
Hypnosis As An Replacement Of Anesthesia In Surgery (Literature Review)

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Abstrak

Hypnosis has been used to deal with acute and chronic pain, anxiety, and other positive benefits before, during and after surgery. But in the field, hypnosis was still a little used even there were still many who doubt its effectiveness. We conducted an article review in English using keywords: hypnosis, anesthesia, surgery, with a time span since 1846 until 2019, with 20 articles selected on Google Scholar, PubMed, Science Direct, and The National Library of the Republic of Indonesia (PNRI) portal. Mesmerism hypnosis and ericksonian hypnosis have been used for anesthesia, since prior to the discovery of chemical anesthesia, the use of chemical anesthesia has made hypnosis no longer used as the main anesthetic in surgery, but in certain cases such as patients with multiple chemical sensitivity or patients with contraindications of general anesthesia, hypnosis was still used as the main anesthetic in surgery, hypnosis was currently widely used in perioperative, the use of hypnosis with chemical anesthesia can increase its benefits, and there were no reports of side effects. Hypnosis can be used as a major anesthetic, further research with a good design such as a randomized control trial about the use of hypnosis as anesthesia.

Keywords : *Hypnosis, Anesthesia*

INTRODUCTION

Hypnosis is the state induced by procedure, in witch suggestions after certain procedures caused changes sensation, perception, cognition, emotion, or control over motor behavior. Hypnosis contains a long history within the treatment of illnesses. Cuneiform tablets dating from 4000 BC appear that Sumerians knew about hypnosis. Persian Moghans or Iranian religious pioneers some time recently Islam utilized trance within the treatment of malady (21) Hypnosis could be a valuable method in patient management. With appropriate training, common dental specialists can broaden the treatment choices they can offer to patients (22) even hypnosis is used as sole anaesthesia for skin tumour removal in a patient with multiple chemical sensitivity e facco (2013)

Hypnosis has been used to deal with acute and chronic pain, anxiety, and other positive benefits before, during and after surgery. (1) However, in the field, hypnosis was still a little used even there were still many who doubt its effectiveness. Literature review is important to provide scientific answers to big questions what is often asked by practitioners and scientists is, can hypnosis be used to replace anesthesia in surgical procedures?

RESEARCH METHODS

We review articles in English in full text and abstract form using keywords: hypnosis, anesthesia, surgery, with a span of time since 1846 until 2019, on Google Scholar, Pubmed, Science Direct, and the National Library Portal of the Republic of Indonesia (PNRI), as discussion material we also seek information from books, dissertations, unpublished materials and personal experience as hypnosis practitioners, we only take peer reviewed articles and trusted publishers, we eliminate

articles from undergraduate researchers or those who doubt the results of their research, finally we get 20 articles that accordingly then we synthesis and explain in this review literature..

RESULTS AND DISCUSSION

Mesmerism hypnosis as the main anesthetic in various surgery

Hypnosis has been used for a long time as a major anesthetic in various surgery, in that era the mesmerism approach, is the oldest hypnosis technique ever, this technique was created by Franz Anton Mesmer, this technique usually uses pendants, coins or brightly colored objects to focus the patient's attention. The patient was asked to empty his mind and ordered to close his eyes. (2) Although hypnosis cannot be verified it has been thought to have been used since April 12, 1829, when Jules Cloquet performed a mastectomy in Paris. In 1836 a dental surgery was allegedly performed by Dr. Harwood in Boston. Two years later hypnoanesthesia began to be used in England which was probably by John Elliotson (3) the first publication about the use of hypnosis reported by James Esdaile (1846) mentioned having performed 73 painless operations using hypnosis (4) which proved the extraordinary success of hypnosis, mesmerism often used as the main anesthetic in major surgery (1), hypnosis is reportedly used as the main anesthetic to remove skin tumors in patients with multiple chemical sensitivity during pulse surgery and blood pressure was not increase. When the patient finished hypnosis the patient also said he did not feel pain, and was discharged from the hospital immediately (5). Hypnosis has also been reported to be used with anesthetics and tranquilizers for lingua resection and thoracotomy. (6) From the description above it appears that hypnosis has been used for a long time for major anesthesia in major surgeries, even hypnosis was the surgeon's main weapon for performing surgery and pain relief, hypnosis was also can be used together with other drugs to increase its effectiveness and there are no reports of complications from the combination, research on hypnosis has also begun to develop long ago, illustrating that the scientific world has accepted hypnosis as a scientific intervention.

Ericsonian Hypnosis as the main anesthetic in various surgeries

In contrast to Mesmerism, Ericsonian hypnosis induces only with words, the technique was invented and developed by Milton H Erickson, Erickson believes that there was a changing awareness of the condition of hypnosis and the use of indirect suggestions is better than direct suggestions. Erickson also found that hypnosability (the ability to focus and follow suggestions) influenced the hypnosis process, an Ericsonian approach had a very significant impact on clinical practitioners in the last 2 decades (7). The use of Ericsonian hypnosis is also used in surgery, reported hypnosis is used in cervical surgery, and getting better conditions, only 2 cases out of 197 cases require conversion from hypnosis using general anesthesia. All patients using hypnosis report pleasant experiences. Hospital stays are also significantly reduced along with reduced care costs, postoperative healing significantly increases after hypnosis and full return to social or professional activities is significantly faster. (8) A case study states that hypnosis is used as the main anesthetic in simple mastectomy surgery. The surgery went smoothly without complications, hypnosis was also used by the surgeon who performed the surgery while performing hypnosis, he was a surgeon as well as a trained hypnotherapist, saying that the explanation to the operating team about the stages of hypnosis and surgery was important in the successful use of hypnosis as the main anesthetic in surgery. (9) A case study reported the success of hypnosis as an anesthetic in cataract surgery, in a 73-year-old woman who contradicted for general anesthesia. Induction using a heavy eyelid technique, and the patient enters a trance condition in just 30 seconds, followed by a contonius relaxation suggestion, until the operation is complete, the patient reports unconscious about the operation that has been performed (10). From the description above it appears that Ericsonian hypnosis can be used for primary anesthesia in surgery. The Ericsonian approach is also more

accepted in the scientific world because it makes more sense, Ericsonian does not stuck on trance conditions (consciousness changes in hypnotized patient conditions) that are very deep, even can be used when the patient is still fully conscious. With this advantage Ericsonian is widely adopted by other clinicians because it is easier to do and more widely used. As to reduce pain, anxiety, and even to change perceptions and behavior.

Hypnosis versus chemical anesthesia

Surgeons used to rely on hypnosis in surgical procedures before chemical anesthesia was discovered. But the discovery of ether and nitrous oxide seems to have made hypnosis no longer used in surgical procedures. The use of ether for surgery began in 1846, the application was easier, and simpler, the effects were more predictable and controlled which made the anesthetic method simpler, made hypnosis to have a low reputation and was less trusted, there were some people who saw hypnosis as exotic, which can only be used by trained people, even though hypnosis is considered to use magical power and black magic. The use of hypnosis usually takes a half to an hour to start the hypnosis induction in most patients, plus the environment, focus, the patient's intention affect the success of hypnosis, this is the cause of hypnosis to become unpopular and slowly abandoned by the anesthesiologist. (11) Although thus, hypnosis has advantages such as low cost, has beneficial side effects such as reducing anxiety, increasing relaxation so that the patient can return to social or professional activities significantly faster (8) hypnosis can also be used for patients with contraindications to general anesthesia, such as anesthesia drug allergies. (5) in emergencies where anesthetic drugs do not obtain, hypnosis can still be relied upon. Chemical anesthesia also has some disadvantages, the risk of complications using chemical anesthesia, from nausea, vomiting ileus, impaired lung function, increasing cardiac demand and risk of thromboembolism (12), other studies comparing general anesthesia and spinal anesthesia suggest that spinal anesthesia requires less blood transfusion, and fewer occurrences of deep vein thrombosis, lower urinary track infection and other lower complications (13), making the anesthesiologist more careful about using general anesthesia and start using short-acting anesthesia, spinal anesthesia to local anesthesia, anaphylactic reactions during anesthesia are serious complications for patients and anesthesiologist, estimated 1 in 10,000 patients experience incidents of anaphylactic reactions, and there are no reports of anaphylaxis from local anesthesia (14) from the above description It appears that hypnosis and chemical anesthesia have their own advantages and disadvantages, previous research also states that hypnosis can be combined with chemical anesthesia, if chemical anesthesia has made hypnosis abandoned, then combining hypnosis with chemical anesthesia can restore hypnosis in its popularity. Practitioners can also have more choices in anesthesia.

Use of Hypnosis in perioperative,

After hypnosis began to be abandoned in intraoperative use, hypnosis is currently revived in perioperative, psychological and psychiatric use, Ericsonian hypnosis that can be applied even when the patient is still conscious making the application of hypnosis more widespread, one of which is conversational hypnosis, this hypnosis can even be used when anamnesis and patients in full conscious condition, the results of research on conversational hypnosis can reduce anxiety before and after surgery (15) hypnosis is also reported to reduce bleeding, trigger constructive behavior and increase hope and willingness to recover (16). Even hypnosis can be used for premedication in children who will be operated on, hypnosis is reported to be as effective as midazolam premedication drugs, to reduce anxiety and behavioral disorders during and after surgery. (17) Hypnosis is an effective and feasible measure used for invasive interventions that are often used in perioperatives such as transesophageal echocardiography are reported as good alternatives to general anesthesia (18) important points in the role of hypnosis in perioperative pain management (19) and pain is the patient's main complaint, so hypnosis has great potential in pain management. Hypnosis

also has the potential to be used in labor. Hypnosis can reduce the overall use of analgesia drugs in labor, but the number of studies using hypnosis in labor is still relatively small, research using good randomized control trial methods is needed (20). From the description above it appears that hypnosis can be used in perioperative, with the main role of reducing pain, hypnosis can also reduce pre-operative anxiety, make a constructive behavior to increase hope and willingness to heal, all these benefits are beneficial for patients and practitioners, although research is still needed furthermore especially in labor, hypnosis can play a major role in perioperative.

CONCLUSION

Hypnosis can be used as a major anesthetic, especially in specific cases such as multiple chemical sensitive patients, or in conditions where anesthetic medicine is not available, looking at the development of current chemical anesthetic drugs, hypnosis can also be used with chemical anesthetics, hypnosis can also be used in perioperative to reduce anxiety before surgery and reduce pain after surgery.

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