



BEYOND THE SCARPEL - INTERPLAY BETWEEN PSYCHOLOGICAL AND PHYSICAL RECOVERY AFTER SURGERY

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ABSTRACT

The body and mind are deeply interconnected, influencing each others health and recovery, especially after surgery. Addressing both physical and mental well being is crucial for a successful post-surgical recovery, as mental health issues can impact pain perception, healing and overall recovery time. Post-surgical recovery involves a strong body and mind connection, where physical recovery is intertwined with mental and emotional well-being, and neglecting either can hinder the overall healing process. An amplified or prolonged surgical stress response might overcome the organs functional reserve, thus leading to postoperative complications. Surgery, regardless of how minor, is a physical trauma that triggers the body's stress response. This can lead to inflammation, pain, and fatigue. The body needs time and resources to heal, including adequate rest, proper nutrition, and gentle physical activity. Post-surgery complications, like infections or delayed wound healing, can further prolong the recovery process. The mind and body connection in surgical preparation is crucial and mental health disorders can impact a patients recovery after surgery, including longer hospital stays and increased postoperative complications.

KEY WORDS: Mind, Body, Post surgical recovery, Psychology.

INTRODUCTION

All the diseases which affect human beings are psychosomatic in nature, that is which are originated at psychological and physical levels. So to understand this it's important to know what is meant by Deha (the body), Manas (the mind) and its impact on health and diseases. The same are defined as follows

Deha (देह) refers to: The physical body. (cf. Glossary page from Śrī Bṛhad-bhāgavatāmṛta)

Manas refers to perceiving mind and

Health is defined as,

समदोषः समाग्निश्च समधातुः मलःक्रियाः। प्रसन्नात्मेन्द्रियमनः स्वस्थइतिअभिधीयते॥ (Su.Su 15/48)¹

On a physical level, a healthy person is defined as someone whose dosha's are all in equilibrium. The digestive fire (Agni), body tissue (Dhatu) and the waste products (Mala) are in equilibrium state. The quote also includes mental and spiritual well-being as a state of mind (Mana), the sense organs (Indriyas) and the soul (Atma) must also be in a pleasant state (Prasanna). When a person is balanced in all these areas, he or she is considered as healthy by ayurvedic standards. WHO states that health is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity².

तद्दुःखसंयोगा व्याधय उच्यन्ते ॥ (Su.Su 1/31)³

तद्दुःखेत्यादि- तच्छब्देनानन्तरनिर्दिष्टः पुरुषोऽधिक्रियते, दुःखं कायवाङ्मानसी पीडा। विविधं दुःखमादधतीति व्याधयः (Dalhana)

Vyadhi is that which causes various types of pain both to body and the mind all this factors play a important role in the management of post operative cases, patients recovering from minor or the major surgery make experience several psychological and physiological issues which affect their well being and adversely impact recovery. We need to explore both negative and positive psychological and physiological states and their direct influence in surgical recovery and post operative wound.

MATERIALS

The present literary research material included the classical texts like Charakasamhita, Sushrutasamhita, other ancient classical texts and articles of research methodology pub med articles and web sources, etc.

DISCUSSION

Normalcy of Dosa, Dhatu, Mala, Indriya and Manas are called as Swastha in Ayurveda. So in the event of surgery we are making Incision (Vrana) on the body thus due to external tissue injury Vata vitiation on leads to pain(ruk), Pitta-Daha burning sensation with inflammatory changes Kapha leads to accumulation of fluids⁴. These inturn affects mind which gives unpleasant effect on both the body and the mind. According to Acharya Sushruta patients should be treated in Vranitagara with utmost care to get good post operative outcome. Considering his Aharaja hetu, Viharaja hetu and Vegadharana not following the Sadvrutta⁵ which affects the normalcy of body manasika hetus like Chinta, Krodha, Mada matsyadi bhavas affects Satva Guna of mind increase Raja and Tamo Guna increases these all will again cause dosa vitiation and increases post operative complications like shudha vrana into dusta vrana make it to Kasta sadhya or Asadya⁶. Thus according to Ayurveda both body and mind plays key role in post operative management of patients.

According to contemporary science (evidence based medicine) body's response to any injury, inflammatory mediators starts to act and inflammatory changes begins immediately after injury or surgical incision. Our body initiates an immune response to the trauma caused by the surgical procedure. During this phase, blood vessels near the wound site dilate, allowing immune cells, nutrients, and oxygen to reach the affected area. This influx of resources is vital for the healing process⁷.

Timely the wound healing is of utmost importance because of the skin's vital protective and regulatory functions. Wounds of the skin typically progress in a predictable and timely manner. When the normal phases of wound healing are interrupted because of unhealthy food, unprescribed medicines, long term medications like steroids, diabetes, hypertension, Immune deficiency factors, systemic causes like Anaemia and nutritional disorders and psychological causes.

Factors associated with favourable outcomes

- Low pain expectation
- External locus of control
- Optimism
- Religiousness
- Anger control ect.,

Factors associated with unfavorable outcomes

Trait anxiety, state anxiety, depression, intramarital hostility, state anger, psychological distress like anger, grief, depression affects the normal inflammatory response to tissue injury thus leading to chronic wounds, which leads to an increased risk of infection, prolonged hospital stays and decreased quality of life or suture dehensions etc.,

Although both the direct and indirect mechanisms of psychological effect may be responsible for slow down healing process, the most prominent impact is through the effects of stress on cellular immunity. Cellular immunity has an important role in the regulation of wound healing through the production and regulation of pro-inflammatory and anti-inflammatory cytokines. Cytokines, specifically platelet derived growth factor (PDGF), tumor necrosis factor (TNF- α), interferon-gamma (IFN- γ), various interleukins (IL-1 α , IL-1 β , IL-6, IL-8), basic fibroblast growth factor (bFGF), epidermal growth factor (EGF), and transforming growth factor beta (TGF- β) potentially mediate many of the complex interactions involved in wound healing this effects on bodily functions of post operative wound healing.

This basic principle will be same in almost all surgical case like management of fractures, dislocation foreign body removal etc., because aim of surgery is process of healing in post operative period.

CONCLUSION

Psychological and physiological well-being is an essential component of postoperative recovery that affects functional status and general health. To return to preoperative normalcy and improvement in postoperative quality of life is a continuum. Psychological and physiological well-being is an essential component of postoperative recovery that affects functional status and general health like post operative pain intensity and duration wound recovery, ability to return to normal work pattern. So for the maintenance of health and formation of diseases body and mind are directly proportional and both are equally responsible.

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