

6.1. Nirukti, Yogya, Ayogya, Prakara with modern correlations of Chhedan, Bhedan and Lekhan

Unit 6.1 — Chhedana, Bhedana and Lekhana: Nirukti, Yogya-Ayogya, Prakāra, and Modern Correlations

This chapter makes you exam-ready for the **Aṣṭāvidha Śastrakarma** subset—**Chhedana (excision), Bhedana (incision)** and **Lekhana (scraping)**—from *Suśruta Saṃhitā*. Read actively; after each core idea there's a quick check for you.

1) Context: Aṣṭāvidha Śastrakarma (Eight surgical acts)

अथातोऽष्टविधशस्त्रकर्मीयमध्यायं व्याख्यास्यामः।यथोवाच भगवान् धन्वन्तरिः॥ Su. Su. 25/1

Sense: Suśruta now expounds the eight sharp-instrument procedures; our focus here is on three—Chhedana, Bhedana, Lekhana.

2) Nirukti (Etymological sense) & Core Idea

- Chhedana (श्वेदन) from root chid—"to cut off" → excision: removing a part/lesion.
- Bhedana (भेदन) from root bhid—"to split/open" → incision: opening to expose/evacuate contents.
- Lekhana (लेखन) from root likh/lekha—"to scrape/etch" → scraping/debridement: thinning or removing raised/obstructive tissue.

Quick check (answer in one line): If a swelling must be opened to let pus out, which karma's nirukti matches best?

3) Yogya (Indications) — what to treat with each karma

A) Chhedana (Excision) — Yogya (Chedya-roga)

छेद्या भगन्दरा प्रन्थिः श्लैष्मिकस्तिलकालकः । व्रणवर्त्मार्बुदान्यर्शश्चर्मकीलो ऽस्थिमांसगम् ॥३ ॥ शल्यं जतुमणिमांससंघातो गलशुण्डिका । स्नायुमांससिराकोथो वल्मीकं शतपोनकः ॥४ ॥

अभ्रुषश्चोपदंशाश्च मांसकन्द्यधिमांसकः ॥ Su. Su. 25/3-4

Explanation: Chhedana is indicated in lesions best removed in toto—e.g., Bhagandara (fistula-in-ano), Granthi, Tilakalaka (moles), Charmakīla (warts), Arbuda (tumors), Arśa (haemorrhoids); foreign bodies lodged in bone/muscle; uvular hypertrophy (Galaśuṇḍikā); putrefied ligaments/muscles/veins; Valmīka-type lesions; penile ulcers (Upadaṃśa); Māṃsakandī/Adhimāṃsa (fibromas/overgrowths), etc.

B) Bhedana (Incision) — Yogya (Bhedya-roga)

भेद्या विद्रधयोऽन्यत्र सर्वजान् ग्रन्थयस्त्रयः ॥ ॥ ॥ आदितो ये विसर्पाश्च वृद्धयः सविदारिकाः।

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



प्रमेहिपिडकाः शोफः स्तनरोगोऽवमन्थकः ॥६॥
कुम्भीकाऽनुश्रयी नाडचो वृन्दौ पुष्करिकाऽलजी।
प्रायशः क्षुद्ररोगाश्च पुप्पुटौ तालुदन्तजौ॥७॥
तुण्डिकेरी गिलायुश्च पूर्वं ये च प्रणाकिणः।

बस्तिस्तथा ऽश्मरीहेतोर्मेदोजा ये च केचन ॥ Su. Su. 25/5-8

Explanation: Bhedana for suppurative or closed cavity states to be opened—Vidradhi (abscess, except saṃnipātaja), Visarpa (earlier types), Vrddhi (hernias/hydrocele variants), Prameha-piḍakā (carbuncles), Sopha (inflammation), Stana-roga, Tundi-keri (tonsillar), Nāḍi (sinus), etc. and selected urological/ENT oral conditions.

Note embedded contraindication from the śloka itself: "anyatra sarvajān" — abscess produced by all three doṣas together is not bhedya \rightarrow Ayogya for Bhedana.

C) Lekhana (Scraping) — Yogya (Lekhya-roga)

लेख्याश्चतस्त्रो रोहिण्यः किलासमुपजिह्विका । मेदोजो दन्तवैदर्भो ग्रन्थिवर्त्माधिजिह्विका ॥९ ॥ अर्थाास मण्डलं मांसकन्दी मांसोन्नतिस्तथा ॥ Su. Su. 25/9

Explanation: Indicated where raised/obstructive tissue must be thinned/planed — Rohiṇī (4 types), Kilāsa, Upajihvikā/Adhijihvikā (tongue/tonsillar), Medoja granthi/vartma (fatty cysts, eyelid), Danta-vaidarbha (gingival overgrowth), Arśa, Maṇḍala (skin plaques), Māṃsakandī/Māṃs-unnati.

Quick check: Would a broad, superficial skin plaque with thickening be better lekhana or chedana?

4) Ayogya (Contraindications / When to avoid or postpone)

Suśruta embeds procedure-specific and general cautions:

Bhedana—Ayogya clues

- Sannipātaja vidradhi is not bhedya ("anyatra sarvajān"): Su. Su. 25/5.
- Do not incise unripe swellings; incision is with single stroke in the direction of hair, till pus is seen. Śloka (technique + timing):

...प्रत्यड्मुखो वैद्यो... मर्मिसरास्नायुसन्ध्यस्थिधमन्यः परिहरन्,

अनुलोमं शस्त्रं निदध्याद् आपूयदर्शनात्, सकृदेवापहरेच्छस्त्रम्...॥ Su. Su. 5/7 Sense: Avoid marma/sirā/snāyu/sandhi/asthi; insert anulomam until pus appears, then withdraw—implying no bhedana in apakva stage.

Chhedana—Ayogya clues (general surgical caution)

• Never harm marma & allied structures; misuse of śastra by an unskilled surgeon is life-threatening. Śloka: तदेव युक्तं त्विति मर्मसन्धिन् हिंस्यात् सिराः स्नायुमथास्थि चैव। मूर्सप्रयुक्तं पुरुषं क्षणेन प्राणैवियुञ्ज्यात्॥ Su. Su. 25/33

General surgical Ayogya/ Precautions around suturing & wound toilet (relevant to Chhedana/Bhedana sequences)

Before any closure, remove sand/hair/nail/bone chips etc., else suppuration/pain increase. Śloka: पांशुरोमनसादीनि चलमस्थि भवेच्च यत्।
 अहतानि यतोऽमूनि पाचयेयुर्भूशं व्रणम्॥

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



रूजश्च विविधाः कुर्युस्तस्मादेतान् विशोधयेत् ॥ Su. Su. 25/18-19

• Operate fasting in specific conditions (timing rule useful for Bhedana contexts): Śloka (fasting contexts): मृद्धगर्भोदराशों ऽश्मरीभगन्दरमुखरोगेष्यभुक्तवतः कर्म कुर्वीत ॥ Su. Su. 5/16

Quick check: A fluctuant abscess with **no pus pointing** yet—will you **incise now** or **wait for pakva-avasthā**? Which śloka supports your choice?

5) Prakāra (Types / Patterns) & Technique Essentials

A) Incision shapes and placement (applies to Chhedana/Bhedana wherever cuts are made)

तत्र भूगण्डशङ्खललाटाक्षिपुटौष्ठदन्तवेष्टककक्षाकुक्षिवङ्क्षणेषु तिर्यक्छेद उक्तः ॥१३॥ (चन्द्रमण्डलवच्छेदान् पाणिपादेषु कारयेत्। अर्थचन्द्रकृतींश्चापि गुदे मेद्रे च बुद्धिमान् ॥१४॥ अर्थचन्द्रकृतींश्चापि गुदे मेद्रे च बुद्धिमान् ॥१४॥ अन्यथा तु सिरास्नायुच्छेदनमति मात्रं वेदना, चिराद्वणसंरोहो मांसकन्दीप्रादुर्भावश्चेति ॥१४॥ Su. Su. 5/13-15

Exam-use takeaways:

- Tiryak (oblique/along skin lines) brows, cheek, temple, forehead, lids, lips, gums, axilla, abdomen, groin → respects RSTL/Langer's in modern terms.
- Chandra-maṇḍala (circular) palms & soles.
- Ardha-chandra (semilunar) anal region & penis.
- Wrong choice cuts sirā/snāyu, causes severe pain, delayed healing, granulation overgrowth (māṃsakandī).

B) Stroke & number of incisions

Ślokas (stroke and multiple/counter incisions):

...अनुलोमं शस्त्रं निदध्याद्... सकृदेवापहरेच्छस्त्रम्...॥ Su. Su. 5/7 एकेन वा व्रणेनाशुध्यमाने... अपरान् व्रणान् कुर्यात् ॥११॥ यतो यतो गतिं विद्यादुत्सङ्गो यत्र यत्र च। तत्र तत्र व्रणं कुर्याद्यथा दोषो न तिष्ठति॥१२॥ Su. Su. 5/11-12

- Single steady stroke, hair-direction, till pus appears.
- If drainage inadequate, make dependent counter/multiple incisions along sinus tracts.

C) Ideal surgical wound qualities (guide to proper Chhedana/Bhedana execution)

Ślokas:

तत्र आयतो विशालः समः सुविभक्तो निराश्रय इति व्रणगुणाः ॥८ ॥ आयतश्च विशालश्च सुविभक्तो निराश्रयः। प्राप्तकालकृतश्चापि व्रणः कर्मणि शस्यते॥९ ॥ Su. Su. 5/8-9

> Ayata (adequate length), Viśāla (adequate breadth), Sama (even), Suvibhakta (clear edges), Nirāśraya (no pockets), done at proper time.

D) Lekhana—operative sense

While Suśruta does not separately list "shapes" for scraping, the **operative sequence** follows the same **marma-parihāra** and **wound toilet** principles above; **Lekhana** is the **planing/debulking** step to reduce thickened/keloidal/overgrown tissues (see *Su. Su. 25/9*).

Quick check: Which incision shape would you prefer for the eyebrow region, and why?

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



6) Prayoga (How to perform — pearls you must cite)

- Marma-sirā-snāyu-sandhi-asthi parihāra (avoid vital structures). Su. Su. 5/7
- Directional cut (anuloma), single stroke, withdraw once; extend only if drainage inadequate. Su. Su. 5/7, 5/11-12
- Wound toilet and foreign-material clearance to prevent suppuration. Su. Su. 25/18-19

7) Relevant Modern Instruments & Correlations

Karma	Classical action (sense)	Modern goal	Core modern instruments
Chhedana	a Excision/removal	Excision of lesion with margins	Scalpel (No. 10/15), diathermy (for hemostasis), tissue forceps , scissors
Bhedana	Opening/cutting	Incision & drainage (I&D), access to cavity	Scalpel (No. 11 for stab; No. 15 for small skin), artery forceps, sinus forceps, suction, drains
Lekhana	Scraping/planing	Debridement , curettage , trimming hypertrophy	Skin/volar curettes, dermatome/skin knife, sharp debriders, ring curette, rasp

Instrument-holding insight (Vāgbhaṭa correlation): For Chedana-Bhedana-Lekhana the blade is held between handle and edge with thumb, index and middle finger (grip akin to pen-hold) — (Aṣṭāṅga Hṛdaya, Sūtrasthāna 26; used here as supportive classical ergonomics).

Clinical mapping you can write in exams:

- Chhedana ↔ Excision biopsy, hemorrhoidectomy, excision of warts/skin tags, uvulopalatoplasty segments.
- Bhedana ↔ I&D of abscess, unroofing sinus tracts, counter-incision for dependent drainage.
- **Lekhana** ↔ **Surgical debridement**, dermal curettage of plaques, trimming granulation/keloid shaving (when indicated).

8) Common Vyāpads (complications) to quote

Ślokas (injury to vital structures):

भ्रमः प्रलापः पतनं प्रमोहो विचेष्टनं... तीव्रा रुजो... मांसोदकाभं रुधिरं... Su. Su. 25/34-35

— Giddiness, delirium, syncope, severe pain, "mutton-wash" blood—when marma/sirā/snāyu/asthi/sandhi are injured.

9) Rapid Review (write these in your own words)

- Nirukti: Chhedana = cut off; Bhedana = cut open; Lekhana = scrape.
- Yogya: Cite Su. Su. 25/3-4 (Chhedya), 25/5-8 (Bhedya), 25/9 (Lekhya).
- Ayogya: No bhedana in saṃnipātaja vidradhi; no incision before pakva; avoid marma injuries.
- Prakāra: Tiryak / Chandra-maṇḍala / Ardha-chandra incisions with site specificity Su. Su. 5/13-15.
- **Technique marks: Single stroke**, hair-direction, **counter-incision** if needed *Su. Su. 5/7, 5/11-12*.
- Modern mapping: Chhedana ↔ excision; Bhedana ↔ I&D; Lekhana ↔ debridement/curettage.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



10) Self-Practice (one at a time)

- 1. Spot the karma: A fluctuant axillary abscess with pointing—what karma and what śloka backs your choice?
- 2. Incision planning: For a lower lip mucocele, which shape is ideal per Su. Su. 5/13-15 and why?

(Reply with just 1 answer at a time; I'll check and nudge you.)

Exam-style Assessment

A) Long Answers (10 marks each)

- 1. **Define and discuss Chhedana with Yogya-Ayogya and Prakāra.** Quote and explain *Su. Su. 25/3-4; 5/13-15;* 25/33.
- 2. **Bhedana:** Nirukti, indications, timing, stroke, and counter-incisions with śloka support. (*Su. Su. 25/5–8; 5/1; 5/11–12*).
- 3. Lekhana: Nirukti, indications, operative principles, and modern equivalents. (Su. Su. 25/9; 25/18-19).

B) Short Notes (5 marks each)

- a. Ideal surgical wound qualities Su. Su. 5/8-9.
- b. Incision shapes & sites Su. Su. 5/13-15.
- c. Why Sannipātaja vidradhi is not Bhedya explain "anyatra sarvajān" Su. Su. 25/5.
- d. Foreign-material clearance before closure Su. Su. 25/18-19.
- e. Complications of marma injury Su. Su. 25/34-35.

C) MCQs (1 mark each; answer key below)

- 1. "Anyatra sarvajān" in Su. Su. 25/5 excludes which abscess from Bhedana?
 - A. Vātaja B. Pittaja C. Kaphaja D. Samnipātaja
- 2. Ardha-chandra incision is advised for:
 - A. Palms B. Anal region C. Eyebrow D. Cheek
- 3. **Lekhana** is indicated in:
 - A. Acute perianal abscess B. **Māṃsakandī** C. Varicocele D. Inguinal hernia
- 4. Ideal wound must be Nirāśraya—meaning:
 - A. With slough B. Without cavities/pockets C. Without pain D. Avascular
- 5. Counter-incision principle is captured in which śloka?
 - A. Su. Su. 25/34 B. **Su. Su. 5/11-12** C. Su. Su. 5/9 D. Su. Su. 25/3

Answer key: 1-D, 2-B, 3-B, 4-B, 5-B.

Viva prompts (use with śloka)

- Define Chhedana/Bhedana/Lekhana in one line each and cite one śloka of indications for each.
- Explain why incision over eyebrow should be tiryak (Su. Su. 5/13) in modern terms (skin lines/cosmesis).
- State **two complications** of injuring **marma** during incision (*Su. Su. 25/34-35*).

Final tip

In answers, name the karma, quote the right śloka (numbered), then translate to modern action (excision/I&D/debridement) with instrument choice and site-wise shape—that scoring triad rarely fails.

[©] Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



Your turn (one question): Pick one lesion—Kilāsa, Bhagandara, or Prameha-piḍakā—and tell me (a) which karma you'll choose and (b) one supporting śloka number.

© Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.