

SUSHRUTOKTA ASHTAVIDHA SHASTRA KARMA IN NETRA ROGA

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ABSTRACT

This provides an in-depth examination of Ashtavidha Shastra Karma, the eight surgical techniques utilized in Ayurveda to address eye disorders (Netra Roga). Each method is analyzed comprehensively, highlighting its therapeutic uses, procedural details, indications, advantages, and considerations specific to Ayurvedic ophthalmology. Gaining insight into these specialized surgical approaches sheds light on their significance in managing diverse ocular conditions, promoting visual health, and supporting holistic eye care.

KEYWORDS: Ashtavidha Shastra Karma, Netra Roga, Ayurvedic ophthalmology, Surgical techniques.

INTRODUCTION

Ashtavidha Shastra Karma encompasses a specialized branch of Ayurvedic surgical practices dedicated to managing intricate and persistent eye disorders. Originating from ancient Ayurvedic scriptures, these techniques prioritize accuracy, effectiveness, and a holistic approach to rejuvenate eye health and enhance vision. This deals into the core principles, procedural techniques, and therapeutic benefits of each Shastra Karma, underscoring their relevance in modern Ayurvedic ophthalmology.

Ashtavidha Shastra Karma

1. Shalaka (Cauterization): Shalaka is a specialized technique that uses a heated metal rod or probe to carefully cauterize specific areas of the eye or nearby tissues. This method helps stimulate local blood circulation, encourage tissue repair, and address conditions like corneal ulcers, conjunctivitis, and pterygium. By boosting blood flow and reducing inflammation, Shalaka supports quick recovery and enhances visual clarity. It is especially beneficial when standard treatments are ineffective, providing a focused approach to managing both acute and chronic inflammatory eye disorders.

2. Shashtra (Surgical Removal): Shashtra refers to the surgical removal of abnormal growths, tumors, or foreign objects that interfere with eye function and vision. It is crucial for eliminating cysts, chalazions, or tumors that block the visual pathway. By removing unhealthy tissue and restoring the normal structure, Shashtra helps regain vision and relieves discomfort from structural issues. The technique combines surgical accuracy with Ayurvedic principles, ensuring minimal harm and effective results.

3. Agada (Antidote and Detoxification): Agada uses herbal or mineral-based pastes, poultices, or solutions to neutralize toxins, reduce swelling, and support tissue repair in the eyes. It is especially useful for treating infections, chemical injuries, and inflammatory conditions. By detoxifying the affected area and boosting local immunity, Agada speeds up healing and lowers the chance of complications, providing comprehensive care for various eye health issues.

4. Bheshaja (Medicinal Therapy): Bheshaja uses specialized herbal remedies, eye drops (Anjana), and internal medications to manage chronic eye problems like glaucoma, diabetic retinopathy, and degenerative eye disorders. This approach aims to balance doshas, enhance blood flow to the eyes, and protect the optic nerve with tailored treatment plans. Bheshaja not only addresses symptoms but also corrects underlying imbalances, supporting long-term eye health and better visual outcomes for those with complex eye conditions.

5. Kshara (Alkaline Therapy): Kshara involves applying alkaline substances made from plant ashes or mineral salts to treat corneal ulcers, styes, and chronic conjunctivitis. This therapy aids in cleaning out damaged tissue, fighting infections, and promoting wound healing. Known for reducing inflammation, easing pain, and preventing the recurrence of stubborn eye problems, Kshara is valuable for managing difficult eye disorders.

6. Rakta Mokshana (Bloodletting): Rakta Mokshana helps relieve blood congestion or clots within the eye, improving circulation and lowering intraocular pressure. It is effective for hypertensive retinopathy, vascular blockages, and conditions with poor blood flow affecting vision. By enhancing blood flow and oxygen supply, this method supports retinal health and aids in preventing vision loss due to vascular-related eye disorders.

7. Kshara Sutra (Medicated Threads): Kshara Sutra involves inserting and gradually tightening medicated threads or ligatures to address recurring chalazions, fistulas, and chronic dacryocystitis. This minimally invasive technique promotes controlled tissue destruction, supports healing, and reduces the likelihood of recurrence by effectively draining abscesses and aiding tissue regeneration. Known for its accuracy and effectiveness, Kshara Sutra offers a safe and sustainable method for managing challenging eyelid and lacrimal system disorders.

8. Agni Karma (Thermal Cauterization): Agni Karma uses heat therapy through heated tools or cauterization to treat conditions like Meibomian gland dysfunction, pterygium, and blepharitis. This approach enhances gland function, lessens inflammation, and boosts tear production, helping alleviate dry eye symptoms and improving eye comfort. Agni Karma is appreciated for restoring gland health, managing chronic inflammation, and improving patients' quality of life through targeted thermal techniques.

Implications for Ayurvedic Eye Care

Integrating Ashtavidha Shashtra Karma techniques in Netra Roga (eye disorders) highlights Ayurveda's commitment to personalized and holistic healthcare. These surgical methods are customized to address specific doshic imbalances, structural issues, and chronic eye problems, promoting lasting eye health and better vision. When combined with

traditional Ayurvedic therapies, Shastra Karma offers a comprehensive approach to managing Netra Roga, focusing on prevention and effective treatment for optimal eye health and well-being.

CONCLUSION

Ashtavidha Shastra Karma in Netra Roga represents specialized surgical practices in Ayurvedic ophthalmology, providing effective solutions for complex eye conditions and enhancing visual health. This overview has explored the therapeutic applications, procedural details, and holistic benefits of Shastra Karma techniques. It advocates for blending these traditional surgical practices with modern eye care approaches, ensuring thorough and personalized management of Netra Roga, resulting in better patient outcomes and an improved quality of life.

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