parameter. As sometimes post-operative pain may lead to dreadful condition along with many complications. This should be treated as early as possible to remove the agony of the patients.

Acknowledgement- Nil

Financial Support- Nil

Conflict of Interest- Nil

SHORT COMMUNICATION

REFERENCES

1. Samhita, Ayurveda tatwasandipika, purvardha, chaukhamba Sanskrit sansthan, edition reprint 2014, page no- 27.
2. Sushruta Samhita, Ayurveda tatwasandipika, purvardha, chaukhamba Sanskrit sansthan, edition reprint 2014,page no-22.
- 3.Sushruta Samhita dalhana tika, drkeval Krishna Thakral, chaukhamba Orientalia, edition-2014
4. K. Sembulingam and PremaSembulingam, Essentials of Medical Physiology, 5th edition, Jaypee Brothers Medical Publishers (P) Ltd, Chapter No 145, Page No 803.
5. Sushruta Samhita, Ayurveda tatwasandipika, purvardha, chaukhamba Sanskrit sansthan, edition reprint 2014,page no- 94.
6. Sushruta Samhita, Ayurveda tatwasandipika, purvardha, chaukhamba Sanskrit sansthan, edition reprint 2014,page no- 85.
7. Sushruta Samhita, Ayurveda tatwasandipika, purvardha, chaukhamba Sanskrit sansthan, edition reprint 2014,page no-60.