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NECESSITY AND MODALITIES OF ANAESTHESIA (*SANGYAHARAN*) IN AYURVEDIC *SHALYA CHIKITSA*: A REVIEW OF INDICATIONS, CONTRAINDICATIONS AND COMPLICATIONS

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Abstract

An essential component of Ayurveda, *Shalya Chikitsa* incorporates surgical methods and embodies the rich medical knowledge of ancient India for treating ailments that required surgery. *Sangyaharan*, or anesthesia, is one of its most important constituents, because it guarantees the patient's immobility and unconsciousness throughout the treatment. Therefore anesthesia is crucial for the proper completion of surgical procedures. The idea of anesthesia has changed over time, and contemporary medical research is still investigating and improving its methods. However, because inappropriate usage can result in major health concerns, the administration of anesthesia must be undertaken with careful evaluation of its indications, contraindications, and potential problems. With a focus on its uses, restrictions, and related hazards, this article examines the necessity, methods, and clinical significance of *Sangyaharan* in *Shalya Chikitsa*.

Keywords: *Ayurveda, Sangyaharan, Shalya, Immobility, Unconsciousness*

Introduction

Anaesthesia is also known as *Sangyaharana* which is a crucial component of surgical treatment that involves a reversible loss of sensation. In order to reduce pain and discomfort during surgical procedures, this concept is very crucial. The surgical procedures including amputation, the removal of foreign bodies and arrow extraction, suggesting that the roots of surgical knowledge in India were laid long ago. Newer methods using anesthesia were created as surgical expertise advanced to shield patients from discomfort and anxiety during procedures.

In order to temporarily reduce sensation and consciousness, a variety of techniques and drugs were used to produce anesthesia. The father of surgery, *Acharya Sushruta* gave thorough explanations of surgical tools, techniques and anesthesia uses [1-4]. *Sangyapanayana Dravyas*, or drugs that support in causing anesthesia, are mentioned in Ayurvedic texts. Some conventional methods of anesthesia are as follows:

General or oral Anaesthetics:

Herbal remedies that were used orally to cause numbness, drowsiness or sleep were described by *Sushruta*. Known for their sedative and analgesic qualities, these formulations frequently contained opium, cannabis, and herbs from the *Solanaceae* family.

Anaesthetics applied topically:

To numb a particular location, local pastes or oils made from medicinal herbs were applied to the surgical site. Because of their local anesthetic properties, substances like clove oil and resin extracts have long been also utilized.

Dhuma Nasya (fumigation):

Inhaling medicinal smoke, also known as *Dhuma Nasya*, was another method of making people drowsy or unconscious. The patient inhaled the smoke from burning sedative herbs, which worked especially well for head and neck surgery. This approach mainly utilizes for mild cases or when severe intervention are not required [4-6].

Anaesthesia Based on Alcohol:

Alcohol use was also suggested by *Sushruta* as a way to lessen anxiety, promote drowsiness and lessen sensitivity to pain. Before surgery, alcohol was used to both relax the muscles and soothe the patient.

Techniques of Pressure:

Sensation loss in targeted locations was achieved by applying light pressure to particular *Marma* sites. This approach represented the Ayurvedic knowledge of the body's energy centers and neurovascular structures and was thought to be appropriate for minor surgical procedures. These methods show how deeply and creatively ancient Indian surgical technology understood pain control.

Anaesthesia by Cold:

Another efficient method for creating temporary numbness at the surgical site is using ice or cold compresses. By desensitizing nerve endings, cold anesthesia helps to lessen pain perception. It is especially helpful in first-aid situations and small surgical operations [5-7].

PROCEDURAL PROTOCOL:

Prior to the administration of any anesthetic drug, a comprehensive pre-anesthesia examination is required. The purpose of this evaluation is to determine the patient's general health status, taking into account any allergies, medical disorders and any history of anesthesia-related side effects. To create a safe and efficient anesthesia plan, individual parameters including age, weight and surgery type, etc. must be carefully taken into account.

After anesthesia is started, ongoing observation is crucial. Throughout the process, it is important to keep a constant eye on vital signs like blood pressure, heart rate, respiratory rate and oxygen saturation. Another crucial factor is temperature control, since anesthesia can affect the body's thermoregulatory system, raising the possibility of intra-operative hypothermia. In order to preserve normothermia throughout the surgical operation, warming devices are advised. The operating room should have easy access to emergency supplies and drugs. Post-anesthesia care after the surgery is essential. This includes keeping an eye on vital signs, determining consciousness, and identifying any anesthesia-related side effects, etc [6-8].

SANGYAHARANA DRAVYA

Numerous Ayurvedic medicines have long been utilized for their analgesic, anesthetic, and post-operative healing qualities. Few of these are *Ahiphena* and *Bhanga*, which are widely recognized for their strong analgesic properties. *Erandmoola* is used for its anti-inflammatory qualities, which support in lowering post-operative pain and swelling. In order to manage post-operative anxiety, restlessness, and sleep disturbances, herbs such as *Vacha, Jatamamsi, Brahmi,*

Ashwagandha, Shankhapushpi and *Parasika Yavani* are used mainly for their calming and tranquillizing properties. Strong anti-inflammatory and occasionally analgesic qualities make *Parijata*, *Nirgundi*, *Bhringraja* and *Shigru* as beneficial for healing process following surgery. Biological effects (anesthetic action) of *Sangyaharana Dravya* are depicted in **Figure 1** [8-10].

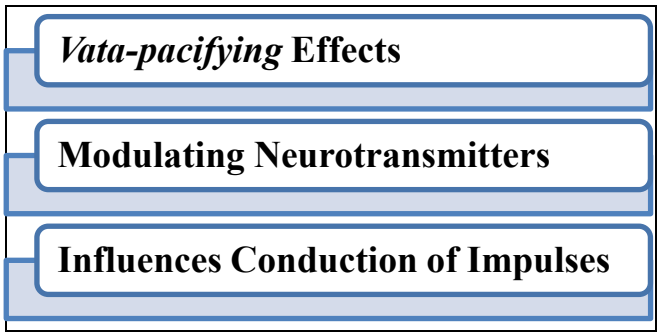

Figure 1: Probable anesthetic action of *Sangyaharana Dravya*

INDICATION OR REQUIREMENT OF *SANGYAHARANA*

In a variety of clinical situations, *Sangyaharana* is recommended to ease pain, lower anxiety and support a range of surgical and diagnostic procedures. It is crucial for both simple operations like skin lesion removal and dental extractions as well as large surgeries like abdominal, cardiac and neurological operations. Additionally, anesthesia is used in obstetric procedures like caesarean sections, endoscopic procedures like colonoscopies and bronchoscopies, and orthopaedic surgery including joint replacements and fracture stabilization.

CONTRADICTION

Although anesthesia has many advantages, there are a few of situations in which it should be used sparingly or not at all. These includes severe depression, neurological deficits, clinical shock, spinal deformities, coagulation disorders, patient refusal, local sepsis at the administration site, uncooperative behavior, risk of bleeding and in patients who may not tolerate anesthesia.

COMPLICATIONS

Anaesthesia has possible problems, just like any other medical procedure. More serious consequences includes nerve damage, anaphylaxis, allergic reactions, aspiration pneumonitis, respiratory depression, stroke, hypoxic brain injury, soft tissue injuries like laceration of the lips, headaches, urine retention and paralysis or coma in severe cases, etc [9-11].

PRECAUTIONARY MEASURES

Certain safety precautions need to be followed in order to reduce these dangers. As a marker of nerve closeness, radiating pain during injection should be carefully watched. Strict aseptic procedures, precise needle placement, and careful, sharp insertion are essential for avoiding infections and nerve damage. Furthermore, in order to guarantee both safety and therapeutic effectiveness, the right dosage of anesthesia must be chosen depending on each patient's unique health situation [1, 9-11].

Conclusion

In *Shalya Chikitsa*, *Sangyaharan* is approached using both contemporary anesthetic techniques and traditional Ayurvedic procedures. The main goals of Ayurvedic treatments are to use natural herbs and formulations to relieve post-operative pain, lessen discomfort and promote relaxation. The science of anesthesia has advanced dramatically over time, with contemporary techniques providing more accuracy, a quicker beginning of effect, and decreased toxicity. In order to guarantee patient comfort, safety and the general success of surgical procedures, *Sangyaharana* is essential.

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