



Mastering Surgical Skill: The Ayurvedic Viewpoint from Suśruta Samhitā

Reference

अधिगतसर्वशास्त्रार्थमपि शिष्यं योग्यां कारयेत् । स्नेहादिषु छेद्यादिषु
च कर्मपथमुपदिशेत् । सुबहुश्रुतोऽप्यकृतयोग्यः कर्मस्वयोग्यो भवति
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तत्र, पुष्पफलालाबूकालिन्दकत्रपुसै(सो)र्वारुकरुक्प्रभृतिषु छेद्यविशेषान्
दर्शयेत्, उत्कर्तनापकर्तनानि चोपदिशेत्;
दृतिबस्तिप्रसेवकप्रभृतिषूदकपङ्कपूर्णेषु भेद्ययोग्यां; सरोम्णि चर्मण्यातते
लेख्यस्य; मृतपशुसिरासूतपलनालेषु च वेध्यस्य;
घुणोपहतकाष्ठवेणुनलनालीशुष्कालाबूमुखेष्वेष्ट्यस्य;
पनसबिम्बीबिल्वफलमज्जमृतपशुदन्तेष्वाहार्यस्य; मधूच्छिष्टोपलिप्ते
शाल्मलीफलके विस्राव्यस्य; सूक्ष्मघनवस्त्रान्तयोर्मृदुचर्मन्तयोश्च
सीव्यस्य; पुस्तमयपुरुषाङ्गप्रत्यङ्गविशेषेषु बन्धनयोग्यां; मृदुषु
मांसखण्डेष्वग्निक्षारयोग्यां; मृदुचर्ममांसपेशीषूतपलनालेषु च
कर्णसन्धिबन्धयोग्याम्; उदकपूर्णघटपार्श्वस्रोतस्यलाबूमुखादिषु च
नेत्रप्रणिधानबस्तिव्रणबस्तिपीडनयोग्यामिति ॥४॥



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The verses we've quoted from Suśruta Saṃhitā, particularly from the Śārīrasthāna and Śāstrakarmavidhi Adhyāya, highlight the Ayurvedic philosophy of surgical training, emphasizing systematic practice, experiential learning, and skill refinement—which aligns beautifully with the objective of your suturing workshop at SurgiScope.

Below is an elaborated explanation, translated in a form suitable for addressing your delegates, drawing parallels between ancient wisdom and modern surgical education:

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1. Importance of Guided Practice

> "अधिगतसर्वशास्त्रार्थमपि शिष्यं योग्यां कारयेत् । स्नेहादिषु छेद्यादिषु च कर्मपथमुपदिशेत् । सुबहुश्रुतोऽप्यकृतयोग्यः कर्मस्वयोग्यो भवति ॥३॥

Translation & Interpretation:

Even if a student has mastered all theoretical knowledge, they must still be made proficient through hands-on practical training. A teacher should demonstrate the use of surgical instruments such as Snehana (lubrication), Chhedana (incision), Bhedana (puncture), etc.

Because mere learning is insufficient—true competency arises from action. A well-read individual is not automatically skilled unless trained with actual procedures.

Clinical Message:



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> Just as Suśruta emphasized centuries ago, surgical skill is not born of theory alone, but through deliberate practice under supervision. This resonates with the modern principle: "See one, do one, teach one."

2. Use of Simulative Models for Surgical Training

> "तत्र पुष्पफलालाबूकालिन्दकत्रपुसैः... मृदुचर्ममांसपेशीषूतपलनालेषु च कर्णसन्धिबन्धयोग्याम्..."

Translation & Clinical Interpretation:

Suśruta meticulously advised the use of various natural materials to simulate tissues and anatomical structures for practicing surgical procedures:

| <u>Procedure</u> | <u>Simulative Object</u> | <u>Skill practiced</u> |
|--------------------|---------------------------------------------|----------------------------------------|
| छेद्य (Incision) | Soft fruits like banana, Gourd, cucumber. | Practicing incision depth and control. |
| भेद्य (Puncturing) | Water or mud filled bladders, leather bags. | Learning pressure-based penetration. |
| लेख्य (Scraping) | Hairy animal hides. | Controlled removal of surface layer. |



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|----------------------|--------------------------------------------------|------------------------------------------|
| वेद्य (Needling) | Lotus stalks , animal veins. | Precision in puncture. |
| एष्य (Probing) | Hollow reeds,dried fruits. | Sinus tract exploration. |
| आहरण (Extraction) | Fruit pulp, animal teeth. | Safe removal of foreign material/ slough |
| विस्रावण (Drainage) | Sticky resin - civerd wood. | Managing suppurative wound |
| सीवन (Suturing) | Fine cloth edges, soft muscle and skin tissue . | Practicing suture techniques. |
| बंधन (Bandaging) | Cloth- wrapped mannequins or anatomical dummies. | Bandage application, pressure control. |
| क्षार, अग्निकर्म | Soft meat pieces. | Application of caustic and thermal tools |
| बस्ति, नेत्रकर्म | Water filled vessels or Gourd necks | Practice in anema/ nasal insertion. |

Relevance to Modern Surgical Workshops

Suśruta's approach was essentially an ancient simulation-based training model, remarkably similar to:



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Cadaveric dissection

Synthetic tissue models

Virtual simulators

Message to Delegates:

> "Suśruta recognized that mastery in surgery is achieved not just through knowledge, but through repeated, skillful practice on models that closely simulate real anatomy. This ancient wisdom guides our modern workshops — where precision, patience, and repetition refine the surgeon's hand."

Conclusion for Your Session

Take-home Message for Participants:

Be like the student Suśruta envisioned — one who not only listens but practices with intent.

Let every suture you place be a step toward mastery, guided by ancient principles and modern standards.