

# “A Review article on pain management through vedanasthapana drugs after ayurvedic surgery”

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\*Dr.Kamayani mishra \*\*Dr.Vijeta barange

\*PG scholar Dravyaguna department .PTKLS govt. ayurveda college Bhopal

\*\* PG scholar Rognidan & vikriti vigyan department PTKLS govt. Ayurveda college Bhopal

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## ABSTRACT

After any surgical procedure the most common post-operative manifestation is pain, because of which patients don't want to undergo surgery, until and unless it is necessary. Excessive pain becomes unbearable and leads to other effects like sinking sensation, apprehension, sweating, nausea, palpitation and increase or decrease of blood pressure. Whereas adequate pain control leads to decreased manipulation of surgical site and thus reduces swelling, haematoma formation and infection. The greatest disadvantage in ayurveda is lack of use of effective analgesic in ayurvedic medicines. Amongst so many causes this is one cause responsible for downfall of ayurvedic surgery. Hence there is a constant quest for an ideal ayurvedic analgesic therapy i.e. vedanasthapanapaya. Vata dosha is considered as the prime factor in manifestation of vedana. So drugs which pacifies vata will act as potent vedanasthapanapaya. A holistic approach toward herbal drugs can reduce the cost and complications associated with opioid and non-opioid drug usage and dosage. Thus in this paper, an effort has been taken to spread light on conceptual part of vedanasthapana drugs and their use in post operative pain management.

**keywords:** *vedanasthapana, ayurveda, pain.*

## INTRODUCTION

Pain can also be described as any physical suffering or discomfort caused by illness or injury. Anywhere in body, no matter however mild the pain is, it lands us in a state of discomfort and affects our activities. One of the kinds of pain to be considered in detail is the post-operative pain. It is unavoidable after any surgery. It is necessary to study efficacy of ayurvedic principles, procedures and drugs in case of pain management. Ayurveda explains the origin of pain is due to vitiated vata dosha. Thus, main line of treatment for pain management targets at controlling vitiated vata. Acharya Charak has explained in sutrasthana fourth chapter regarding fifty groups of drugs containing ten drugs individually. They are termed as mahakashaya. One of those is vedanasthapana mahakashaya.

**Mechanism of post operative-pain-** The cutting of skin stimulates nerve fibers to signal pain. Post surgical pain is a complex response to tissue trauma during surgery, that stimulates hypersensitivity of the central nervous system. The result is pain in areas directly or indirectly affected by surgical procedure. It can be felt after any surgical procedure whether it is minor ayurvedic surgery or a triple-bypass heart operation.

**Vedanasthapana:-** In the event of physical pain, the class of drugs which eliminates that pain and restores body to its normal state is known as vedanasthapana.

**Mode of action:- Modern concept-** After injury Arachinoid acid liberated from membrane, phospholipids is converted to prostaglandins(PGs ), catalysed by the enzyme cyclo-oxygenase(COX). These prostaglandins produce hyperalgesia- they sensitize the nerve endings to pain caused by other mediators.

Here it is explained on the basis of chemical constituent of each drug. It can be estimated that the part of drug which is asked to be used to subside the pain in body, must be acting on the basis of the chemical present in it, hence the chemical constituent of vedanasthapana drugs are as follows:

Drug	Chemical constituent
Saal	In bark- Tannin & Ursonic acid
Katphala	In bark- Myricanol
Kadamba	In leaves- Cincotannic acid
Padamaka	In bark- Ursolic acid, stigmaterol
Tumba	Flavonoid,3,5-diacetyltambulin(antibacterial activity)
Mocharasa	-
Shiris	In bark- Tannins, Melacacidin In seeds- Ascorbic acid.
Vanjula	Salicin
Elvaluka	-
Ashoka	In bark- tannin, catechol

**Ayurvedic concept:-** Ayurveda reveals one fact beyond doubt that drugs act by veerya which is entertained and interpreted in different ways keeping in view the chemical, biological and therapeutic equivalances including rasapanchaka. Drug acts by rasapanchaka i.e. rasa, guna, veerya, vipaka and prabhava and these principles are known as gunas in general sense. According

to Acharya Charak certain drugs exercise their action by virtue of their Rasa, some by Guna, Veerya, some by Vipaka and others by Prabhava. In case the rasa, vipaka, veerya and prabhava are of equal strength, by nature, the rasa is superceded by vipaka, both of them in turn are superceded by veerya and prabhava superceds all other principles.

Drug	Raspanchaka
Saal	Rasa-kashaya, guna-ruksha,vipaka-katu, veerya-sheeta
Katphala	Rasa-kashaya,tikta,,guna-laghu,teekshna,,vipaka-katu, veerya-ushna
Kadamba	Rasa-kashaya,tikta,, guna-ruksha, vipaka-katu, veerya-sheeta
Padmaka	Rasa-kashaya,tikta,, guna- laghu, vipaka-katu, veerya-sheeta
Tumba-	Rasa-katu,tikta,, guna-laghu,ruksha,, vipaka-katu, veerya-ushna
Mocharasa	-
Shiris	Rasa-kashaya,tikta,, guna-laghu,ruksha,, vipaka-katu, veerya-ushna
Vanjula	Rasa- kashaya,tikta,, guna-laghu, vipaka-katu, veerya-ushna
Elvaluka	-
Ashoka	Rasa-kashaya,tikta,, guna-laghu,ruksha,, vipaka-katu, veerya-sheeta

## MATERIALS AND METHODOLOGY

**materials:-** Available literature regarding reference of pain and its management. Charak samhita sutrasthan fourth chapter with commentaries and books on dravyaguna.

**methodology:-** Literature study, vedanasthapana group of drugs was studied in detail from charaksamhita sutrasthana and bhavprakash samhita

### OBSERVATIONS

Various types of analgesics are available in modern science. But many of them can result in adverse effects in some patients or there are many contraindications for their use. Ayurveda explains origin of pain as vitiated vata dosha. But here subsiding pitta dosha is equally important. As the name suggests vedanasthapana contains 10 dravyas that are possessing similar properties of vedana sthapana. These drugs are of importance as they are easily available in market and as they have herbal origin so can be easily administered safely in patients. Various formulations regarding individual drugs are mentioned in texts. Pain has been the biggest problem since creation of universe. All the systems of philosophy have taken origin in search of the methods how to relieve pain. To overcome this problem various remedies were discovered and attempts were made to prevent the painful situation and cure them if they happen to occur. The word pain, always denotes for a persisting stimuli which is really harmful for the body whereas the term vedana denotes all sensory stimuli which are previewed through the sense organs, including the pain stimulus.

**vedanasthapana mahakashaya contains:**

Drug	Botanical name	Effect on dosha
Saal	<i>Shorea robusta</i>	Pacify pitta (by kashaya rasa)
Katphal	<i>Myrica esculenta</i>	Pacify vata(by ushna veerya)
Kadamba	<i>Anthocephalus indicus</i>	Pacify tridosha
Padmaka	<i>Prunus cerasoides</i>	Pacify pitta(by

		kashaya ras)
Tejovati	<i>Zanthoxylum armatum</i>	Pacify vata(by ushna veerya)
Mocharasa	Resin of <i>Salmalia malbarica</i>	pacify pitta(by kashaya ras)
Shiris	<i>Albizzia lebbeck</i>	Pacify tridosha
Vanjula	<i>Salix caprea</i>	Pacify pitta(by tikta and kashaya ras)
Elavaluka	<i>Prunus cerasus</i>	-
Ashoka	<i>Saraca ashoka</i>	Pacify pitta(by sheeta veerya)

## DISCUSSION

Although the raspanchaka of individual drug differs by one or the other properties but the basic property of vatashamana and vedanasthapana is same for every drug.

### Uses-

- Shala - when there is a pain anywhere in body, decoction of its bark is effectively prescribed especially in pain induced by injury.
- Kataphala- It can be used in form of decoction. Powder of dried bark is sprinkled over wounds for healing and bleeding control.
- Kadamba- It is advised to use internally as well as externally. Intake of its decoction is advised to take or relief in pain and 8externally its leaves are told to be tied on affected area and wounds are asked to be washed with decoction of its leaves.
- Padamaka- Chemicals present in its bark, works mainly on nervous system, therefore it works as vedanasthapana.
- Tumba- Externally its powder should be administered on wounds according to texts.
- Mocharas- Bark of shalmali is told to be apply on inflammation and burn caused by wound whereas on bleeding juice or powder of flowet can be applied.
- Shiris- External use- on inflammation paste of its seeds are asked to be applied and on wounds paste of its bark should be used for application.
- Vanjula- Its external use is described for vedanasthapan and daahprashaman
- Ashoka- In all pain prone diseases its use is described. As a external use in pain its paste is asked to apply.
- Elvaluka- Basically it is a controversial drug. In Bhavprakash it is considered as *kankolsadrishyam kushthagandhi*. Some people consider it as a satva of aloevera which is called as mussabbar in market. But according to Bhavprakash Elvaluka is dwarf cherry and its swaras is very much helpful in in subsiding pain.

All these drugs are of herbal origin, easily available and lot of information about them is given in ayurvedic texts. Various formulations are also mentioned for the same. Thus we can prefer the type of formulation based on vitals of patients. But prior to actual administration, clinical trials are necessary to prove the safety and dose calculation of the same.

### CONCLUSION

Hence it can be concluded that all vedana sthapaka drugs can be used in management in post surgical wounds because for wound washing, bleeding control, for inflammation, etc i.e for all the symptoms of vrana one or the other drug is available in vedanasthapak mahakashaya which can be used internally as well as externally.

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