

An Ayurveda Review on *Upyantras* used in *Shalya Tantra*

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REVIEW ARTICLE

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ABSTRACT

Ayurveda is the ancient science of health and well being, routed through several distinguish branches, these branches of ayurveda meant for particular purposes. Shalya Chikitsa is one of them in which various surgical and para-surgical interventions utilize for treating different diseases which require surgical and para-surgical care. Arsha, Bhagandara, Charmakeela, Kshara and Kadara etc. are some conditions which can be treated through Shalya Chikitsa. Various types of Yantras used Shalya Chikitsa including Swastika, Taala, Samdansa, Shalaka, Naadia and Upayantra. These equipments play vital role in the success of Shalya Chikitsa and without them the practical utilization of concepts of Shalya Chikitsa can't be made. Considering this fact some perspectives related to the Upayantra are presented here in this article.

Keywords: Ayurveda, *Shalya Chikitsa*, *Yantras*, *Upayantra*.

1. Introduction

Shalya Chikitsa is branch of ayurveda which treat diseases using surgical and para-surgical approaches. These therapies offer *Vranashotha pachana*, *Dharana*, *Vrana shodhana*, *Vilayana*, *Vrana kleda soshana* and *Vrana ropana* actions thus effectively helps in the management of wounds and cuts. Ayurveda *Shalya chikitsa* also offers advantages like; minimal invasion, chances of recurrence of disease are less, no severe complication, cost effectiveness and patient acceptability, etc. These all merits of Ayurveda *Shalya chikitsa* make it therapy of choice for the management of conditions like; fracture, burn, abscess, cysts, wounds and ano-rectal disorders, etc.

Shastra karma is one of the important modality of *Shalya Chikitsa* which involves uses of various surgical or para-surgical instruments for the management of diseases. Sutures, cotton, bandages, sharp needles and fracture beds, etc. are some materials used in *Shalya Chikitsa*. Some *Yantra* also described for specific diagnostic purposes like;

Bhagandara and *Arshoyantra* for examination of Fistula-in ano and Haemorrhoids respectively.

Yantra which remove foreign bodies termed as *Srotogatashalyauddharnarth*, *Yantra* used to visualize disease termed as *Rog Darshanaarth Yantra*. Generally these *Yantra* are made by metal or other hard substances. *Upyantra* are non-metallic subordinate items which can be used when real surgical instruments are not available. *Dalhana* called *Upyantra* for tools which work like instrument but not actually instruments or can be used as subsidiary of instrument. *Sushruta* mentioned 25 *Upyantra* while *Vagbhatta* mentioned only 19 *Upyantras* and *Ashtang sangrah* counted 21 *Upyantras*. *Rajju*, *Patta*, *Charma*, *Antarvalkal*, *Vastra*, *Danta* and *Baal*, etc. are some examples of *Upyantras* as per classical texts of ayurveda. *Sushruta Samhita* and *Ashtang Sangraha* differs in their considerations related to *Yantra*, as mentioned in **Table 1** *Sushruta Samhita* mentioned some of them which not described by *Ashtang Sangraha* and *Vice-versa*. (1-5) The ayurveda classics mentioned

number of various types of Yantra as mentioned in **Figure 1**.

Table 1 Some differences in ayurveda classic related to considerations of Yantra

S. No.	Yantra described in <i>Sushruta Samhita</i> not in <i>Ashtang Sangraha</i>	Yantra described in <i>Ashtang Sangraha</i> not in <i>Sushruta Samhita</i>
1	<i>Venika</i>	<i>Antra</i>
2	<i>Patta</i>	<i>Kaal</i>
3	<i>Lata</i>	<i>Paaka</i>
4	<i>Antarvalkal</i>	<i>Bhaya</i>

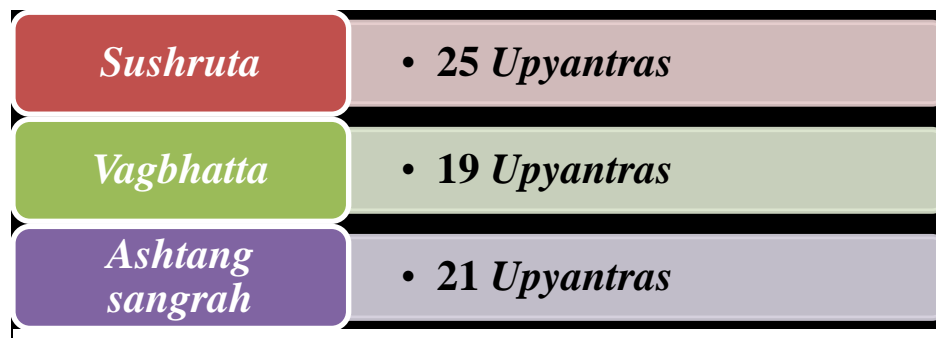


Figure 1. Number of Yantra as per ayurveda classics

Some descriptions about common Upanyantras

❖ *Patta*:

Patta is considered as *Upanyantras* since it can be used for bandaging purpose. *Kshaum*, *Karpas* and *Kausheya Patta* can be used for this purpose.

❖ *Rajju*:

Rope of fibers can be used as *Upanyantras* specifically for tying purposes. It is required in condition of poisonous bite to prevent circulation of poison in other body parts.

❖ *Antarvalkal*:

It is soft like a cloth obtained from bark of trees used for *Vrana bandhana* purpose mainly.

❖ *Charma*:

Charma means leather material used for bandaging, it is useful when organ prolapsed occurs and in cases of *Jalodara*.

❖ *Vastra*:

Cloth or linen which is clean and soft can be used during surgical procedures, to maintain surgical isolation, bandaging and slings.

❖ *Danta*:

Danta is used to make instrument like *Arsho yantra*, *Godanta* can be used for removal of pus from abscess.

❖ *Hasta*:

Hasta (hand) is considered as prime *Upanyantras*, finger is used for rubbing purpose, finger can also be used to break loculi in abscess, dislocation of joint can be manage by *Chakrayoga* done with hand.

❖ *Nakha*:

Nail can also be considered as *Upanyantras* since it help to grasp fine tissues of body, help to separate fascia during surgical intervention.

❖ *Shakha*:

Shakha of tree is used with rope to pull out *Shalya*.

❖ *Harsha*:

Harsha is used for extraction of *Anavbaddha shalya* and in *Bhagna*.

❖ *Baal*:

Baal (hair) can be used for suturing purpose (*Seevan Karma*) in warts. *Keshunduk* is also used for removal of foreign body.

❖ *Antra*:

Antra or intestine especially from catgut is used to make suture material/surgical instruments.

❖ **Kaala:**

Kaala (Time) is considered in *Ashtang Hridaya* since its providing strength of self healing in surgical injury or trauma.

❖ **Ayaskanta:**

Ayaskanta (magnet) can be used to remove external particles from cornea. It's also recommended in *Anavbaddha* and *Anuloma Vrana*.

❖ **Paka:**

Paka is done for *Shalya Nirharan*, it softens *Dhatu*s and helps to remove foreign body.

❖ **Vraghna:**

Vraghna is mentioned in hydrocele and hernia, etc. It also suggested in post-operative management of scrotal surgeries. (6-10)

Conclusion

Upanyantras are considered as subordinate tools of surgical procedure which helps practitioner to perform surgical intervention in absence of particular instruments. The unavailability of sophisticated or advance instrument can be managed up-to some level using subsidiary tools or *Upanyantras* especially in *Shalya Chikitsa*. These *Upanyantras* can be used in *Arsha*, *Charmakeela*, *Bhagandara* and *Kadara* etc. These *Yantra* remove foreign bodies, helps to visualize diseases, help to grasp fine tissues, break out extra unwanted mass and help in bandaging thus play important role in *Shalya Chikitsa*. *Sushruta* mentioned 25, *Vagbhata* mentioned 19 and *Ashtang sangrah* counted 21 *Upanyantras*. *Antarvalkal*, *Rajju*, *Vastra*, *Patta*, *Charma*, *Danta* and *Baal*, etc. are some *Upanyantras* which can be used for various para-surgical procedures.

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Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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