



## MOCK SURGERIES IN AYURVEDA

Bali Yogitha\*

Dheerghaayu Ayurvedic &amp; Integrated Health Care, Bangalore, India

Article Received on: 19/08/12 Revised on: 16/09/12 Approved for publication: 13/10/12

\*Email: baliyogitha@gmail.com

The present trend is very well aware of mock tests, exams and even the mock surgeries that are very common in healthcare and play an important role in providing the surgeons, the necessary practical knowledge and expertise in their specialized field. In addition, patients also get benefited by the mock surgeries by having the complete knowledge before they undergo any surgery. The same concept of mock or the experimental surgeries can be found explained centuries ago by Susrutha, father of both the Ancient and Modern surgery in the Susrutha samhitha under the chapter *yogya-sutriya*. Hence here, an effort was made to explore the same. Further research studies should be focused on the concept explained by Sushrutha to make it valid and applicable to the present day. The ancient surgical science is known as *Salya-tantra*. *Salya-tantra* (surgical science) embraces all processes aiming at the removal of factors responsible for producing pain or misery to the body or mind. *Salya* (*salya*-surgical instrument) denotes broken parts of an arrow /other sharp weapons while *tantra* denotes maneuver.<sup>1</sup> To obtain the complete success in the aimed operating work, practice of similar operations before hand is called yoga and the experiment of such practice is called *yogya*. An intelligent surgeon, who does experimental surgery methodically, does not lose his presence of mind while doing the actual operations. Therefore, he who wants to be an expert in the use of surgical operations, caustics or thermal cauterizations should practice the same experimentally on similar subjects.<sup>2</sup>

Sushruta has described surgery under eight surgical techniques as *Chedyā* (excision), *Lekhya* (scarification), *Vedhya* (puncturing), *Eśya* (exploration), *Aharya* (extraction), *Vśraya* (evacuation) and *Sivya* (Suturing) that has to be carried out on the following objects. The different experiments of excision should be demonstrated on *pushpaphala* (pumpkin-gourd), *alabu* (bottle gourd), *kalindaka* (watermelon), *trapusaka* (cucumber), *ervaruka* and *karkaruka* in the form of both upward as well as downward directions. The experiments of incision should be demonstrated on *druti bastiprasevaka* (leathern bag, urinary

bladder (of an animal) and *udaka- pankapura* (leathern bottle with full of water and slime). The experiments of scraping should be demonstrated on a *romayukta charma* (piece of hairy skin). Puncturing should be carried out on the *mruta pashu sira* (vessels of dead animals) and on the *utpala nala* (lotus stalks). The experiments of probing should be demonstrated on *gunopahata kasta* (moth eaten wood), *venunala* (bamboos), *nala* (reed-tubes) and *suska-alabumukha* (mouth of a dried gourd). Extraction should be performed on *panasa* (jackfruit), *bimbi*, *bilvaphala majja* (the pulp of bilva fruit) and on the *mruta pashu danta* (teeth of dead animals). The drainage should be demonstrated on a *madhuchistopalipta- shalmali phalake* (piece of salmali wood coated with beeswax). Suturing should be carried out on the borders of *sukshma-ghana-vastra* (fine, closely-knitted cloths) and on the *mrudu-charma* (borders of soft leather). The bandaging should be demonstrated on *pustamaya-purushanga-pratyanga* (different parts and subdivisions on the dummies made of cloth). The experiments on the use of cauterization ad caustic alkali should be demonstrated on *mrudu- mamsakhanda* (soft muscle pieces). Plastic surgery of ear should be demonstrated on the *mrudu charma* (soft leather), *mamsa-peshi* (muscles) and *utpala nala* (the lotus stalks). The experiments of application of nozzles of enema apparatus and the wound irrigation should be demonstrated on *udakapoorna-ghataparshwasrotasya-alabumukhadishu* (the side hole of an earthen pot full of water and on the mouth of a gourd).<sup>3</sup>

## REFERENCES

1. Tewari M, Shukla HS Sushruta: 'The Father of Indian Surgery' Indian Journal of Surgery.2005; 67(4):229-230.
2. S. Saraf , R.S. Parihar: Sushruta: The first Plastic Surgeon in 600 B.C.. The Intern Journal of Plastic Surgery. 2007 Volume 4 Number 2.
3. Sushrutha. Sushrutha samhitha with English translation of text and Dalhana's commentary along with critical notes edited and translated by Priyavrat Sharma. Vol. 1. Varanasi: Chaukhambha Visvabharati; Reprint 2005.