

SUSHRUTA SAMHITA COMPLETE TREATISE OF AYURVEDA- A REVIEW ARTICLE

Madgundi Anand K¹ Ade Jaykumar S² Bhabad Pradeep R³ Jain Atul S⁴

1. Assistant Professor, Dept. Of Rachana Sharir, SGR Ayurved College, Solapur, Maharashtra, India
2. Assistant Professor, Dept. Of Kriyasharir, SGR Ayurved College, Solapur Maharashtra, India
3. Associate Professor, Dept. Of Sanskrit Samhita, SMBT Ayurved College, Dhamangaon, Nasik, Maharashtra, India
4. Jain Atul S., Assistant Professor, Dept. Of Rachana Sharir, Vidharbha Ayurved College, Amarvati, Maharashtra, India.

ABSTRACT

Sushruta Samhita is one of the two most ancient, encyclopaedic & authoritative classical books of the Indian Medicine. The *Sushrut Samhita* expounded by *Kashiraja Divodasa Dhantvanti*, compiled by *Sushruta*, supplemented by *Nagarjuna & Chandrata* is a classical work on Indian surgery. *Sushruta Samhita* is the creation of the sage surgeon of the first type. The extent *Sushruta Samhita* consists of six section with 186 chapters. But it was obvious that the original *Samhita* consisted of only five sections with 120 chapters. While the first five section deals almost extensively with surgery, the last section is designed to deal briefly with the other six branches of Ayurveda leaving out the toxicology. These six section are *Sutrasthana* (46 chapters), *Nidanasthana* (16 chapters), *Shareer sthana* (10 chapters), *Chikista sthana* (40 chapters), *Kalpa sthana* (08 chapters), & last *Uttartantra* (66 chapters). *Sutrasthana* provides the framework of surgery as the focal theme of the work. It also deals with preliminary matters concerning medical study. Interesting aspects of this section which can be called as ‘first principle’ are the introduction to medical science especially surgery, medical education & training, the theory of therapeutic substances, & dietetics. *Nidansthana* concern with pathology, cause, symptoms of various diseases. *Shareer Sthana* is mainly devoted to anatomy & physiology. *Chikitsasthana* is an elaborate account of therapeutics in various diseases. The supplementary section *Uttarantra* is pertaining to diseases & treatment of ear, nose, throat, paediatrics, general medicine, insanity & epilepsy with reference to supernatural aetiology & last four chapters of this section is general in nature, dealing with six tastes (*Rasa*), principles of hygiene, medicinal terminology & abnormal operations of the *Dosha*. The *Sushrut Samhita* is remarkable in concern with surgery hence *Sushruta* is known as father of surgery.

Keywords- *Ayurveda, Brahtrayyi, Nagarguna, Sushruta Samhita, Surgery.*

Sushrut Samhita is the main treatise and source of about surgery in Ancient India.

Sushruta Samhita is one of the popular

INTRODUCTION:

treatise of the three *Samhita* i.e. *Brahtrayyi*. It is expounded by *Kashiraja Divodasa Dhanvantari*, completed by *Sushruta*, who was the son of Sage *Vishvamiitra* and disciple of *Divodasa Dhanvantari*, the king of *Kasi* & later redacted by *Nagarjuna*. This treatise was called *Shalya Tantra* and consisted of only 5 division's viz. *Sutra*, *Nidana*, *Shareer*, *Chikitsa* and *Kalpa*. *Shalyatantra* was later revised and supplemented and addition of *Uttartantra* i.e sixth section with 66 chapters was added.

This treatise deals with various branches of *Ayurved* as *shalyatantra* (surgery), *Kaumaryabhritiya* (paediatrics), *Kayachikitsa* (medicine). Of the commentaries on *Sushruta Samhita*, the most renowned is that of *Dalhana* commentary named *Nibhanda Samgraha* written in the 12th century A.D. Another commentary is by *Chakrapanidatta* written in the 11th century, called *Bhanumati* and only a portion of it is available now. As per *Dalhana*, commenter of *Sushruta Samhita*, sage *Nagarjuna* was the *pratisamskarta* of *Sushruta Samhita* or redactor of this *samhita*. Emendation or *Pathashudhi* of *Sushruta Samhita* was done by *Chandradatta*, the son of *Tisata*. *Divodas* and his disciple are historical sage physicians; probably belong to 1500 B.C. and 1000 B.C. *Sushruta* was renowned as father of Surgery.

MATERIALS & METHOD

This is conceptual type of research. All sorts of references has been collected and compiled from various available Ayurvedic classics texts like *Sushrut samhita* and available commentaries on it. Research article is also searched from various

websites related to *Sushrut Samhita*. All matter is analyzed and attempt has been made to draw some conclusions

Structure & Content of *Susrut Samhita*.

The Compendium of *Sushruta Samhita* is the comprehensive treatise which deals with the entire medicine discipline. For the sake of knowledge today's most of *Sushruta Samhita* is divided into two parts. Initial part composed of *Purvardha* which consists of *Sutrasthana* (46 chapters), *Nidansthana* (16 chapters), *Shareersthana* (10 chapters), *Chikisthasthana* (40 chapters) and *Kalpathana* (8 chapters). The second part is called as *Uttartantra* or *Uttarardha* consists of 66 chapters. This part this part come across in details with different branches of medical discipline viz *Shalakayatantra* (26 chapters), *Kaumaryabhritiya* (13 chapters), *Kayachikistha* (21 chapters), *Bhutvidya* (3 chapters) and *Tantrayukh* (4 chapters).

Sutrasthana: The first section consists of *Sutrasthan* containing 46 chapters. This section emphasis on various topics as such origin of *Ayurveda*, description of different branches of *Ayurveda* and its significance. In this section *Sushruta* has stressed to understand the text thoroughly so that the physician should be expertise on his specialities. The topic enlightens on pre-surgical preparative measures as such sterilization, fumigation, preparation of patient etc. Description of various surgical appliances, instruments, their names, shapes, and methods of use are also described. Importance of practical training by performing surgical acts on dummies according to the situation is been nicely explained. *Sushruta* has explained qualification of the surgeon before he enters the profession and code of ethics has been explained.

This section also contains description of preparation of medicines like's alkalies, cauterly procedure, application of

leeches, draining wounds. Technique of bandages, dressing methodology, management of wounds and ulcers are described here. Prognosis of diseases, wound and ulcers are explained according to the sign and symptoms seen. Over all in section basic principles as such code of conduct of *Vaidya*, introduction to instruments, their uses, preparation of antiseptic medicines, methods of bandaging, dressings, prognosis, seasonal regimen and therapeutic dietary chart. *Shalya* is defined in terms of extraneous matter that is introduced into body. Diseases are classified & prognostics details are mentioned. Drugs are classified & their curative merits specified.

Nidansthana: This section consists of 16 chapters dealing with aetiology, pathogenesis, sign and symptoms of diseases which are exclusively important than surgical diseases. Diseases as such neurological disorders (*Vatavyadhi*), ano-rectal diseases, renal calculi and urinary system, etc along with diseases which are often ignored but form the main causative factor for major diseases are well explained in *Shudra roga* chapter.

Shareersthana: This section contains 10 chapters which exclusively explain fundamental and basic concepts of human anatomy, physiology, embryology and genetics. Here evolution of human body through metaphysically activity i.e. *Tatva* (constituents) is explained. Description of quality of semen, fertilization, menstrual cycle, ovulation, have been explained from embryological view. Concept of sex determination, foetal development, factors responsible for fertility, infertility and factors responsible for quality pregnancy is been described here. System wise anatomy along with numerological explanation of

each and every structure like bones, organs, skin layers, sense organs is seen in this section. In this section one of the important chapter is about *Marma shareer*. *Marma* is the vital part of human body which is important from surgical point of view. Description of circulatory system, artery, veins, therapy of venus section, use of venus section in treating various disorders is been anatomically explained.

Chikitsasthana: This section consists of 40 chapters, deals with description of various disorders. Treatments of various diseases such as ulcers, wounds, fractures, haemorrhoids, & diseases of nervous system are explained in details. In this section systemic diseases, urinary disorders, skin ailments, diabetes, abscess, abdominal disorders, mouth ulcers, swellings, minor ailments is explained in respective headings. Rejuvenation and virilification are also described here. Preparation of medicated oils, baths, purgatives, syringes, enemas, inhalations and gargles is explained in pharmacological way.

Kalpasthan: This section deals with Toxicology part of *Ashtang Ayurved* (Eight divisions of Ayurved). This section deals with effects of poisonous foods, vegetables, minerals, various poisons of animals and inanimate origin. Along with its ill effect, symptomatology of poisonous effects along with its treatment is elaborately described here. Description of snake bite; bites of animals like rat, dogs, and jackals have been described along with its treatment and drugs to be used. Interesting topic in this section is loud sounds of the drum smeared with antidotes are capable of destroying poisonous germs that float in the air. Hearing these sounds or looking at the flags and festoons, smeared with the antidotes or touching there prevent of poison.

Uttaratantra: Sixth section known as *Uttaratantra* is very important of *Susrut samhita* as it deals with *Kayachikitsa* (General medicine), *Kaumaryabhretya* (Paediatrics), *Shalakyas*, *Bhuta vidya*, parts of 8 divisions of Ayurveda along other essential subject matters of Ayurveda as *Tridosha*, *Six Rasas*, *Swasthavritta Tantrayukti* etc. Description of eye diseases with their aetiology and symptomatology is dealt in first chapter along with its treatment and some of minor surgeries related with eye disorders. Further section deals with disease of nose, ear and head. In this further diseases of children's (paediatric disorders) effects of evil spirits on children (seizures) is also dealt. Next subsection deals with general medicine *Kayachikitsa*, etiopathology and management of various disease as such fever, diarrhoea, *Shosa* (phtisis), Humours, Heart diseases, Anaemia, jaundice, Haemophilia, syncope, alcoholism, asthma, cough warm infection, digestive disorders, dysceria and has been expand here. Further some of the chapters deal with etiopathology symptomatology epilepsy and insanity with reference to super natural aetiology (there called *bhuta vidya tantra*) as well as with normal medical aspects. The last few chapters of this section deals with six tastes (Rasa), principles of hygiene, medicinal terminology & abnormal operations of the Dosha.

SALIENT FEATURES OF SUSHRUT SAMHITA:

- *Acharya Sushrut* describing the importance & indispensability of *Tridosha* for the maintaining the life of an individual i.e the vital humours (*Tridosha*) maintain the integrity of the animated organism by creating, assimilating & diffusing the strength in the same way as the moon, the sun, & the wind maintains the integrity of the terrestrial globe.
- The *Sushruta Samhita* had been the first classical text to mention the etymological meaning of *Tridosha*.
- *Acharya Sushrut* had been pioneer to present a genuine & composite definition of health which has been proved to be most ideal & scientific with the test of time & become parallel to the definition put forth by W.H.O.
- The *Sushruta Samhita* had been the first text which gave great importance of *Dhatu & Mala* in addition to *Dosha* for maintenance of life by establishing the principles of *Dosha; Dhatu & Mala* are the foundation of body to maintain the life.
- *Sushruta Samhita* describes 76 kinds of eye diseases of which 51 are regarded as cases for ophthalmic surgery. It deals with cataract crouching. *Sushruta* was aware of optical lens being the seat of vision.
- In *Sushruta Samhita* 101 blunt & 20 sharp instrument suitable for surgery had been described. Different kinds of operations like excision, incision, scarification, puncture, probing, draining of fluid & suturing also seen.
- Operative treatment of hair lip, rhinoplasty, herniotomy, extirpation of tumours, removal of ovaries & fistula are dealt with.
- As many as 300 surgical operations (with 42 different surgical processes) are considered here. The amputations of limb, setting of fractures abdominal sections, treatment of splenic enlargement, removal of fistula & haemorrhoids, reduction of hernia & ruptures & obstetric manipulation are some of surgical problems that have been attended.

- Midwifery is a special area of the medical care & treatment that is elaborated in *Sushruta Samhita*. Application of forceps & caesarean section in cases of difficult delivery are suggested here.
- *Sushruta Samhita* deals with 1120 diseases, grouped under 3 heads bodily ailments due to injury, natural infirmities due to old age & mental disorder. It mentions over 700 plants of medicinal & also classified them into 37 groups (*Ganas*) of diseases in which they are indicated.
- Vegetables drugs are prescribed in *Sushruta Samhita* are larger in number than Charak Samhita & drug of animal origin are less in number, while the number of minerals & metals are used as drugs remains the same in both.

COMMENTARIES OF SUSHRUT SAMHITA:

The earliest commentary on *Sushruta Samhita* was by *Jejjata*. The work has unfortunately not come down to us. There is an incomplete commentary by *Gayadasa* known as *Nyayachandrika*. There is another incomplete commentary by *Chakrapanidutta* called as *Bhanumati*. There are references to two other commentaries by *Bhasakara* & *Madhwa*. The most important commentary however is *Nibandha Samgraha* by *Dalhana*.

TRANSLATION OF SUSHRUT SAMHITA:

Having seen its importance & practical applicability the *Sushruta Samhita* has been translated into many foreign as well as Indian languages such as Arabic, Latin, German, English, Hindi, and Marathi. *Sushruta Samhita* was translated into Arabic before the end of the 8th century A.D. known as *Kitab-Shah-shun-al Hindi*; it was rendered from the original Sanskrit into Arabic by *Ibn Abillsaibial*. It was translated in English by *U.C.Dutta* in 1883, *Ambika charan Chatterji* in 1885 and *Hornele* 1897, *Kaviraja Kunjalal Bhishagratna*

student of *M.M.Kaviraj Dwarkanathsan* published *Sushruta Samhita* English translation without text and brought in 3 volumes (1907-17), which is available now. *Sushruta Samhita* was translated in to Hindi by many authors. Some of them are *Dr. Ambikadatta Shastri*, *Dr Anantram Sharama*, and *Dr Brahmanand Tripathi*. It is also translated in Marathi by *Dr P.G. Athavale* & *Datto Ballal Borkar*.

CONCLUSION:

Considering the above fact it is concluded that *Sushruta Samhita* is complete encyclopaedia for Ayurvedic perspective. It mainly deals with Surgery but other branches of *Ayurveda* also elaborated. The classical view of surgery is gifted to today's society in the form of *Sushruta Samhita* by *Sushruta*. Hence *Sushruta* is called as 'Father of Surgery'.

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CORRESPONDING AUTHOR

Dr. Ade Jaykumar Sadashiv Designation: Assistant Professor, Dept. Of Kriya Sharir, S.G.R. Ayurved College, 21-A/13, Budhwar peth, Samrath Chowk, Solapur, Maharashtra, India- 413002

Email: drjayade@gmail.com
