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Effects of Yasthimadhu Siddha Taila Yoni Pichu Dharna in Sukha Prasava W.S.R. to Garbhani Paricharya: A Case Study

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Abstract:- In Ayurveda, Acharya Charaka explained Garbhini paricharya. There are 3 tatva of Garbhini Paricharya -

1. Anupghatay
2. Sukhaprasavay
3. Paripurnatvay

During 9th month of pregnancy, Acharya explained that Madhur aushadhi sidha taila pichu dharan. Due to pichu dharan apatyamarga becomes mardav and it helps for sukha prasava.

Introduction:-

Prasava is major events in a woman's reproductive life. At present pregnancy and child birth is a very sensitive issue for a pregnant lady and her family.

Epidemiological data:-

The sensitive index of the quality of the health care delivery system of a country is reflected by its maternal & Prenatal mortality rates. With 16% of world's population, India accounts for over 20% of worlds maternal deaths. Maintains of vital statistics & formulation of the preventive measures contributed in reduction of deaths in advanced counties.

Maternal mortality rates in world, Asia, India-(WHO, UNICEF-2005)

Sweden 3	USA 11	Netherland	UK 8	Japan 6
Sri lanka46	India 254	China 56	Ban.desh	Nepal 740
Kerala 110	Bengal141	U.P 517	MP 379	Bihar371

Magnitude of the problem in society:-

Worldwide, every year approximately 8 million women suffer from pregnancy related complications. Over half of millions of them, die as a result. The problem of maternal mortality & morbidity are 99% for the poor women in the developing countries. 1 women in 11 may die of pregnancy related complications in developing countries, compared to 1 in 5000 in developed countries. It is further estimated that for 1 maternal death at least 16 more suffer from severe morbidities.

Now a day's prevalence of LSCS increasing due to lifestyle of 21st century tremendously change new generation and primi gravida does not tolerate labour pain they want minimum pain for delivery.

To reevaluate the ancient modality treatment with the recent parameters and study of aim is less painful delivery and reduces prevalence of LSCS and cost effective.

स चपोस्थितकाले जन्मानि प्रसूतिमारुतयोगात् परिवृत्त्यावाक्शिरा निष्क्रामत्यपत्यपथेन, एषा प्रकृतिः विकृतिः
पुनरतोऽन्यथा । परं त्वतः स्वतन्त्रशनिर्भवति । (च.शा.6/24)

ज्यावेळेस गर्भ प्रसवासाठी तयार असतो. त्यावेळी वायुच्या कार्यामुळे तो फिरून मध्यमार्गातून किंवा अधोमार्गाने त्याचे शिर
येऊन अपत्यपथायातून निघतो. यास प्राकृत प्रसव म्हणतात. या उपरान्त विकृती असते. प्रसवानंतर गर्भ हा स्वतंत्र वृत्तीचा होतो.

In Ayurveda Acharya described the definition of Stree in point of her foetus & motherhood. So obviously *Prasava* is very important event in women's life. Also Ayurvedic Samhita initially always enlightens point Swasthasya Rakshanam. That is why the whole Paricharya designed for maternal & child well-being in which Sukhaprasava is main criterion around which Study focus.

In today's stressful and fast lifestyle many of Factors are causing *Apanviktuti*. If *Apan* is *prakrut* then only *prakrutprasava* is possible. The definition of *Prakrut Prasava* is.

नवमे तु खल्वेनां मासे मधुरौषधसिद्धेन तैलेनानुवासयेत् ।
अतश्चैवास्यास्तैलात्पिंचु योनौप्रणयेद्गर्भस्थानमार्गस्नेहनार्थम् । (च.शा.8/32)

नवव्या महिन्यात मधुरऔषधानि सिद्ध तैलाचा अनुवासन बसित दयावा, याच तेलाने भिजवलेला पिंचु योनिमार्गात
ठेवावा त्यामुळे अपत्य पथाचेस्नेहन होऊन तो मृदु होतो.

Prakrut gati of *apanvayu* is *anulomangati* & which facilitates normal labour. Ayurveda describes *Yoni Pichu dharana* is important & foremost treatment for vaat.

For this purpose specific regimen with *Yoni pichu dharana* with *Madhur Aushadhi Siddha Taila* is mentioned in *Charaksamhita* in the context of *garbhini paricharya*.

The subject chosen is with goal of .The *garbhini paricharya* aims towards:

- 1) Anupghatay- Without maternal and foetal complications.
- 2) Paripurnatvay-Full term or full mature foetus.
Sukha Prasavay.-Easy and less painful labour.

To achieve this goal it was decided to study the effect of *Yashtimadhu* (*Glycerrhiza glabra*) *Siddha Taila yoni pichu dharana* in *Sukha Prasava*. *Acharya Charak* has included *Yashtimadhu* in *Madhur Skandha*.

..... यष्टिमधु मधुलिका मृद्वीका ।

.....: ॥

--- इण्. द.८/१३९

Yashtimadhu is *madhur rasatmak* and *madhur vipaki* as described by *Bhavaprakash*.

यष्टि हिमा गुरु स्वाद्वी चक्षुष्या बलवर्णकृत् ।
सुस्निग्धा शुक्रला केश्या स्वर्या पित्तानिलास्रजित् ॥
व्रणशोथविषच् छर्दितृष्णाग्लानिक्षयापहा । -----भा. प्र.

Aim:-To study the effect of *Yashtimadhu* *siddha taila pichu* for *sukha Prasav* .

Objectives:-

1. Conceptual study regarding to labour process, *Prasava awastha* and another method of analgesia of labour& its limitation, side effect will be done.

2. Conceptual study regarding to pichu dharana will be done
3. Detailed study of Guna and Karmukata of Yashtimadhu, tila taila, Yashtimadhu siddha taila and siddha pak vidhi.
4. Detailed study of the effect of *Yashtimadhu siddha taila pichu dharana* in Sukha Prasav will be done.

Review of Literature:-

1. Literary review of Normal labour process studied Ayurvedic and modern texts.
2. Literary review of Yashtimadhu (*Glycerrhiza glabra*) and *Tila taila* done.
3. Literary review of *Pichu dharana* and its action on contractions done.
4. Literature in the form of ancient & contemporary texts, previous
5. Research work used as a material for conceptual study.
6. The subject compiled and studied ayurvedic samhitas, modern text book, research paper and article.

Type Of Study:- Observational single case design without control group.

Materials And Methods:-

1. Routine ANC patients from OPD will be selected.
2. DRUGS:- Yashtimadhu (Mula), Tila taila.
3. Yashtimadhu siddha tila taila.

Drug Review:-

दशमूलपयोबस्तिश्वोदावर्तानिलर्तिषु ।

- च.सं.चि.३०/१११.

A) Selection of drug:-

1) **Yasthimadhu** 2) **Tila Taila**

B) Preparation of drug:-

1) Yasthimadhu siddha taila is prepared according to Ayurvedic text.

Yasthimadhu (*Glycerrza Glabra*)



➤ **Yashtimadhu churna was made**

अत्यंतक्वशुष्कं यदद्रव्यं सुपिष्टं वस्त्रं गालितम् ।
तत्स्याच्चूर्णं रजः क्षौद तन्मात्रा कोलसम्मिता ॥

-शा.सं.म.खं.६/१

Methodology:-

Place Of Work:-_Ayurved Mahavidyalaya and Hospital.

Stri-Prasuti OPD, Panchkarma dept., Labour Room and other resources.

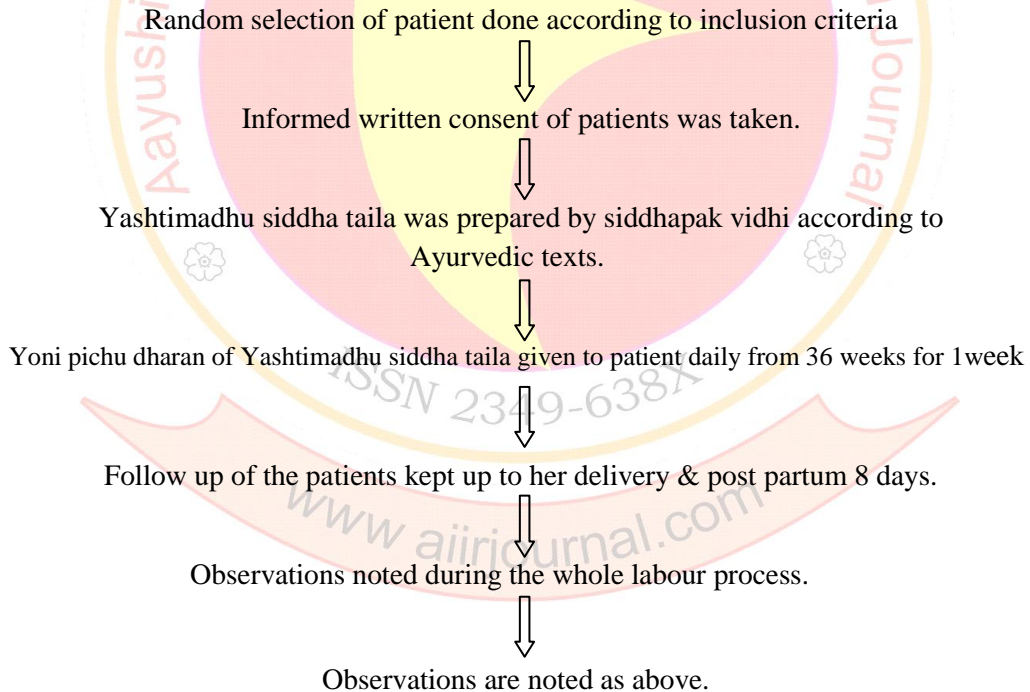
Selection Criteria:-

Inclusion Criteria:-age 18-35yr, Singleton pregnancy of 36 weeks.

Exclusion Criteria:-

1. Twin pregnancy.
2. Patients having Garbhopdravas.
3. Patients having Garbhavyapdas.
4. Patients having multiple pregnancy with previous L.S.C.S.
5. Patient with Placenta previa, Abruptio placenta, Hypertensive disorder, Medical and surgical illness, Gynecological disorder, Abnormalities of Placenta and cord, PROM, Post maturity, CPD, Contracted pelvis, Malposition.

Study Flow Chart :-



Observations:-

1. Observations noted when the labour process starts and Carried out till the delivery completes on the basis of Bishop Score .

Study Centre- C.S.M.S.S. Ayurved Hospital, Aurangabad.

Study Details-

Name of Patient	- XXX
Reg. No.	- 3542
Date of 1st visit	- 15/8/2017
Age	- 25 years
Gender	- Female
Religion	- Hindu
Occupation	- House Wife
Diet	- Veg

Chief complaints -

1. Amenorrhea Since 9 month

Married life - marred

Menstrual History– Regular (28 days), Moderate (3-4 pads/day), Painful ++++

Brief History -

25 years old patient having 9 months amenorrhea with history of Primi gravida .She is regular taken ANC treatment at C.S.M.S.S. Ayurveda Hospital Aurangabad for management.

General Examination-

1. Weight- 58kg
2. B.P.- 124/90mmhg
3. P.R.- 72/min
4. Ht- 160cm

Ashtavidha Parikshan-

1. Nadi = 84/min, madhyama bala, niyameet.
2. Mala = Grathit malapravrutti.
3. Mutra = Samayaka.
4. Jivha = Saam.
5. Shabdha = Avishesha.
6. Sparsha = Anusha.
7. Druka = Alpashwetata
8. Akrti = Sthul.

Udar parikshan = P/A- 36 weeks, Vertex presentation
FHS- 140/min
FM- +ve regular

Local Examination-

P/S = No leak at present, No any vaginal infection.

P/V= Cx- External and internal OS is closed.

Diagnosis:- Prakrut Garbhini

Treatment:- Yoni pichu dharan with Yastimadhu siddha taila for 7 days for 3 to 4 hrs

Routine Treatment:-

1. Tab. Rajapravartini vati 250mg BD
2. Tab. Navayas Loha 250mg BD
3. Satavari kalpa 1 tsp BD with milk
4. Tab. Bonetone 500mg od

Observation:-

Patient was having 9 months amenorrhea Patient was given Yasthimadhu siddha taila Yoni pichu for 7 days for 3 to 4 hrs in 9th month. Due to yoni pichu dharana vikruta Apana vayu got prakruta gati.

Yoni snayu and also rigid perineum got mardavta and become more elastic and soft due to Yasthimadhu siddha taila property which helps for sukha prasava.

Discussion:-

- 1) In Ayurveda, due to dusti of apana vayu vilambit prasava occurs. Rigid perineum
- 2) As said by Acharya Charaka, During 9th month of pregnancy Yoni pichu with madhur aushadhi siddha taila in Garbhini Paricharya helps in sukha prasava. So patient was given Yasthimadhu siddha tail Yoni pichu for 7 days for 3 to 4 hrs in 9th month.
- 3) It results in to softening of apathapatha marga which helps in sukha Prasava.

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