

A REVIEW ON VEDANASTHAPAN MAHAKASHAYA W.S.R. TO PAIN MANAGEMENT THROUGH VEDANA STHAPANA DRUGS

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ABSTRACT

Pain management is a broader component withinside the subject of Ayurveda and clinical technology. The contemporary-day technology is in technique of verifying lots of natural drug for analgesic impact from plant state and numerous drugs had been withinside the technique of having the reaction also. In this component *Charaka Samhita*, the maximum relied on healing orientated treatise of *Ayurveda* describes sure plant drug solely with ache killing residences. In this reference *vedana sthapana* companies are taken into consideration where in ten particular plants had been enlisted with the aid of using *Charaka* differentiating their pain reliving consequences like *vedanasthapana* probable those phrases are having parallel collaboration with the

antinociceptive and analgesic in contemporary-day machine of medicine. Under those companies ten distinct plants had been visible and all the ones character herbal drugs had been established with experimental research executed so far. Though *Ayurveda* Pharmaceutical residences of these 10 drugs aren't equal to every different nonetheless its miles count number of terrific astonishments how they may had been grouped for a selected motive of action. In the existing paper efforts had been taken to affirm from the experimental take a look at to recognize the impact of *Ayurvedic* drug and it changed into discovered wonderful that the ones drug defined as are few withinside the organization of antinociceptive residences and few are having analgesic impact. The best downside in

Ayurveda is loss of use of powerful analgesic in *ayurvedic medicines*. Amongst such a lot of reasons that is one purpose chargeable for downfall of *ayurvedic surgery*. Hence there's a consistent quest for a super *ayurvedic* analgesic remedy i.e *vedanasthapanaupaya*. *Vata dosha* is taken into consideration because the high aspect in manifestation of *vedana*, so drug which pacifies *vata* will act as powerful *vedanasthapanaupaya*. A holistic technique in the direction of natural drug can lessen the fee and headaches related to opioid and non-opioid drug utilization and dosage, as a result on this paper, an attempt has been taken to unfold mild on conceptual a part of *vedanasthapana* drug and their use in post operative pain management

KEYWORDS: Pain management, Vedanasthapana, Antinociceptive, Analgesic, Charaka.

INTRODUCTION

Pain is a symptom of intellectual and bodily harm or disorder. In Ayurveda, its miles referred to as *Pratikool Vedana* or *Shool*. Pain may be of any place, however its miles induced because of the aggravation of the *Vata*. Other Doshas will also be related to the *Vata* and might adjust the kind and depth of the ache. Drug is a part of *Chikitsa Chatushpada*, coming most effective subsequent to *Bhishak*. Therefore, complete information of the drug may be very vital to a physician^[1] whilst reading the movements and houses of medicines, one might also additionally stumble upon the category or grouping of drugs. The foundation for this grouping varies in one-of-a-kind texts in line with one-of-a-kind authors. This grouping is primarily based totally in particular on a few precise *Guna* or *Karma* of such drug; on the premise in their motion on disorder pacifying efficiency or the synergistic motion of the medicine as a set. *Vedanasthapaana Dashemani* is one such organization of ten drug.^[2]

Ayurvedic attention of pain

For pain in Ayurveda there are numerous phrases including *Shool*, *Vedana*, *Ruja* etc. This *Shool* or *Vedana* is defined as symptom of many sicknesses or as worry of a few sicknesses.^[3]

Definition of pain (Vedana)

The time period *Vedana* implies *Samvedana* because of this those sensations or emotions. The root phrase of time period *Vedana* way information or perception, feeling or sensation. In general, *Vedana* refers back to the pleasant, ugly and herbal sensations that happens while our

inner experience organs come into touch with outside experience items and the related consciousness.

Types of pain (*Vedana*)

According to *Tarkasangraha* those are of kinds *Anukulvedana* and *Pratikulvedana*. Agreeable feeling can be understood as *Sukha* (happiness/normalcy). Disagreeable emotions are *Dukha* (unhappiness / abnormalcy) which for this reason wishes interest or medication.^[4]

On the premise of Intensity, it can be of 3 kinds; 1. Severe or intense (*Tivra*) 2. Moderate (*Madhya*) 3. Mild (*Mridu*) It additionally cited via way of means of *Charaka* that this ache has were given inverse dating with tolerance (*Satva*) of a patient.

Site of pain (*Vedana*)

Mind (*Manas*) and Body in conjunction with experience organs.^[5]

Predominance of *dosha* in ache (*Vedana*)

“*Sarvesuhetushu Shooleshu Prayein Pawan Prabhu*” *Vata* is the primary *Dosha* concerned in ache. It is the primary aspect for producing and spreading the pain, however for particular sort of ache in particular place a particular fraction of *Vayu* is accountable like for generalized ache *Vyana Vayu* is accountable, for *Shirashoola Prana* and *Vyana Vayu* are accountable, for *Udarshoola Saman Vayu* and *Apan Vayu* are responsible.^[6]

Causes of ache (*Vedana*)

1. *Adhibhoutika* 2. *Adhyatmic* 3. *Adhidaivik* Diseases springing up because of improper, immoderate and dwindled use of sound etc. is referred to as *Aindriyaka* (associated with experience organs). These are the reasons of ache.

Exploitation of medicinal plant life drug has caused the quest of many beneficial compounds and their precursors. Medicinal plant life and energetic ideas remoted from the plant life are of immense, significance to human civilization to combat in opposition to numerous sicknesses. Most evolved international locations are searching closer to natural medicine. In the mild of these statistics the studies on numerous subjects are coming ahead with renewed zeal to make the most the plant life defined in *Ayurveda* texts. Scientific hobby in medicinal plant life defined in *Ayurveda* evolved nowadays because of multiplied performance of recent plant derived drug and growing worries approximately the problems of traditional medicines. Looking to the enthusiastic difficulty its miles favoured to affirm sure plant drug in *Ayurveda*

wherein painkiller stands the pinnacle as it's miles incredibly critical now-a-days for its several makes use of via way of means of nearly all of the human and animal state ache being the maximum vital ailment. Several painkillers are to be had in marketplace however with a few recognized publish the use of risky effects. It became a seek whether or not it is able to be viable to discover the opportunity and secure medicaments from *Ayurveda*. Attention become given to discover the same motion orientated plant drug in *Charaka Samhita*, a reliable classical treatise in *Ayurveda*

Definition of *vedanasthapana*

Vedanasthapana is the Sanskrit name for pain reliving and *Vedanasthapana Mahakashaya* is the Snaskrit name for a set of medicinal plant and this is first composed via way of means of *Acharya Charaka* in his book *Charaka Samhita Sutrasthana* chapter 4th. The call derived from the phrases *Vedana*, translating to ache or soreness and *Sthapana*, translating to keeping or preserving. It is technical time period used at some stage in *Ayurveda*. It can be defined as that which eliminates the motive of peculiar sensations and establishes the regular nation i.e., Prakriti of the respective body.^[7] The nearest time period in correlation with is Analgesics. The drug protected below the *Vedanasthapana Dashemani* are - *Shala* (*Shorea robusta* Gaertn.), *Katphala* (*Myrica esculenta* Buch), *Kadamba* (*Anthocephalus indicus*), *Padmaka* (*prunus cerasoides*), *Tumb* (*Zanthoxylum alatum* Roxb.), *Mocharasa* (resin of *Salmaliamala baricaschott* and Endl.), *Shireesh* (*Albizzi lebbeck* Benth.), *Vanjula* (*Salix caprea* Linn.), *Elavaluka* (*Brunus cerasus* Linn.) and *Ashoka* (*Saraca indica* Linn.).^[8]

***Sala (Shorea robusta)*^[9]**

It is a critical Indian medicinal plant integrated in *vedanasthapana* group of *Charaka*. So, a ways *Ayurvedic* pharmacopeia is worried it possesses *kashaya* and *madhura rasa*, *ruksha guna*, *sheeta veerya* and *katu vipaka*. Steps had been taken to affirm analgesic pastime of drug and it became located that the analgesic pastime become studied with the aid of using making use of various critical and peripheral ache version which includes warm plate and tail flick check and the extract of *Shorea robusta* become located good sized critical and peripheral analgesic impact.

***Katphala (Myrica nagi)*^[10]**

It is every other drug of *vedanasthapana* group and possesses *kashya*, *tikta and katu rasa*, *laghu* and *tikshana guna*, *katu vipaka* and *ushna veerya* as in keeping with *Ayurvedic* Pharmacopeia the stairs had been taken to affirm the analgesic impact via an experimental

examine completed to this point or not, but it become cited that the crude extract of *Myrica nagi* become examined for its analgesic pastime with the aid of using distinctive check strategies and the extract confirmed effectiveness with its analgesic pastime in evaluation with popular drug aspirin. However, trying to its mode of impact it might be relatively useful for distinctive kind of ache control and especially in supra clavicular sicknesses (*urdhavajatrugata roga*).

Kadamba (Anthocephalus cadamba)^[11]

It is likewise drug below *vedanasthapana* group and it has multiparous movement in distinctive sicknesses loading to its *Ayurvedic* Pharmacopeia residences like *kashaya*, *madhura* and *lavana rasa*, *ruksha guna*, *sheeta virya* and *katu vipaka*. In order to examine the analgesic impact sure references had been demonstrated wherein antinociceptive movement of *kadamba* become located that an alcoholic extract of a *kadamba* become examined for comparing a peripheral in addition to critical analgesic mechanism evaluating to diclofenac sodium and the end result confirmed good sized analgesic impact which may be corroborated to musculoskeletal ache control in *Ayurveda*^[12] Moreover, in every other examine the analgesic and anti-inflammatory pastime of a *kadamba* become located a greater good sized analgesic pastime and anti-inflammatory pastime in wrister rats^[13] So the *vedanasthapana* traits of *kadamba* as defined with the aid of using *Charaka* may be nicely corroborated with the exhibited good sized analgesic impact as in keeping with examine file located to this point.

Mochrasa (Bombax ceiba)

It is a critical drug utilized by the conventional medical doctor for distinctive illnesses however *Charaka* has solely grouped in *vedana sthapana* group of medication trying to its possibly analgesic impact of drug. As in keeping with *Ayurvedic* Pharmacopeia it possesses *madhura*, *kashya rasa*, *laghu*, *snigdha*, *pichchhila guna*, *sheeta veerya* and *madhura vipaka*. On seek of experimental /medical examine it become located that negligible analgesic and anti-inflammatory in a single study^[14] whereas, in every other examine the crude plant extract confirmed good sized analgesic impact in acetic acid prompted writhing and warm plate relaxation in mice. Moreover, it's proved anti-oxidant impact because of presence of magnifier and can be useful in dealing with neural ache i.e., diabetic neuropathy as a *rasayana* factor in *Ayurvedic* concept.^[15]

Shirisha (Albezzia lebbek)

It is well-known in Ayurveda texts for its *vishaghana* and antitoxic assets which has been stated with the aid of using *Charaka* however solely he has stated it as one of the additives in *vedanasthapana*. According to *Ayurvedic pharmacopeia* it possesses *kashaya*, *tikta*, *madhura rasa*, *laghu*, *ruksha*, *tiksna guna*, *katu vipaka* and *ushna (anushna) virya* which become taken to apprehend via its organic sports in experimental research. Though the genus *albezzia* accommodates about a hundred and fifty species however *Albezzia lebbek* of Indian beginning utilized in Indian people's remedy become taken for examine. The impact of various extract of *lebbek* on ache sensation become examined the usage of warm plate technique with distinctive dose agenda below the new plate check in evaluation to analgesic drug aspirin. After screening it become located having analgesic impact displaying growing percent of ache threshold. Its analgesic impact become discovered in ache control of neuromuscular and inflammatory condition. In addition to this it is able to additionally be utilized in surgical and para surgical procedure, ache control because of its anti-inflammatory impact. sixteen Since it's far defined in Ayurveda as a drug of desire for preventing distinctive kind of poison possibly because of neural pathway blocking off impact as glaring in a examine having its anti-histaminic assets with the aid of using neutralising the histamine without delay or because of corticotropic movement with the aid of using elevating cortisol degrees in plasma.^[17] Again, the *rasayana* and anti-oxidant impact of the drug has been proved which may be chargeable for dealing with ache.^[18] Moreover, its analgesic impact may also be useful in ache control of gynaecological problems because of presence of its estrogenic movement main to anti-fertility impact discovered withinside the examiner.^[19]

Vetas (Salix caprea)

It has been given numerous kinds of makes use of in Indian people's practices however the scope of use could be very confined and relies upon numerous situations and practitioners accordingly. Its *tikta*, *Kashaya rasa*, *laghu guna*, *katu vipaka* and *sheeta veerya* as in keeping with *Ayurveda Pharmacopeia* traits, it's far used for numerous functions however *Charaka* has protected in *vedana sthapana* group which become demonstrated from to be had experience/medical research having analgesic impact. The references are inadequate to corroborate with the analgesic impact alevin though it's been mentioned as an ache-killing.^[20]

Kumari (Aloe-barbadensis)

It is likewise known as *kumari* and could be very not unusual place plant having several medicinal consequences and *Charaka* has laid out in *vedanasthapana* group. According to *Ayurvedic* pharmacopeia it possesses *tikta*, *madhura rasa*, *guru*, *snigdha*, *pichchhila guna*, *sheeta veerya* and *katu vipaka*. It became attempted to discover its impact from /medical/experimental research and become located that it possesses analgesic and anti-inflammatory sports that would be mediated thru modulators of ache and irritation or via critical pastime.^[21] However; description of *Charaka* is honestly worth sufficient to set up the drug as *vedana sthapana* or ache killing in neuromuscular situations. In every other examine leaf aqueous extract confirmed dose structured use boom in tolerance to thermal stimulus corresponding to indo-methacin.^[22]

Asoca (Saraca asoca)

It is a drug of desire for numerous gynaecological impacts of drug utilized by conventional healers having its pharmacological residences like *kashaya*, *tikta rasa*, *laghu*, *ruksha guna*, *sheeta veerya*, *katu vipaka* and steps had been taken to discover any analgesic impact of this plant. It became discovered that analgesic pastime of *Saraca asoca* leaf extract components able to relieving or modifying responses to ache. Though the element paintings are wanted to isolate lively components and pharmacodynamics research with knowledge the mechanism of movement of plant extract.^[23] Also in each other examine leaf aqueous completed at the stem returned of *Saraca asoca* the extract exhibited the critical analgesic impact at doses of three hundred mg/kg and 500 mg/kg in comparison to manipulate institution and antinociceptive efficacy being more on the better drug dose.^[24]

Mode of action

Modern concept- After harm Arachidonic acid liberated from membrane, phospholipids is transformed to prostaglandins (PGS), catalysed with the aid of using the enzyme cyclooxygenase (COX). These prostaglandins produce hyperalgesia- they sensitize the nerve endings to ache resulting from different mediators.

Here it's far defined on the idea of chemical constituent of every drug. It may be envisioned that a part of drug that's requested for use to subside the ache in body, need to be appearing on the idea of the chemical found in it, for this reason the chemical constituent of *vedanasthapana* drug are as follows:

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

Ayurvedic concept

Ayurveda famous one reality past doubt that capsules act through *veerya* that's entertained and interpreted in exceptional approaches retaining in view the chemical, organic and healing equivalences such as *rasapanchaka*. Drug acts through *rasapanchaka* i.e., *rasa*, *guna*, *veerya*, *vipaka* and *prabhava* and those ideas are referred to as *gunas* in well-known sense. According to *Acharya Charaka* positive capsules exercising their motion through distinctive feature in their *Rasa*, a few through *Guna*, *Veerya*, a few through *Vipaka* and others through *Prabhava*. In case the *rasa*, *vipaka*, *veerya* and *prabhava* are of identical strength, through nature, the *rasa* is outdated through *vipaka*, each of them in flip are outdated through *veerya* and *prabhava* supersedes all different ideas.

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

OBSERVATIONS

Various sorts of analgesics are to be had in present day science. But a lot of them can bring about damaging outcomes in a few sufferers or there are numerous contraindications for his or her use. Ayurveda explains foundation of ache as vitiated *vata* dosha. But right here subsiding *pitta* dosha is similarly important, As the call shows *vedanasthapaka* carries 10 *dravyas* which might be owning comparable homes of *vedanasthapana*. These tablets are of

significance as they're without problems to be had in marketplace and as they have got natural foundation so may be without problems administered thoroughly in sufferers. Various formulations concerning person tablets are stated in texts. Pain has been the largest trouble on the grounds that advent of universe. All the structures of philosophy have taken foundation on the lookout for the strategies a way to relieve ache. To conquer this trouble numerous treatments had been determined and tries had been made to save you the painful scenario and remedy them in the event that they take place to occur. The phrase ache, continually denotes for a persisting stimulus that is in reality dangerous for the frame while the time period *vedana* denotes all sensory stimuli which might be previewed thru the feel organs, inclusive of the ache stimulus.

***Vedanasthapana mahakashaya* contains**

Drug	Botanical name	Effect on dosha
<i>Saal</i>	<i>Shorea robusta</i>	Pacify <i>pitta</i> (by <i>Kashaya rasa</i>)
<i>Katphal</i>	<i>Myrica esculenta</i>	Pacify <i>vata</i> (by <i>ushna veerya</i>)
<i>Kadamba</i>	<i>Anthocephalus Indicus</i>	Pacify <i>tridosha</i>
<i>Padmaka</i>	<i>Prunus cerasoides</i>	Pacify <i>pitta</i> (by <i>kashaya ras</i>)
<i>Tejovati</i>	<i>Zanthoxylum armatum</i>	Pacify <i>vata</i> (by <i>ushna veerya</i>)
<i>Mocharasa</i>	<i>Resin of Salmalia malbarica</i>	pacify <i>pitta</i> (by <i>Kashaya rasa</i>)
<i>Shiris</i>	<i>Albizzia lebbeck</i>	Pacify <i>tridosha</i>
<i>Vanjula</i>	<i>Salix caprea</i>	Pacify <i>pitta</i> (by <i>tikta and Kashaya rasa</i>)
<i>Elavaluka</i>		-
<i>Ashoka</i>	<i>Saraca Ashoka</i>	Pacify <i>pitta</i> (by <i>sheeta veerya</i>)

DISCUSSION

Various forms of analgesics are to be had in current science. But a lot of them can bring about damaging results in a few sufferers or there are numerous contraindications for his or her use. Ayurveda explains starting place of ache as vitiated *Vatadosha*. Although the *Raspachaka* of person drug differs through one or the opposite houses however the primary *assets of Vatashamana* and *Vedanasthapana* is identical for each drug. *Vedanasthapana* movement is added approximately through the typically of multiplied in addition to reduced *Vata Dosha* that is installed handiest whilst *Kapha* additionally attains an everyday nation withinside the body. For the normalcy of *Kapha* the medication needs to own *Tikta, Kashaya Rasa; Laghu, Ruksha Guna; Ushna Veerya* and *Katu Vipaka* despite the fact that a number of the medication are stated to be *Vedanasthapana* through their *Prabhava* itself. In the *Vedanasthapana Dashemani* cited through *Charaka*, majority of the medication own above cited houses. They are *Kapha Shamana* and result in the normalcy of *Vata* and consequently act as *Vedanasthapana*. These tablets are of significance as they're effortlessly to be had in

marketplace and as they have got natural starting place so may be effortlessly administered adequately in sufferers. Various formulations concerning person tablets are cited in texts. Pain has been the largest trouble for the reason that advent of universe. All the structures of philosophy have taken starting place on the lookout for the techniques a way to relieve ache. From the above assessment primarily based totally on documentation shows that *Charaka* mentions precise ten tablets for *vedanasthapana* which had been correlated with antinociceptive and analgesic impact.

From the above research reviewed, it is going to be really well worth complete to say right here that alive though tablets as cited in *vedanasthapana* having more than one pharmacopeia impact similarly to ache relieving characteristics (antinociceptive and analgesic). But the ones characteristics have now no longer been taken to confirm or to re-set up through current investigations because of multifarious location of movement and uses. It is likewise critical to say right here that *Charaka* has especially grouped a few tablets having comparable houses like *vedanasthapana* aside from their different pharmacopeia houses, so this turned into goal of this paper to confirm the probable, comparable at par associated current clinical phrases of *vedanasthapana* characteristics that with the antinociceptive or analgesic impact. All those tablets are of natural starting place, effortlessly to be had and lot of records approximately them is given in ayurvedic texts. Various formulations also are cited for the identical, therefore we will decide upon the kind of system primarily based totally on vitals of sufferers. But previous to real administration, medical trials are important to show the protection and dose calculation of the identical of the techniques a way to relieve ache.

CONCLUSION

Although the *Raspachaka* of person drug differs through one or the opposite houses however the primary assets of *Vatashamana* and *Vedanasthapana* is identical for each drug. *Vedanasthapak Mahakashaya* which may be used internally in addition to externally From the above evaluation it reveals that the ones medicinal vegetation defined in *Charaka Samhita* for a particular clinical circumstance i.e. *vedanasthapana* are primarily based totally on reality from the evidences so collected, the medication located individually having the ones antinociceptive/analgesic impact cannot be informed or claimed having an antinociceptive/analgesic impact as an entire whilst all are blended together, no such have a look at might be to be had. Moreover, it turned into located exciting that the ones organizations of medicine having diverse moves in unique area of ache control like neuro-

muscular, inflammatory numerous paediatrics, gynaecological, supra clavicular disorder situations aside from its anti-oxidant results. However, it has proven the manner for destiny have a look at for wider thing of studies to assess the healing efficacy of the complete tablets of *vedanasthapana* institution as an entire as defined in *Charaka*. It might be profitable to say right here that the above organizations have been especially defined in *Charaka* might be taken as an authoritative supply of ache control herbs in Ayurveda Hence it could be concluded that everyone *vedanasthapaka* tablets may be utilized in control in postsurgical wounds due to the fact for wound washing, bleeding control, for inflammation, and many others i.e for all of the signs of vrana one or the opposite drug is to be had in *vedanasthapak mahakashaya* which may be used internally in addition to externally

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