

**SANGYASTHAPANA MAHAKASHAYA: AN OVERVIEW AND ITS PERSPECTIVE AS
AYURVEDIC FUTURE OF SURGICAL PROCEDURES AND PSYCHIATRY**¹Dr. Shivangi, ²Prof. Makhan Lal, ³Dr. Ramanand¹M.D. Scholar, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.²HOD, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.³Lecturer, Post Graduate Department of Dravya Guna, State Ayurvedic College and Hospital, Lucknow.***Corresponding Author: Dr. Shivangi M.D.**

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ABSTRACT

After any surgical procedure, one of the most important post-operative manifestations is unconsciousness, which may be due to the impact of General Anaesthesia or any underlying pathology. Unconsciousness or deranged consciousness conditions may also be due to some psychological factors or some organic loss in Central Nervous System which may lead to some other diseases like Epilepsy(Apasmara), Mania(Unmada), Schizophrenia(Atatvabhinisha)etc. According to some Ayurvedic texts. Hence there has been a constant quest for an ideal Ayurvedic drugs therapy for the treatment of such sort of psychological disorders and unconsciousness ie Sangyasthapana. On review of Ayurvedic Literature, it has been suggested that tama and raja are the two manas doshas mainly responsible for the manas rogas ie psychological disorders, especially Tama dosha due to Mohatmaka guna. Also, vitiation of Tama and Pitta dosha causes Sangya nash (Murchcha) or Unconsciousness. So the drugs that work on the vitiated pitta and Tama dosha and work on overall mental well-being should be taken into consideration. A holistic approach can be cost-effective and can also be used to reduce complications associated with surgical procedures related to trauma or injury to the brain and psychological disorders. Thus in this paper efforts to spread light on the Ayurvedic concept of Sangyasthapana drugs and also their perspective on the Ayurvedic future of surgical procedures and Psychiatry has been taken.

KEYWORDS: Sangyasthapana, Ayurveda, Unconsciousness, Psychiatry.**INTRODUCTION**

According to modern science, consciousness can be defined as a continuous state of full awareness of the self and one's relationship to the external and internal environment describing the degree of wakefulness in which an organism recognizes stimuli. Unconsciousness on the other hand may be defined as the interruption of awareness of oneself and one's surroundings, lack of the ability to notice or respond to stimuli in the environment. The causes of unconsciousness can be divided into three main types- Systemic cause, Structural cause and Psychiatric cause which broadly include trauma seizure, swelling, toxins, bleeding, infection, stroke, oxygen deprivation, blood sugar etc.

There should be a study to evaluate the effectiveness of Ayurvedic drugs, procedures and principles in case of restoration of consciousness. On review of Ayurvedic literature, it has been suggested that tama and raja are the two manas doshas mainly responsible for the manas rogas ie psychological disorders especially Tama dosha due to mohatmaka guna. Also, vitiation of Tama and

pitta dosha causes Sangyanash (Murchcha) or unconsciousness. So the main line of treatment includes the drug which not only works on the vitiated Pitta and Tama dosha but also works on overall mental wellbeing. According to Acharya Charak, 50 groups of drugs have been described in chapter 4 of sutrasthana which include 10 drugs individually called Mahakashayas. Sangyasthapana mahakashaya is one among them.

Pathophysiology of Unconsciousness: It lies in the working of both cerebral hemispheres and two relay stations present in the brain.

RAS relay station is the relay station for incoming sensory impulses about non-specific areas. Any damage temporary or permanent to it for any reasons such as trauma, pathology or decrease in the supply of oxygen or glucose to the brain causes neuronal dysfunction which leads to deep coma or unconsciousness.

Bilateral Thalamus: It relay to specific cortical areas. Damage to it cause paralysis or non-working of a specified region or organ of the body.

So broadly speaking, systemic pathology leading secondarily to diffuse neuronal dysfunction, structural

brain lesions and psychiatric cause are the three main mechanisms of unconsciousness.

OBSERVATION

Drugs	Rasa	Guna	Virya	Vipaka	Prabhav	Karma
Hingu	Katu, Tikta	Ushna, Tikshna, Laghu	Ushna	Katu	Vat-kaphshamak	shoolaghna
Kaitarya	Kashaya katu tikta	Ushna tikshna	Ushna	Katu	Kapha-vatshamak	Deepan, Krimighna
Arimeda	Kashaya Tikta	Laghu Ruksha	Sheeta	Katu	Kapha-pittashamak	Kushthaghna
Vacha	Katu	Ushna tikshna pramathi	Ushna	Katu	Kapha-vatshamak	Pramathi, Sangyasthapana
Chorak	Katu, Tikta	Laghu,Ruksha	Ushna	Katu	Kapha-vatshamak	Medhya
Vayastha	Tikta Kashaya	Laghu	Sheeta	Katu	Pittashamak	Medhya
Golomi						
Jatila	Katu Tikta Kashaya	Laghu Ruksha	Sheeta	Katu	Pittashamak	Manasa rogahara
Palankasha	Katu Tikta Kashaya	Laghu Snigdha sara Sukshma Vyavayi	Ushna	Katu	Kapha-vatshamak	Kushthaghna Lekhana Jantughna
Ashokrohini	Tikta	Laghu Ruksha	Sheeta	Katu	Kapha-pittashamak	Bhedana Yakrutotejjan

Drugs	Botanical Name and Family	Part Used	Active Constituents	Drug Action
Hingu	Asafoetida narthex Family-Umbelliferae	Resin Exudates	Ferulic acid, Umbelliferone	Antispasmodic Antihypertensive Action on CNS Antioxidant
Kaitarya	Myrica nagi Family-Myricaceae	Stem bark or Leaves	Steroid, tannins, glycosides, saponins	Improves cognitive functions Reduces stress level Antioxidant and Anxiolytic properties Also useful in Epilepsy and Headache
Arimeda	Acacia fernasiana Wild. Family-Mimosaceae	Stem bark or Heartwood	Leucophloel, Leucochol, Aromadendrine	Hypotensive property CNS Depressant Antioxidant property
Vacha	Acorus calamus Linn. Family-Acoraceae	Rhizome	Beta asarone, Eugenol	Neuroprotective effect Antioxidant property Stimulative Nervine tonic Improves brain functions
Chorak	Angelica glauca Family-Apiaceae	Whole plant	Furocoumarins, Dimeric, Lingusticum lactone	Improves memory power
Vayastha	Bacopa monnieri Family-Plantaginaceae	Whole plant	Brahmine, Nicotine, Bacopaside A	Antioxidant property for brain Activates choline acetyltransferase and increases cerebral blood flow Protects neurodegeneration Improves memory concentration and learning skills Antidepressant
Golomi	A variety of Acorus calamus Linn. Family-Acoraceae	Rhizome		
Jatila	Nordostachys jatamansi DC Family-Caprifoliaceae	Roots	Actinidine, Caritene, Aristolens, Elemol, Calarence Jatamansin, Oroselol	Anti-convulsant Cognitive enhancer Nerve tonic and memory enhancer

				Imparts calmness and peace of mind
Palankasha	Commiphora mukul Engl. Family-Burseraceae	Resin	Guggulusterol, Volatile oils	Anti-inflammatory Antioxidant Hypolipidemic
Ashokrohini	Picrorhiza kurroa Royle ex Benth Family- Plantaginaceae	Roots	D-Mannitol, Kutkiol, Apocyanin, Phenol glucosides, Kutkin, Picrorhizin	Anti-inflammatory Improves immunity Used in Epilepsy

RESULT AND DISCUSSION

Above observation suggests that all the Sangyasthapana drugs are having Katu vipak, most of them are having Ushna virya and a few are having Sheeta virya. Most of the plants of Sangyasthapana drugs are of Katu, Tikta rasa, few are of kasaya rasa. Above rasa, guna, virya, vipak, prabhav, karma and active constituent of plant suggest their action on Central Nervous System both as drugs restoring consciousness and working as Medhya Rasayana.

CONCLUSION

From the above discussion, it can be concluded that disorders of consciousness are either psychological or due to some organic loss in Central Nervous System. The ayurvedic classical review suggests that the two manas doshas Tama and raja are basically responsible for all the manas rogas, Tama being predominantly more important due to mohatmaka guna. Pitta and Tama dosha are mainly responsible for Murchcha, Sangyanash or unconsciousness. So the drugs present in Sangyasthapana mahakashaya not only work on the vitiated pitta due to their sheet virya but also on the tama dosha due to their ushna tikshna guna and medhya prabhav ie the overall well-being of the mental health has been taken into consideration. Analysis of reported cases of recovery suggests that these drugs are helpful in the improvement of the health of some patients. Some of these drugs work directly in encouraging conscious restoration while others play a more important role in the improvement of the cognitive domain mainly in a patient having residual cognitive impairment. So taking into consideration the above facts and further research can suggest these sangyasthapana drugs as Ayurvedic future of surgical procedures and Psychiatry.

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