



Review Article

AN EVALUATION OF MODERN MEDICAL APPROACHES AND AYURVEDIC PRACTICES IN SURGICAL AND PARASURGICAL INTERVENTIONS FOR VENEREAL DISEASES IN MEN

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ABSTRACT

Shalyatantra, a significant section of Ayurveda, encompasses descriptions of surgical and para-surgical methods. Venereal diseases are illnesses often transmitted through sexual contact with an infected person, presenting a major global health concern, especially for pregnant women and newborns. Surgical and Para surgical interventions for venereal diseases in men are not widely known or discussed in Ayurveda. The scope and indications for these interventions are not well-explored. Common venereal diseases include chlamydial infection, gonorrhoea, hepatitis, human papillomavirus, and genital herpes. If left untreated, chlamydia, a significant sexually transmitted bacterial infection, can lead to urethritis, which can be addressed through a surgical intervention known as perineal urethrostomy. Complications of gonorrhoea, caused by the sexually transmitted bacterium *Neisseria gonorrhoea*, include phimosis, balanitis, and paraphimosis. These complications can be managed with surgical operations like the plastibell technique and circumcision. For *Charmakeelam*, parasurgical procedures such as *Agni karma* and *Kshara karma* are utilized for treatment. Genital herpes blisters can be surgically removed. In the case of *Upadamsam*, treatments like *Siravyadham* in *Medramadhyam* and *Jalookavacharanam* are listed as effective remedies for venereal disorders. Surgical procedures like *Chedhanam*, *Bedhanam*, and *Visravanam*, along with para-surgical techniques such as *Kshara Karma*, *Agni Karma*, and *Jalookavacharanam*, are described for various venereal diseases. In summary, both modern science and Ayurveda offer numerous surgical and para surgical methods to manage a wide range of ailments, including venereal diseases.

INTRODUCTION

Ayurveda, an ancient science, includes detailed surgical and para-surgical procedures outlined in the book "Susruta Samhita" by Susruta Acharya, also known as the "Father of Surgery." The eight types of surgical procedures are *Chedhanam*, *Bedhanam*, *Lekhanam*, *Vedhyanam*, *Eshanam*, *Aharanam*, *Visravanam*, and *Seevanam*^[1]. Para-surgical procedures, such as *Kashara karma*, *Agnikarma*, and *Jalookavacharanam*, are recommended based on the individual's stage and *Dosha* predominance.

Venereal diseases, also known as sexually transmitted diseases (STDs), are a significant public health concern as they are transmitted through sexual contact between individuals. These diseases can be

caused by various bacteria, viruses, and parasites. Though they may not always produce noticeable symptoms or only cause mild ones, people can still be infected without being aware of it. Common sexually transmitted illnesses include chlamydial infection, gonorrhoeal infection, genital herpes, human papillomavirus, and chancroids^[2].

Ayurveda has limited discussion on venereal diseases, but references such as *Upadamsam*^[3], *Charmakeelaam*^[4], *Liga arshas*, or *Linga varti* can be found in the literature. *Upadamsham* diseases are linked to unhealthy sexual activities or contact with a contaminated vagina, and they are categorized into five types based on the predominant *Dosha*.

In men, venereal diseases require proper understanding and consideration of various treatments. Surgical interventions for these diseases may include circumcision, orchiectomy, and vasectomy. Circumcision involves the removal of the foreskin of the penis and is often performed to treat

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phimosis, a condition where the foreskin is too tight to be retracted.

The awareness regarding surgical and parasurgical interventions for venereal diseases is limited. The scope and indications of such interventions in men's venereal diseases are not extensively discussed. Surgical and parasurgical interventions are typically considered when the condition worsens or reaches a chronic stage.

For venereal diseases in men, para-surgical interventions may also be employed to address the issues effectively

MATERIALS AND METHOD

All the materials related to this articles have been collected from classical Ayurveda texts like *Brihatrayes* and *Laghutrayi* and also from related journals.

Surgical procedure (*Shastrakarma*)^[4]

In Ayurveda, Acharya Susruta elucidated eight types of surgical procedures, namely:

1. **Chedhanam (Incision):** Making a deliberate cut or incision in the body tissues to access or remove undesirable elements.
2. **Bedhanam (Excision):** Removing a portion of tissue or a growth from the body.
3. **Lekhanam (Scarification):** Scraping or excising abnormal tissues or substances from the body.
4. **Vedhanam (Puncturing):** Piercing or puncturing a body part with a fine instrument.
5. **Eshanam (Probing):** Exploring or probing a body cavity or channel to identify and treat issues.
6. **Aharanam (Extraction):** Removing foreign objects or undesirable substances from the body.
7. **Visravanam (Draining):** Allowing the drainage or flow of fluids from a body cavity or abscess.
8. **Seevanam (Suturing):** Stitching or suturing wounds or incisions to promote healing and closure.

These procedures, as outlined by Acharya Susruta, form a crucial part of traditional Ayurvedic surgical practices.

Chlamydial infection^[5]

Chlamydia trachomatis is one of the most significant sexually transmitted bacterial infections, primarily affecting the human genital region. One of the most concerning aspects of chlamydia is its ability to cause only mild symptoms or even remain asymptomatic, leading to potential complications. Urethritis, a condition characterized by inflammation and swelling of the urethra, is a common complication resulting from chlamydial infection, which is transmitted through unprotected sexual activity.

Perineal urethrectomy, a surgical procedure involving the creation of a hole in the urethra through the

perineum, is one potential treatment option for addressing this condition.

Gonorrheal infection^[6]

Gonorrhea, caused by the bacterium *Neisseria gonorrhoea*, is a sexually transmitted infection that can affect both men and women. It commonly targets the urethra, rectum, and throat in men and women. Additionally, it can infect the cervix in females. The infection may remain asymptomatic for 1-2 weeks, increasing the risk of complications.

Three main complications associated with gonorrhea are phimosis (tight foreskin), balanitis (inflammation of the glans penis), and paraphimosis (inability to retract the foreskin over the glans). Surgical interventions such as circumcision and the plastibell method are used to address these issues.

The plastibell method involves pulling the foreskin over a plastic bell-shaped device and securing it with a suture. Excess foreskin beyond the suture is trimmed away, and the plastibell gradually falls off after 3-7 days, promoting proper healing and resolving the complications related to gonorrhea.

Genital warts^[7]

Human papillomavirus (HPV) is a sexually transmitted infection that can lead to the formation of small bumps or growths in and around the genitals and rectum through skin-to-skin contact. Some strains of HPV specifically cause genital warts.

To address genital warts and related complications, several surgical procedures are commonly used:

1. **Electrocautery:** Using an electrical current to burn and remove the warts.
2. **Cryotherapy:** Freezing the warts with liquid nitrogen to destroy the affected tissue.
3. **Laser surgery:** Using a laser beam to vaporize or remove the warts.
4. **Interferon injection:** Injecting interferon, a protein that boosts the immune system, to treat the warts.
5. **Surgical removal:** Physically cutting out the warts or excising the affected tissue.

These surgical methods are preferred treatments for managing genital warts caused by HPV and are aimed at removing the visible warts and promoting healing.

Genital Herpes

Herpes simplex virus is a sexually transmitted infection that can lead to tingling, itching, and the development of tiny red lumps that evolve into blisters in the genital region. It may also cause fever, a feverish feeling, and an overall unpleasant sensation.

The preferred treatment for this condition is surgical excision. During the excision procedure, the affected epidermal skin on top of the blisters is removed. Additionally, to prevent recurrence at the

excision site, it is recommended to surgically remove a recurrent herpes simplex lesion within 36 hours after it first appears.

Surgical excision is an effective therapeutic option for managing herpes simplex virus-based infections, and timely removal of recurrent lesions can help reduce the likelihood of further outbreaks.

Chancroid [8]

Condition is chancroid, a sexually transmitted infection caused by the bacterium *Haemophilus ducreyi*. It is characterized by the formation of lumps on the genital region, which may feel tender. These lumps can progress to become infected with pus, leading to the development of open sores or ulcers, which are the most common lesions seen in chancroid.

In some cases, swollen lymph nodes may be present, and it is essential to address them promptly to avoid complications. Draining swollen lymph nodes that have the potential to burst through the skin and form significant pus collections or abscesses is crucial for proper management.

Treatment of chancroid-related painful lymph node abscesses often involves surgical removal or drainage using a needle to relieve the discomfort and prevent further complications. Early and appropriate medical attention can help in effectively managing chancroid and minimizing its impact on an individual's health.

Upadamsam [3]

According to Ayurveda, the condition known as *Upadamsa* is caused by various factors such as injury to the penis by hand, nail, or teeth, keeping it unclean without proper washing, engaging in excessive sexual activity, and coming into contact with contaminated or diseased vagina, among other unhealthy habits. *Upadamsa* manifests in five different types:

1. **Vata Type:** Small papules appear on the penis, causing pricking, cutting, or pulsating pain. These papules are black in color.
2. **Pittaja and Rakthaja Type:** Papules in these types discharge a yellowish fluid and are larger in size. They are accompanied by a burning sensation. In *Rakthaja* type, the papules may resemble muscle or appear black, and there is a discharge of blood along with symptoms of *Pitta dosha*.
3. **Kaphaja Type:** This type is characterized by a big swelling, with papules that itch and exude thick white fluid.
4. **Tridoshaja Type:** In this type, all three *Doshas* (*Vata*, *Pitta*, and *Kapha*) are involved. There are various kinds of exudates and pains, and this type is considered incurable.

Neglecting the condition of *Upadamsa* can lead to severe consequences. People engrossed in sexual activity may fail to seek treatment promptly, allowing

the condition to worsen. The neglect can result in swelling, bacterial infection, burning sensation, pus formation, destruction of the penis, and even death.

Therefore, it is crucial to address *Upadamsa* promptly and seek appropriate Ayurvedic treatment to avoid complications and preserve one's health.

Charmakeelam [4]

In Ayurveda, *Charmakeela* is a condition characterized by a skin disorder caused by the imbalance of *Vyana Vayu* and *Kapha doshas*. To treat *Charmakeela*, *Agni Karma* and *Kshara Karma* are commonly prescribed.

1. **Agni Karma:** This involves the therapeutic application of heat to the affected area using various techniques. *Valayam*, a specific method of *Agni Karma*, is used in cases like *Vyadhimoole Valayam*, which refers to the application of heat around the affected area.

2. **Kshara Karma:** This procedure involves the use of *Kshara* (alkaline) substances to manage the condition. There are two main types of *Kshara Karma* that can be performed:

- **Prathisaraneeya Kshara:** This involves the application of *Kshara* repeatedly over the affected area.
- **Kshara Soothram:** In this method, a medicated thread or probe is used to deliver the *Kshara* to the affected site.

Both *Agni Karma* and *Kshara Karma* are utilized to address the imbalances of *Vyana Vayu* and *Kapha doshas* in *Charmakeela* and aim to alleviate the skin disorder effectively. Proper Ayurvedic consultation and guidance are essential to determine the appropriate treatment approach based on the individual's specific condition and *Dosha* imbalance.

Linga Arshas

In Ayurveda, a condition characterized by the sprouting of muscle tissue, resembling the crown of a rooster, either inside the prepuce or at the junction of the glans and the prepuce or nearby, accompanied by pain and exudation, and caused by the combination of all three *Doshas*, is known as "*Linga Varti*" or "*Lingarsha*." This condition is difficult to treat.

Treatment Approaches

For the treatment of *Upadamsa* (a general term for genital diseases), in cases where it is curable, the following therapeutic approach is suggested:

- **Oleation and Sudation:** The patient undergoes oleation therapy (applying medicated oils internally or externally) and sudation (sweating) to prepare the body for treatment.
- **Siravyadhanam (Venesection):** Venesection is performed by making a small incision in the vein situated in the middle of the penis to allow the release of stagnant or vitiated blood.

- **Jalookavacharanam (Leech Therapy):** Alternatively, leech therapy is employed, where medicinal leeches are applied to the affected area to draw out blood and toxins.

These treatments are aimed at balancing the *Doshas* and promoting healing for curable cases of *Upadamsa*. It is important to note that Ayurvedic treatments should be administered by qualified practitioners after proper diagnosis and assessment of the individual's specific condition.

RESULT AND DISCUSSION

The passage discusses various surgical and non-surgical treatments for sexual diseases in both contemporary science and Ayurveda. In Ayurveda, surgical techniques like *Chedhana*, *Bedhanam*, *Lekhanam*, *Vyadhanam*, *Eshanam*, *Aharanam*, *Visravayam*, and *Seevanam* are employed. Parasurgical techniques such as *Kshara Karma*, *Agni Karma*, and *Jalookavacharanam* are also used.

For venereal diseases, Ayurveda suggests treatments like *Siravyadahnam* (venesection) at the *Medra madhaya sira* and *Rakthamokshanam* based on the *Dosha* involved. *Linga Arshas* can be treated with *Chedhanam* (excision), and *Agnikarma* can prevent recurrence.

Urethritis resulting from chlamydial infection can be managed with surgical and parasurgical interventions, especially when the patient is unaware of the illness. *Bedhanam* can be performed in Ayurveda as an alternative to modern urethroctomies.

Gonorrheal infection can be treated surgically with circumcision and the plastibell method, and other Ayurvedic techniques like *Chedhana*, *Bedhana*, and *Seevana karma* are also used.

For genital warts, viral illness, treatments like laser therapy, cryotherapy, and interferon injections are mentioned. Ayurvedic options such as *Agni Karma* (*Valayam: Vyadhimoole Valayam*) and *Kshara Karma* (*Prathisarana Ksharam* and *Kshara Sutram*) can also be employed.

Excision, *Chedhana karma*, and *Agni Karma* are methods to treat genital herpes blisters.

For cancroids, Ayurveda suggests using *Vyadhana karma* as a surgical process to remove the pus from the formed abscess.

It's important to note that while Ayurvedic treatments have their historical significance, medical

decisions and interventions should always be made under the guidance of qualified healthcare professionals and based on individual health conditions. Modern medical approaches and Ayurvedic practices can complement each other for comprehensive patient care.

CONCLUSION

The array of surgical and non-surgical treatments available in contemporary science and Ayurveda for managing sexual diseases. Ayurveda utilizes various techniques like *Chedhana*, *Bedhanam*, *Vyadhanam*, *Kshara Karma*, and *Agni Karma* to address these conditions. Specific treatments are recommended for different sexual diseases such as venereal diseases, urethritis, gonorrheal infection, genital warts, genital herpes, and chancroids.

The awareness regarding surgical and parasurgical interventions for venereal diseases is limited. The scope and indications of such interventions in men's venereal diseases are not extensively discussed. Surgical and parasurgical interventions are typically considered when the condition worsens or reaches a chronic stage.

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