

# SANGYAHARAN SHODH

(A Bi annual Peer Reviewed International Journal)

---

February 2026, Volume 29, Number 1, P- ISSN 2278 -8166

Available online at <https://www.aaim.co.in>

---



## 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. 300.00 per copy
Annual	-	Rs. 580.00 for two copies
Life	-	Rs. 15000/-

Kindly pay online through RTGS /NEFT in the account of Sangyahan Shodh, details as below:

**SANGYAHARAN SHODH, A.A.I.M.**

**Ac. Number: 27790100001007**

**IFSC Code: BARB0BHUVAR (fifth character is Zero),**

**Bank of Baroda, B.H.U., 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 Life Members : Rs.5000.00**

**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 herein.

*Dr. Devendra Nath Pande*  
**Chief Editor - Sangyahan Shodh**  
**dnpande@gmail.com, 09415256461**

## Editorial Board from February 2025 onward

---

### Chief Editor:

**Dr. Devendra Nath Pande**, GB-5, Lane-2,  
Ganeshpuri Colony, Susuwahi, Varanasi – 221005.  
devendra.pande@bhu.ac.in 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.

5. **Dr. L. P. A. Karunatilake**, Senior consultant-  
Senior Lecturer, I I M, University of Colombo,  
Rajagiriya, Srilanka. abayasir@live.com ,  
Karunathilake@ayurveda surgeons .lk

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

7. **Dr. Sreenivasan Sasidharan**, Institute for  
**Research in Molecular Medicine, University**  
**Sains Malaysia11800 USM Puau Pinag,**  
**Malaysia.**srisasidharan@usm.my  
srisasidharan@yahoo.com +60125523462,  
+60174346559

8. **Dr. Mahawaduge Renuka Malkanthi**  
**Wickramasinghe**, Department of Allied  
Sciences, Institute of Indigenous Medicine,  
University of Colombo, Rajagiriya  
drrenuka@fim.cmb.ac.lk  
mrmwickramasinghe@gmail.com 0713032277

### Co Editor:

1. **Dr. P. K. Bharti**, LIC Colony,  
Chhittupur, 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.  
cmedhi77@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.

8. **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  
rajkishorarya@bhu.ac.in

**Managing Editor: Dr. Sanjeev Sharma,**

**A-64, Kashiraj Apartment, Kamachha,**

**Varanasi-221010.** drssharmavns@gmail.com,  
9839057181.

**Members Advisory Board:**

1. **Dr. D.P. Puranik, 107/19, Erandwana, Bharti Niwas Society, PUNE-411004.**  
dilipp@hotmai.com 9422506207
2. **Dr. C.K. Dash, Ambapua near Income Tax office, Berhampur, Ganjam-760011.**  
(Odisha), chayakantdash@gmail.com 9437165698.
3. **Dr. P.K. Sharma, Dr.58/7-46, Bhagwandas Nagar colony, Sigra, Varanasi -11,**  
praveenkrsharma575@gmail.com 9839164200.
4. **Dr. Hemant Toshikhane, Dean, Faculty of Ayurved, Parul University, Vadodara.**  
drhemantt@gmail.com 2668260221.
5. **Dr. Deepak K.Poman, N1-707, Amrutganga apartment, Manikbag , Sinhad Road,**  
Pune.411051. dipakpoman@gmail.com 8308612087
6. **Dr. N.V. Borse, 479/2, Rector Bungalow, TAMV Hostel Rastapeth, PUNE-411011.**  
nandkishor\_borse@yahoo.co.in 9422032696.
7. **Dr. B.Maurya, M.O., S.S.H.,B.H.U., Varanasi-221005.** anaesthesiabhasker@gmail.com  
9415447600.
8. **Dr. Y.K. Mishra, Plot No.182 Saket Nagar Colony, Nariya, Varanasi-221005.**  
mishraykdr@gmail.com 9415991335
9. **Dr. S.K. Singh, B604 Ganpati Residency, Manduadih Varanasi-221003.**  
drssanjayjisanjay@gmail.com 9839063040.
10. **Dr. A.K. Srivastav, Devashram N14/49 B-4-Krishna Deo Nagar colony, Sarainandan,**  
Varanasi-221010. alokimsbhu@gmail.com, 9565907136.
11. **Dr. (Mrs) S. A. Dayani Siriwardana, Senior Lecturer, I I M, University of Colombo,**  
Rajagiriya, Srilanka. dayanosuki@gmail.com
12. **Dr. A.P.G. Amarasinghe, Deptt. of Prasuti Tantra, I.I.M., University of Colombo,**  
Rajgiriya, Srilanka.drgamarasinghe@gmail.com

## 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  
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  
S.M.O., 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)

February 2026, Volume 29, Number 1, P- ISSN 2278 -8166

Available online at [www.aaim.co.in](http://www.aaim.co.in)

## CONTENTS

Sr. No.	Title	Page No.
1.	<b>Editorial</b> : Dr. Devendra Nath Pande	<b>01</b>
2.	Pathophysiology and Clinical Approach to Acid–Base Disorders and its management <b>Dr. R. K. Jaiswal</b>	<b>02-06</b>
3.	Curcuma longa (Turmeric): A Comprehensive Review of Raw and Processed Forms in Traditional and Modern Medicine across Human Organ Systems <b>Dr. B. N. Maurya, Anshal Anany</b>	<b>07-14</b>
4.	Role of Diet in the Prevention & Management of Hypertension <b>Dr. Sabita, Dr. Pankaj Kr. Bharti</b>	<b>15-18</b>
5.	योगस्य वेदमूलकस्यम् प्रो० हरीश्वरदीक्षित	<b>19-22</b>
6.	रक्तमोक्षण पध्यतियों का त्वचा के सौन्दर्यवर्द्धन में प्रयोग प्रो. देवेन्द्र नाथ पाण्डे, डॉ. शिवांगी सिंह	<b>23-28</b>