

# Importance of Panchakarma in Shalyatantra: A Delineation Through Single Case Study

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## ABSTRACT

*Panchakarma*, the pentagonal unique Ayurveda therapy which accommodating typical procedures to treat the morbid *Doshas* and cleansing procedure. Numerous textual references are available regarding their applicability in the field of *Shalya Tantra*. *Panchakarma* is important in many acute and chronic surgical conditions like *Vrana*, *Bhagna*, *Arshas*, *Bhagandara*, *Arbuda*, *Shleepada*, *Shotha*, etc. In *Shalya Tantra* the pre-operative measures like *Snehana*, *Swedana*, *Visravana*, *Vamana*, and *Virechana* are very important. All that which causes *Bhada* to the body is considered as *Shalya*. Excessive accumulation of *Dosha* and *Mala* causes such *Bhada* in the body, which requires *Nirharana*. In this paper an attempt has been made to explore the importance of *Panchakarma* in *Shalyatantra* with illustration of single case study of *Dushta Vrana* which had been admitted and managed in KVGAMC Sullia. A case of *Dushta Vrana* (venous ulcer) was treated with the *Sadyovamana*, *Sadyovirechana* and *Rakthamokshana* along with other *Vrana Upakrama*. Very good improvement in patient's condition. Photographs were maintained throughout the course of treatment. *Dushta Vrana* which is treated along with the *Panchakarma* procedures showing faster healing.

**Keywords:** *Dushta vrana*, *Panchakarma*, *Shalyatantra*, *Shodana*.

## INTRODUCTION

*Nidana Parivarjanameva Chikitsa*. This is the first step of treatment in Ayurveda. When vitiated *Doshas* are the causes for the disease, their removal itself is the treatment. It has been denoted that hand in hand management with *Panchakarma* and *Shalyatantra* to extract *Doshas* in many places. But in reality, whatever is said in *Panchakarma* is right in *Shalya tantra* and not vice versa. When the matter of treatment modalities of *Ayurveda* comes for discussion- The *Snehadi* i.e., *Snehana*, *Swedana*, *Vamana*, *Virechana*, *Basti*, *Nasya* and *Rakthamokshana*, practiced by *Panchakarma* section mainly, are also in use of *Shalya Tantra* specialists. In many acute and chronic surgical conditions like *Bhagna*, *Arshas*, *Bhagandara*, *Arbuda*, *Shleepada*, *Shotha*, *Vidradi*, *Ashmari*,

*Udara*, *Granthi*, and *Vrana*, there may be the need of any of the *Panchakarma* procedures. Acharya *Dalhana* while mentioning the definition of *Shalya Tantra* explains that *Mala Doshas* are also *Shalya* so *Nirharana* of Such *Mala Dosha*<sup>1</sup> is only by *Panchakarma* method. Indirectly it implies the important of *ShalyaTantra*. In *Yogyasootriya* Acharya explains *Shishyas* practice *Snehadikarma* along with *Chedyadi Karma*.<sup>2</sup> The *Shodhana* has been specially indicated in *Dushtavrana* to expel the *Pravruddha Doshas*.<sup>3</sup>

## METHOD

To substantiate this, an effort has been made with follow-up a case of *Dushtavrana*.

Chief complaints: A male patient aged 46 years was complaining of ulcer in the

medial aspect of lower limb associated with severe pain, itching, swelling and blackish discolouration since 6 month.

Past history: H/o Same complaint 5 years back. No h/o of DM and HTN

Treatment history: 2 years back varicose vein stripping, 1 and half year back skin grafting

Family history: No one in the family had similar complaint

**Table 1: Personal history**

Personal history	
Appetite	Good
Micturition	3-4/day; 1-2/night
Bowel	1/day
Sleep	Reduced
Habits	N. S

**Table 2: Systemic examination**

Systemic examination	
RS	NVBS
CVS	S1 S2 heard no added sound
CNS	NAD
GIT	NAD

**Table 3: General examination**

General Examination:	
Appearance	Obese
Built	Obese
Pulse	72/min
RS rate	19/min
Bp	140/90 mm hg
Pallor	Absent
Icterus	Absent
Cyanosis	Absent
Clubbing	Absent

## ULCER EXAMINATION

**Table 4: Ulcer examination**

	Left Leg	Right leg
Position	Near the Medial Malleolus	Near the Medial Malleolus
Shape	Irregular	Irregular
Size	90*45mm	75*35 mm
Edge	Slopping	Slopping
Margin	Well defined	Well defined
Floor	Pale no healthy granulation	Pale no healthy granulation
Discharge	Present	Present
Bleeding	Absent	Absent
Palpation		
Tenderness in margin	Present	Near the Medial Malleolus
Tenderness in edge	Present	Irregular
Tenderness in floor	Present	75*35 mm
Bleed on touch	Absent	Slopping
Mobility	Fixed	Well defined
Surrounding Area	Hard and discoloured	Pale no healthy granulation
Sensation	Present	Present

Signs of Vascularity: Pulsation in the dorsalis pedis is Present

Capillary refilling within 2 seconds

No Lymph node enlargement

**Table 6: Samprapti Gataka**

Dosha	Vata Pitta
Dushya	Rakta, Mamsa, Tavka and sira
Srotas	Rasa, Rakta and Mamsa
Srotodushti	Sanga and Vimargagamana
Udbavasthana	Amapakvashaya
Vyakta sthana	Paada
Prabhava	Krichra sadhya

**Table 5: Nidana Panchaka**

Nidana Panchaka	
Nidana	Long standing work
Poorvarupa	Pin pointed wound, itching discolouration and pain
Rupa	Vrana in the lower part of both leg
Upashaya	Rest and Medication

## TREATMENT GIVEN

**Table 7: Shodana chikitsa**

Sadyovamana	with Yastimadhu phanta and Saindhava Jala
Sadyovirechana	With Mishraka Sneha 2 tablets
Jaloukavacharana	1 sitting (2 Jalouka at a time on each leg)
Prakshalana	With Triphala Kashaya daily Morning for 45 days
Doopana	With Dhooma Varti Daily for 45 days (Triphala, Shuddaguggulu, vacha)
Dressing	With Nimba kalka and Madhu

**Table 8: Shamana chikitsa**

Manjistadi Kashaya	15 ml bd before food for 45 days
Khadirarishta	15 ml bd after food for 45 days
Cap Grab	15 ml bd for 45 days ( Triphala guggulu, gandaka rasayana, guduchi etc)

## OBSERVATION

**Table 9: Observation on Lakshana**

Day	Pain		Itching		Surrounding skin		Discharge		Swelling	
	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right
1 <sup>st</sup> day	+++	+++	++	++	+++	+++	++	+	++	++
20 <sup>th</sup> day	++	++	+	+	+++	++	+	Nil	+	+
40 <sup>th</sup> day	Nil	Nil	Nil	Nil	++	+	Nil	Nil	Nil	Nil

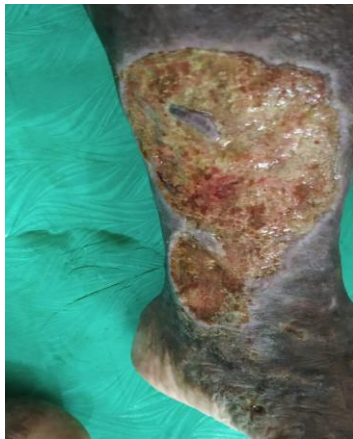
Clinical features of *Dushts Vrana* were improved at the end of second week and converted to *Shudda vrana*. On 30<sup>th</sup> day wound was almost healed.

With a follow up for a period of I month, patient has shown no sign of recurrence.

**Table 10: Observation on Size**

Size	1 <sup>st</sup> day	20 <sup>th</sup> day	40 <sup>th</sup> day	60 <sup>th</sup> day
Left Leg	90*45 mm	80*30 mm	50*30 mm	Small portion of dried tissue of about 20*10 mm which yet to get fall of
Right leg	75*35 mm	73*33 mm	69*29 mm	Healed

## RESULTS



**Figure No :1**  
Before Treatment Left leg



**Figure No :2**  
20<sup>th</sup> Day



**Figure No:3**  
40<sup>th</sup> day



**Figure No:4**  
Before Treatment Right leg



**Figure No:5**  
20<sup>th</sup> Day



**Figure No :6**  
40<sup>th</sup> Day



Figure No: 7  
Left Leg on 60<sup>th</sup> Day



Figure No:8  
Right leg on 60<sup>th</sup> Day

## DISCUSSION

*Vedana* in *Dushta Vrana* is due to vitiated *Vata* and *Pitta*. Here *Virechana* removes the vitiated *Vata* and *Pitta*. Thus, *Virechana Karma* not only expels the vitiated *Pitta Dosha* but also controls the *Vata Dosha*<sup>4</sup> by removing the *Margavarana*. *Kandu* is manifested due to the vitiated *Kapha* or *Vata*. By *Sadyo Vamana* vitiated *Kapha*<sup>5</sup> and by *Raktamokshana* vitiated *Vata*<sup>6</sup> are expelled out. So *Kandu* is managed. *Ashraya Ashrayee bava* of *Rakta* and *Pitta* and *Brajakapitta* is responsible for *Varna*.<sup>7</sup> *Virechana* alleviates vitiated *Pitta* and *Jaloukavacharana* pacifies vitiated *Rakta*. This is helped for the removal of *Vaivarnya*. Probably this can be cured if the treatment is continued. Disappearance of the *Srava* is noted after doing *Sadyovamana* and *Sadyovirechana* thereby executed *Dosha Nirharana*. *Shotha* is due to *Tridosha* which are brought back to normalcy by procedures *Vamana*, *Virechana*, and *Rakta mokshana* thus the *Shotha* is completely subsided.

## CONCLUSION

When vitiated *Doshas* are removed, body tends to do *Prakruta karma*. The regaining of sensitivity of cells in tissues of ulcer site is the sign of response to the *Prakshalana* and *lepa* of *Nimba* and *Madhu* which improves the local action of the procedures over the wound healing. Combination of *Shodana* achieved by *Sadyo vamana*, *Sadyovirechana* and

*Raktamokshana* systemically and local *Shodana* by *Alepa*, *Prakshalana* and *Doopana*. *Ropana* is achieved by *Vrana Bandha* along with action of above procedures which resulted in early proper healing of *Dushta Vrana*.

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How to cite this article: Rajeshwari, Bharadwaj D, Harshavardhana K et.al. Importance of panchakarma in shalyatantra; a delineation through single case study. Int J Health Sci Res. 2020; 10(5):102-106.

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