

SANGYAHARAN SHODH

(A Bi annual Peer Reviewed International Journal)

August 2024, Volume 27, Number 2, ISSN 2278 -8166, IJIFACTOR: 4.68

Available online at <https://www.aaim.co.in> Journal Ranking: A+

info@ijifactor.com



संज्ञाहरण शोध

An Official Journal of
BHARATIYA SANGYAHARAK ASSOCIATION
(Association of Anesthesiologists of Indian Medicine)

Please Encourage Others to be New Members
Bharatiya Sangyaharak Association (A.A.I.M.)

Postal Address: Operation Theatre Block, Indian Medicine, S.S. Hospital, Banaras Hindu University, Varanasi – 221 005.

Announcement: The membership of Association is available to persons who are activity engaged in the field of Sangyahan (Anaesthesia), Pain or Palliation. Membership will entitle members to attend the annual conferences and to receive the official Journal ‘Sangyahan Shodh’. Please fill in enclosed form and send/email it with crossed cheque or D/D in favor of Bharatiya Sangyaharak Association Varanasi or through online payment mode to visit our website <https://www.aaim.co.in>

Dr. R. K. Jaiswal, Hon. Secretary, A.A.I.M

SANGYAHARAN SHODH

Journal Subscription (For other than members)

Half yearly - Rs. 200.00 per copy
Annual - Rs. 380.00 for two copies

Please send cheque or D/D in favor of Sangyahan Shodh, A.A.I.M., Varanasi.

Address: Dr. D.N. Pande, Chief Editor, GB-5, Lane-2, Ganeshpuri Colony, Susuwahi, Varanasi – 221005.

Tariff for Advertisement in ‘Sangyahan Shodh’

Back Cover Rs. 100000.00-for 15 Years.

Full Page	-	Rs. 10000.00-	Annual
Half Page	-	Rs. 6000.00-	Annual
Qr. Page	-	Rs. 3500.00-	Annual
Front inside	-	Rs. 25000.00-	Annual
Back inside Cover	-	Rs. 20000.00-	Annual
Life member – Advertiser	-	Rs. 50000.00-	One time full payment

D/D or Cheque in favor of Chief Editor, Sangyahan Shodh, A.A.I.M., Varanasi.

Dr. Devendra Nath Pande

Chief Editor - Sangyahan Shodh

Adjunct Professor, M.G. Ay. C.H. & Research Centre, Salod, D.M.I.H.E.R., Wardha (M.S.),
Farmer Professor & Founder Head, Deptt. of Sangyahan, Faculty of Ayurved,
I.M.S., B.H.U., Varanasi.U.P. dnpande@gmail.com, 09415256461

EDITORIAL BOARD – JOURNAL

		Members Advisory Board
Chief Editor	Dr. Devendra Nath Pande, Varanasi	Dr. D.P. Puranik, Pune . Dr. L. P. A. Karunatilake, Srilanka.
Associate Editor	Dr. K. K .Pandey, Varanasi . Dr.Anil Dutt, Paprola. Dr.S.Bhat, Udupi. Dr.R.K.Jaiswal, Varanasi	Dr. C.K. Dash, Barhampur. Dr. P.K. Sharma, Varanasi Dr. Hemant Toshikhane, Vadodara. Dr. Deepak K.Poman, Pune Dr. N.V. Borse, Pune Dr. B.Maurya, Varanasi. Dr.Y.K.Mishra, Varanasi.
Managing Editor	Dr.SanjeevSharma, Varanasi	Dr.S.K.Singh, Varanasi.
Co Editor	Dr. P. K. Bharti,Varanasi Dr.B.N.Maurya,Varanasi Dr .C. Medhi,Guwahati. Dr. Sheetal Asutkar, Wardha Prof. Hareeshwar Deekshit, Varanasi. Dr. Vineet Mishra, Varanasi. Dr. Shuchi Pande, Varanasi	Dr. A.K.Srivastav, Varanasi Dr.(Mrs) S.A. Dayani Siriwardana, Srilanka. Dr. Peshala Kariyawasam, Srilanka. Dr. Sreenivasan Sasidharan Malaysia. Dr. A.P.G. Amarasinghe, Srilanka Dr. Mahawaduge Renuka Malkanthi, Srilanka. Dr. Raj Kishor Arya, Varanasi.

Sangyahan Shodh is published bi-annually and is an Official Peer Reviewed International Journal of the Bharatiya Sangyaharak Association (Association of Anesthesiologists of Indian Medicine).

Subscription Rates for other than Life Members

Half-yearly	Rs. 200.00	
Annual	Rs. 380.00	
Life	Rs. 5000.00	(for 15 years)

Editorial Office

The Chief Editor, Sangyahan Shodh, GB-5, Lane-2, Ganeshpuri Colony, Susuwahi, Varanasi – 221005.

The data, opinions, statements appearing in the papers and advertisements in this Journal are the responsibility of the Authors/Advertisers concerned. The editorial staff disclaims any responsibility whatsoever for the consequences of inaccurate or misleading data, opinion or statement published

Editorial Board from August 2024 onward

Chief Editor:

Dr. Devendra Nath Pande, GB-5, Lane-2, Ganeshpuri Colony, Susuwahi, Varanasi – 221005.
dnpande@gmail.com, +919415256461

Associate Editor:

1. Dr. K. K. Pandey, Department of Sangyahan, I.M.S., B.H.U., Varanasi-221005, pandeykk@bhu.ac.in, 9415251556.

2. Dr. Anil Dutt, Head, Deptt. of Shalya Tantra, RGGPG Ayu.College, Paprola, Kangara-176063, dr_seemanil@yahoo.co.in 9418205225.

3. Dr. S. Bhat, 5/14F, Srivatsa, Guddeyangadi, Udyavara, Udupi-574118.

drsbrahmanyabhat@gmail.com 9343160446.

4. Dr. R.K. Jaiswal, Flat-13, Siddharth enclave-2, Brijenclave colony, Sunderpur, Varanasi-221005. rkj41a@bhu.ac.in, 9415624830.

Co Editor:

1. Dr. P. K. Bharti, LIC Colony, Chhittipur, B.H.U., Varanasi-221005.

pkbharti@bhu.ac.in 9532241698.

2. Dr. B.N. Maurya, Assistant Professor, Department of Sangyahan, I.M.S., B.H.U., Varanasi-221005. bnmaurya@bhu.ac.in, 9415447600.

3. Dr. C. Medhi, State Ayurved College, Guwahati, Assam. cmehdi77@gmail.com 9435190544.

4. Dr. Sheetal Asutkar, Head, Department of Shalya Tantra, M. G. Ayu. College, Hospital and Research Centre Salod, DMIHER, WARDHA.M.S. sheetal.gujjanwar@dmimsu.edu.in

5. Prof. Hareeshwar Deekshit, Professor, Deptt. of Veda, SVDV, BHU, Varanasi-21005, hareeshwarhod@gmail.com
Mob.: 9450085521

6. Dr. Vineet Mishra, Assistant Professor, Anaesthesiology, State Medical College, Ghazipur. dr_vineet_mishra@yahoo.co.in 9871191819.

7. Dr. Shuchi Pande, Assistant Prof. Psychiatry, H.I.M.S., Varanasi. drshuchipande@gmail.com, 8600035750.

Members Advisory Board:

1. Dr. D.P. Puranik, 107/19, Erandwana, Bharti Niwas Society, PUNE-411004. dilipp@hotmail.com 9422506207

2. Dr. L. P. A. Karunatilake, Senior consultant- Senior Lecturer, I I M, University of Colombo, Rajagiriya, Srilanka. abayasir@live.com

3. Dr. C.K. Dash, Ambapua near Income Tax office, Berhampur, Ganjam-760011. (Odisha), chayakantdash@gmail.com 9437165698.

4. Dr. P.K. Sharma, Dr.58/7-46, Bhagwandas Nagar colony, Sigra, Varanasi -11, praveenkrsharma575@gmail.com 9839164200.

5. Dr. Hemant Toshikhane, Dean, Faculty of Ayurved, Parul University, Vadodara. drhemant@gmail.com 2668260221.

6. Dr. Deepak K.Poman, N1-707, Amrutganga apartment, Manikbag, Sinhadgad Road, Pune.411051. dipakpoman@gmail.com 8308612087

7. Dr. N.V. Borse, 479/2, Rector Bungalow, TAMV Hostel Rastapeth, PUNE-411011. nandkishor_borse@yahoo.co.in 9422032696.

8. Dr. B.Maurya, M.O., S.S.H., B.H.U., Varanasi-221005. anaesthesiabhasker@gmail.com 9415447600.

9. Dr. Y.K. Mishra, Plot No.182 Saket Nagar Colony, Nariya, Varanasi-221005. mishraykdr@gmail.com 9415991335

10. Dr. S.K. Singh, B604 Ganpati Residency, Manduadih Varanasi-221003. drssanjayjisanjay@gmail.com 9839063040.

11. Dr. A.K. Srivastav, Devashram N14/49 B-4-Krishna Deo Nagar colony, Sarainandan, Varanasi-221010. alokimsbhu@gmail.com, 9565907136.

12. Dr. (Mrs) S. A. Dayani Siriwardana, Senior Lecturer, I I M, University of Colombo, Rajagiriya, Srilanka. dayaniosuki@gmail.com

13. Dr. Peshala Kariyawasam, I I M, University of Colombo, Rajagiriya, Srilanka. drpeshala@iim.cmb.ac.lk 0094715972529

14. Dr. Sreenivasan Sasidharan, Institute for Research in Molecular Medicine, University Sains Malaysia 11800 USM Pua Pinag, Malaysia. srisasidharan@yahoo.com +60125523462

15. Dr. A.P.G. Amarasinghe, Deptt. of Prasuti Tantra, I.I.M., University of Colombo, Rajgiriya, Srilanka. dr.amarasinghe@gmail.com

16. Dr. Mahawaduge Renuka Malkanthi Wickramasinghe, Department of Allied Sciences, Institute of Indigenous Medicine, University of Colombo, Rajagiriya mrmwickramasinghe@mail.com 0713032277

17. Dr. Raj Kishor Arya, Assistant Professor, Samhita & Sanskrit, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi – 221005. rajkishorarya@gmail.com Mob. 9540392824

Managing Editor:

Dr. Sanjeev Sharma, A-64, Kashiraj Apartment, Kamachha, Varanasi-221010. drssharmavns@gmail.com, 9839057181.

Office Bearers -Central Council

Patron

Dr. D. P. Puranik

Director, I. P. G. T. R. A, Tilak Ayurved College, Pune. M.S.

President

Dr. D. N. Pande

Adjunct Professor, M.G. Ay. C.H. & Research Centre, Salod, D.M.I.H.E.R., Wardha (M.S.),
Farmer Professor & Founder Head, Deptt. of Sangyahan, Faculty of Ayurved,
I.M.S., B.H.U., Varanasi.U.P.

Vice Presidents

Dr. S. Bhat

Professor,
Deptt.of Shalya Tantra,
S.D.M. Ayurved College, Udupi.

Dr. P.K. Sharma

Consultant Anesthesiologist
Varanasi

Dr. N.V.Borse

Professor & Head,
Deptt.of Shalya Tantra,
Tilak Ayurved College, Pune.

Secretary

Dr. R. K. Jaiswal

Asstt. Professor, Departt. of Sangyahan, I.M.S., B.H.U., Varanasi

Treasurer

Dr. P. K. Bharti

C.M.O. & Dy.M.S. (I.M.), S.S.H., I.M.S., B.H.U., Varanasi.

Joint Secretaries

Dr. Vinod Seth, Pune

Dr. B.N. Maurya, Varanasi

Dr. Ajeet Kr.Rai, Gorakhpur.

Ex-Officio Member

Dr. K. K. Pandey, Past President, Professor & Head, Deptt. of Sangyahan, I.M.S., B.H.U., Varanasi.

Dr. Anil Dutt, Professor & Head, Deptt.of Shalya Tantra, R.G.G.P.G.I.A., Paprola.H.P.

Executive Members

Dr. S.K.Singh, Varanasi

Dr. A.K.Rai, Pune.

Dr. J.K.Chaubey , Varanasi

Dr. P.Awasthi, Paprola

Dr. Vimal Kumar, Haridwar

Dr. A.K. Srivastav, Varanasi

Dr. Deepak K. Poman, Pune

Dr. Shishir Prasad, Haridwar

Dr. Y.K.Mishra, Varanasi

SANGYAHARAN SHODH

(A Peer-Reviewed International Journal)

August 2024, Volume 27, Number 2, ISSN 2278 -8166, IJIFACTOR: 4.68

Available online at www.aaim.co.in Journal Ranking: A+

CONTENTS

Sr.No.	Title	Page No.
1.	Editorial Dr. D.N. Pande	01-02
2.	Ayurveda and Aromatherapy: Holistic Integration for Well-being Sheetal Asutkar, Shivam Sharm, Yogesh Yadav	03-17
3.	The Role of Asana in the Management of Musculo- Skeletal Pain of Spinal Region Caused by Stress with Special Reference to Makarasana, Shalabhasana and Marjari Asana Neha, Mohit Kumar, Vishal Jaiswal, Dr. R.K. Jaiswal, Dr. P.K. Bharti	18-25
4.	Dietary Intake and Nutritional Status of Patients with Cholelithiasis Jyoti Yadav, Prof. S. J. Gupta	26-30
5.	वेदों में योग विज्ञान का स्वरूप आराधना कनौजिया, डॉ. भोलानाथ मोर्य, डॉ. पंकज कुमार भारती	31-35
6.	आयुर्वेद में आत्यन्तिक वेदना प्रशमन हेतु 'योग' का औषधीय प्रयोग अमितेश कुमार, प्रदीप कुमार मिश्रा, डॉ. रमेश चंद्रा, प्रोफ़ेसर के० के० पाण्डेय	36-44
7.	आयुर्विज्ञानविषये वैदिकसन्दर्भाः प्रो० हरीश्वरदीक्षितः	45-50