

DRESSING MATERIAL IN SUSHRUTA SAMHITA**Dr. Kumari Seema¹, Dr. Rajeev Kumar*², Dr. Shishir Prasad³ and Dr. Sunil Gupta⁴**¹PG Scholar, Dept. of Shalya Tantra, Gurukul Campus, Haridwar, UAU, Uttarakhand.²Assistant Professor, Dept. of Shalya Tantra, Gurukul Campus, Haridwar, UAU, Uttarakhand.³Associate Professor, Dept. of Shalya Tantra, Gurukul Campus, Haridwar, UAU, Uttarakhand.⁴Professor, Dept. of Shalya Tantra, Gurukul Campus, Haridwar, UAU, Uttarakhand.Article Received on
20 April 2019,Revised on 10 May 2019,
Accepted on 31 May 2019

DOI: 10.20959/wjpr20197-15042

Corresponding Author*Dr. Rajeev Kumar**Assistant Professor, Dept. of
Shalya Tantra, Gurukul
Campus, Haridwar, UAU,
Uttarakhand.**ABSTRACT**

Sushruta was an ancient Indian surgeon (600 B.C.) who resided in Varanasi. The teachings and work of Sushruta is compiled in a treatise called Sushruta Samhita, It contains 184 chapters, descriptions of 1,120 illnesses, 300 surgical procedures, classification of human surgery in 8 categories, over 120 surgical instruments and around 700 drugs of animal, plant and mineral origin. Dressing is an act of applying sterile pad with dressing material to a wound to promote healing and protect the wound. In Sushruta samhita lot of description is available about dressing material. It is extremely essential that we put his principles into practice, and preserve the dignity of our noble profession. That

would be the ideal tribute to this legendary figure.

KEYWORDS: Sushruta, Dressing Material.**INTRODUCTION**

Dressing is an act of applying sterile pad with dressing material to a wound to promote healing and protect the wound. It checks bleeding, absorbs exudate, relieves pain, debrides the wound, reduces psychological stress and protects from further infection. Dressing provides sterile, breathable and moist environment which facilitates granulation and epithelialization i.e favorable conditions to the wound.

Areas Where Dressing is Needed: Dressing should be done in *atisrav yuktvrana*, partial or full thickness wounds, *abhighataj vrana*, *shashtrakrita vrana*, fungating carcinoma, trophic or pressure ulcers, venous ulcer, diabetic or arterial ulcer.

Dressing Material in Sushruta Samhita: *Maharshi shushruta* has mentioned wide varieties of dressing material in *Shushruta Samhita*. Following are the dressing material mentioned by *Maharshi shushruta*.

- In *kshara dagdha vrana* *acharya* has indicated to apply *amla varga dravya* (like *sauviraka*, *kanji*, *tushodaka*) with *ghrita* and *mulethi churna*, it relieves pain and burning sensation.(su.su.11/21).
- *Tila kalka*, *mulethi churna* and *ghrita* mixed in equal quantities application is indicated in *kshara dagdha vrana* for *ropana karma*.(su.su11/23).
- After *samyak dagdha* (thermal cauterization) has been done in proper manner, the area(of burning) should be anointed with mixture of honey and ghee.(su.su.12/13).
- Application of mixture of *vanshalochana*, *plaksha chaal*, *chandana*, *gairik* is anointed in *samyak dagdha vrana*.(su.su12/23).
- *Ropaka ghrita* is indicated in all types of *agni dagdha*.(su.su12/27).
- *Vrana* formed after leech therapy by bite of *jalauka* should be treated by anointing with *shatdhaut ghrita* (su.su13/23).
- For haemostasis of wound *lodhramulethi*, *priyangu*, *geru*, *shalmali pushpa*, *udad*, *jau*, *godhum* powder *gharshana* (rubbing) should be done.(su.su24/36).
- Ash of silk cloth should be sprinkled over bleeding wound.
- If homeostasis is not achieved with the above procedures than *kshara* (alkali) or hot oil should be applied.
- To check excessive bleeding *sandhan* is advised for which *kshaya dravyas* are used like *nygrodh*, *udumbar*, *lodhra*, *haritaki* etc (su.su14//39).

- *Vrana* formed after *karna vedhana* should be treated by application of *mulethi*, root of *eranada*, *manjistha*, *yava*, and *tila kalka* in honey and *ghrita* (in excess amount) it helps in *rohana* of the *vrana*.(su.su.16/6).
- In proper *karna vedhana vrana* –*aam taila* application is indicated.
- *Yava*, *ashwagandha*, *mulethi* and *tila udvartana* is applied in *vrana*.
- To suppress burning sensation *panchavalkal* grinded with *madhu* and *ghrita* should be applied.
- *Chandana*, *mulethi* and *rasaanjana* fine powder application.(su.su17/51).
- *Acharya Sushruta* has mentioned *alepa* as the primary *upchar* for all types of *shopa* it is the *pradhan* ones, it helps in *shodhana ropana* and stabilization of bones, and it should be applied in opposite direction of hairs.
- *Madhu* mixed *tila kalka* is advised in *ropana* of *durgandhit mansa rahit* and *mansal sthan vrana*(su.chi.1/65).
- *Nimba patra* and *madhu* mixed with *tila kalka* does *sanshodhana* of *vrana*.
- *Nimbi patra*, *madhu* and *ghrita* mixture mixed with *tilakalka* does *ropana* of *vrana*.(su.chi.1/67).
- Equal quantities of *tila kalka* and *yava kalka* application suppresses *apakva vrana* and does *pachana* of *alpa pakva vrana*.
- Where bandaging cannot be done and in joints area and recurring *vrana* their for *ropana* of *vrana*, *haldi* and *daru haridra raskriya* should be done.(su.chi.1/72).
- *Chandana*, *mulethi* and *rasanjana* fine powder application.(su.chi.17/51).
- *Acharya sushruta* has mentioned *alepa* as the primary *upchar* for all types of *shopa*, it is the *pradhan* ones. it helps in *shodhana ropana* and stabilization of bones it should be applied in opposite direction of hairs.

- *Sankh churna* (CaCo₃ powder) two parts and *hartal* one parts mixed in *sukt*(*amla drava*/sour juice)grinded and paste used for *lomashatana*(removing hairs).(su.chi.1/105).
- *Bhallatak* oil and *snuhi ksheer* mixed together applied to remove hairs.(su.chi.1/106).
- *Sursadigana* drugs are beneficial for washing and healing of *vrana*.(su.chi1/120).
- *Tryodashang taila* application is beneficial for healing of wound.(su.chi1/41).
- Cut limb is dipped in *ushna*(hot) oil and *kosha bandhana*(sheath bandage) is tied.(su.chi.2/37).
- *Sharkara, mulethi, laksha, gokhru* and *eranda sidha, dugdha*(milk) reduces pain and burning sensation of wound.(su.chi.2/48).
- If ruptured intestine is protruded outside than both edges of the intestine should be held with *pipilikashira* (ant head) and introduced inside.(su.chi.2/56).
- The intestine contaminated with *trina*(hay/stalk), *rakta*(blood) and *dhuli* (dust) should be washed with *dugdha* (milk) and *ghrita* (cow ghee) *lepana* is done later on placed inside without harming it with nails.(su.chi.2/57).
- In penetrated head injury, the *shalya* (foreign body) should be removed and *bal varti* (a ball made of hairs) should be introduced in it.(su.chi.2/69).
- In other parts of body, penetrated foreign body should be removed and *sneha varti* is introduced in it. (su.chi.2/71).
- The wound which are *avgaadh* (deep) or *sukshma* (shallow) their blood should be removed and with the help of *sukshma netra, chakra taila tarpana* should be done.(su.chi2/72).
- *Shoolyukt* (painful) *sadhyovrana parisheka* should be done with *ushna ghrita* (warm oil) and *bala taila*.
- *Madhuk, udumbara, ashvath, palash, arjuna, vat chaal* (bark) should be used for *kusha bandhana*(splint) formation.(su.chi3/6).

- In *bhagna* (fracture)*manjistha*, *madhuka*, *lal chandana* mixed in *shat dhaut ghrita* and powder of *shali chawal* should be applied.(su.chi.3/7).
 - Fracture due to trauma comes into its position if *ghrita lipta vastra* is applied in *bhagna* Pradesh and after the *kusha*(splint Is applied and bandaging is done.(su.chi.3/21).
 - In case of a fracture of one of the rib bones (*parsuka*), the patient should be lubricated with clarified butter. He should than be lifted up (in a standing posture) and the fractured rib(bone), whether left or right, should be relaxed by being rubbed with clarified butter. strips of bamboo or pad (*kavalika*) should be placed over It and the patient should be carefully laid in a tank.(su.chi.3/23).
 - In the case of fractured bones in the palms of the hands, the two palms should be made even and opposed and then bandaged together and the affected parts should be sprinkled with raw and unmedicated oil(*ama taila*).(su.chi3/29).
 - In a case of a fracture of the bone of the forehead unattended by any oozing out of brain matter, the affected part should be simply rubbed with honey and clarified butter and then duly bandaged.
 - Application of *kshara*(alkali)is advised in *arsha* (pile mass).(su.chi.6/4).
 - ***Alepa* (plaster) is applied in haemorrhoids following are named below**
 - (a) The first consists of pulverized turmeric mixed with the milky exudation of the *snuhi* tree.
 - (b) Consists of *pippali*, rock salt, *sirisha* seeds and *kushtha* pasted with milky juice of an *arka* or *snuhi* plant. (su.chi.6/12).
 - In parisravi type of bhagandara (fistula-in-ano) the region of the anus should be kept wet by the sprinkling of lukewarm anu taila.
 - In the case of an infant cauterization with fire or with an alkali, the use of strong purgatives and surgical operations are forbidden in this case mild medical remedies are said.
- A plug or a varti in the shape of a wick and made of powdered *argvadha*, *haridra* and *rala* mixed with honey and clarified butter, should be inserted into the ulcer for purifying purposes.

This medicinal compound speedily brings about the healing of a sinus, just as the wind will drive away a cloud.(su.chi.8/30).

- The sore of a fistula may be filled (healed)up by the application of (a compound of) *trivrit*, *tila*, *nagadanti*, *manjishtha* and rock salt pasted together with milk and honey.(su.chi8/40).
- A plaster (*kalka*)consisting of *rasanjana*, turmeric, *daru-haridra*, *manjishtha*, *nimba* leaves, *trivrit*, *tejovati* and *danti* proves curative in a case of sinus.(si.chi.8/41).
- Oil slowly cooked and prepared with *chitarka*, *arka*, *trivrit*, *patha*, *malapu* (*kakodumbara*), *karavira Sudha* (*snuhi*), *vacha*, *langalaki*, *sataparna*, *suvarchika* and *jyotishmati* is called the *syandana taila* and should be constantly applied in a case of *bhagandara*. It is efficacious in purifying, healing and imparting a natural skin color to the cicatrix.(su.chi.8/51).
- For patients of all types of *kustha* use of either *tuvaraka taila* or *bhallaka taila* is useful.(su.chi.9/7).
- *Mahatiktaka ghrita* mitigates leprosy, irregular fevers, bleeding areas, heart disease, insanity, epilepsy, abdominal tumour, eruptions, menorrhagia, cervical lymphadenitis, scrofula filariasis, anemia, erysipelas, piles, impotence, itching and scabies. (su.chi.9/8).
- *Tiktaka ghrita* mitigates leprosy, irregular fevers, abdominal tumors, piles, duodenal disease, dropsy, anemia, erysipelas, impotence, cures disease of organs above the shoulders.(su.chi.9/9).
- A paste of *haritaki*, *karanjika*, *vidanga*, *siddharthaka*, *saindhava lavana*, *gorochana*, *avalguja* and *haridra* may be applied externally to cure *kustha* (leprosy) effectively.(su.chi.9/10).
- *Laksha*, *kustha*, *sarshapa*, *sriniketa*(*sarala niryasa*), *ratri*(*haridra*), *vyosha*, seeds of *chakramarda* and *mulaka bija* are all macerated together with buttermilk and the paste applied for cure of *dadru*. (su.chi.9/12).
- *Yava* (barley)removed of its husk is kept soaked in cow urine at night, filtered using a big basket and this process is repeated for 7 days. This *kalka* is effective for patient suffering from leprosy and diabetes. (su .chi.10//4).

- Decoction of drugs of *aragvadhadi gana* used for massaging. Decoction of drugs of *salasaradi gana* used for bathing wound.(su.chi.12/9).
- *Ghee* prepared with *manjistha*(*rubia cordifolia*), *usira*(*vetiveria zizanioides*), *haridra*(*curcuma*) and leaf buds of *nyagrodha* heals the wound. (su.chi.16/15).
- *Karanjadi ghritha* it mitigates bad ulcers, cleans sinus ulcer and fresh cut wounds, deep sinus ulcers. burns of fire or alkali also gets used by *karanjadi ghritha* without any doubt.(su.chi.16/21).
- Medicated oil prepared from *bala* (*sida cordifolia*), *haridra* and root of *bilva* should be used for cleaning and healing the ulcer.(su.chi.17/19).
- The clean wound should then be made to heal by using the oil prepared/boiled with *rasna*, *yastimadhu*, *vidanga* and *ksira*(milk).(su.chi.18/7).
- *Jambadi yoga* medicated oil prepared from *vidanga*, *yasthi*, *sarvagandha* (all fragrant drugs like *ela*) is considered best for healing the ulcer of all varieties of *upadamsa*. (su.chi.19/44).
- For healing of *pittaj visarpa*, wound made to heal by using ghee prepared from drugs of sweet taste(*kakolyadi gana*).(su.chi.20/8).
- *Vidarika* wound is made to heal using oil prepared with drugs of astringent (*kashaya*) and sweet taste.(su.chi.20/13).
- In *kumbhika* (*shooka roga*), wound is made to heal by using oil boiled with *triphala*, *lodhra*, *amla*.(su.chi.21/6).
- In *adhimansa* (impacted wisdom tooth) decoction of *patola*, *triphala*, *nimba* is useful for washing the wound.(su.chi.22/25).
- Oil of *karanja*, *matulunga*, *kiratiktaka* are used in healing of septic ulcer (su.chi.31/5).