



Original Research Article

EVALUATION OF ANANDHA BHAIRAVI RAGA IN POSTOPERATIVE PAIN RELIEF IN ELECTIVE SURGERIES AT TERTIARY CARE HOSPITAL

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ABSTRACT

Background: Post operative pain(1) are major concern and needs commitment of manpower and analgesic and sedative requirements. It is proven that certain Carnatic ragas have effect on pain relief and are studied at various centres in large scale.

Materials and Methods: Patients admitted from SEPTEMBER-2024 to AUGUST-2025 who underwent elective open hernia surgeries at GMC & ESI hospital, Coimbatore were included in the study. By systemic random sampling those patient will be divided into two groups and data collected. Pain is graded by visual analogue pain scale from 0 to 10. One group is subjected to regular protocol whereas intervention group is made to listen light music for 1hour at morning and 1 hour at evening 2days preoperatively and 3days postoperatively.

Results: 30 patients were included in control group(C) and 30 patient in intervention group- listen raga(R) and collected data were analysed using chi square test.

Conclusion: pain relief was better in Raga group and need of analgesic were reduced to more than 40% and had reduced hospital stay. It has statistical significance with significant p value.

Keywords: Hernia, anandha bhairavi, pain.

INTRODUCTION

Post operative pain are major concern and needs commitment of manpower and analgesic and sedative requirements. It is proven that certain Carnatic ragas have effect on pain relief and are studied at various centres in large scale.^[1]

In Carnatic music, Raga ANANDHA BHAIRAVI is the most widely documented and studied raga for pain relief. It is traditionally believed to have strong analgesic properties and the ability to soothe physical discomfort, particularly abdominal and postoperative pain.^[2]

It acts by the mechanism that calming and rhythmic melodies stimulate the brain to release endorphins, which act as natural painkillers.

Objectives of the study

To prospectively evaluate the role of Carnatic raga ANANDHA BHAIRAVI in postoperative pain relief in elective surgeries.

MATERIALS AND METHODS

Study Design: Prospective cohort study

Inclusion Criteria

Patients admitted from SEPTEMBER-2024 to AUGUST-2025 who underwent elective open hernia surgeries,^[3] at GMC & ESI hospital, Coimbatore were included in the study. By systemic random sampling those patient will be divided into two groups and data collected.

30 patients were included in control group(C) and 30 patient in intervention group- listen raga(R) and study conducted.

Pain is graded by visual analogue pain scale from 0 to 10. One group is subjected to regular protocol for pain relief,^[4] whereas intervention group is made to listen light music (listening to instrumental versions such as flute or veena, in a quiet, comfortable environment) for 1hour at morning and 1 hour at evening 2days preoperatively and 3days postoperatively.

Patient's pain score, need of analgesic details were collected.

Exclusion Criteria

Patients underwent

1. Bilateral hernia surgeries,
2. emergency hernia surgeries,

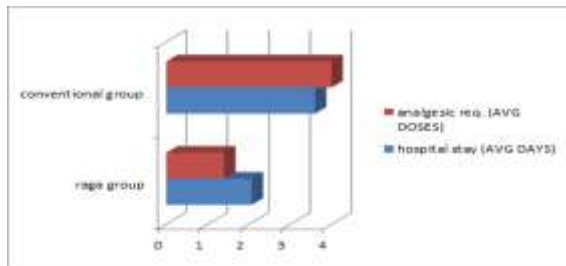
3. any intraoperative complications,
4. laparoscopic hernia surgeries.

Outcome: The data obtained were analysed in terms of mean hospital stay, mean analgesic dosage requirement using chi square test.

RESULTS AND DISCUSSION

Table 2: Hospital stay and analgesic requirement in both groups

COMPARISON		
	Raga group	Conventional group
hospital stay (AVG Days)	2.07	3.6
analgesic req. (AVG Doses)	1.4	4



Mean hospital stay- reduced to 33% compared to conventional group.

Mean analgesic dosage requirement- reduced to 60% with statistical significant difference.

CONCLUSION

Study infers that listening to ANANDHA BHAIRAVI can significantly reduce pain perception and analgesic requirements.

While raga therapy is a wonderful complementary tool for relaxation and pain management, it should not replace necessary medical treatments prescribed by doctors.

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