

**Effect Of Madhur Aushadh Siddha Tail Matra Basti (Anuvasan Basti)
For Sukhaprasav - A Single Case Study**

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Abstract:

Pregnancy is physiological event occurring in every woman’s life. Delivery is the end of this stage .Normal Vaginal Delivery is always considered as safe for both fetus & Mother to avoid Post partum complications. Nowadays, LSCS occurrence rate is seen comparatively more than Normal Vaginal Delivery. Hence, to avoid LSCS , proper procedure should be accepted unless & until there are any absolute indications. In Ayurveda ,Maasanumasik Garbhini Paricharya given. Sushrutacharaya has advised Anuvasan Basti for ease of Sukhaprasav .It not only helps in oletion of Apatyapatha but also gives strength to pelvic organs by Vaatashaman. This is achieved when ,regimen adopted from 9th Month of pregnancy up to delivery.

Key words - Normal Vaginal Delivery ,Maasanumasik Garbhini Paricharya ,Anuvasan Basti.

Introduction -

Gestation phase begins from embryogenesis up to development of viable fetus. This ends up after expulsion of this fetus by delivery process ,which is endless joyful moment for female. Throughout complete antenatal duration ,ANC care should be taken, to achieve this. When expulsion of viable fetus occurs via vaginal route , its Normal Labor unless & untill it is cephalic presentation excluding any risk factors.

Because of adoption western culture ,changing lifestyle, sedentary habits etc factors add-on to undergo Caesarian Section .Anxiety ,fear of fetal distress enables Obstetrician to take for Section though ,favorable cervical & uterine conditions..

Ayurveda has elaborated Maasanumasik Paricharya for Garbhini keeping an aim in mind to ease in labor .For Sukhaprasava ,Acharayas have been advised Anuvasan Basti siddha with Madhur Skand drugs.

Out of Madhur Skand Aushadhis, only 5 drugs are chosen for case study,

As follows -

- 1) Shatavari
- 2) Bala
- 3) Guduchi
- 4) Yashtimadhu
- 5) Gokshur

Drug Review -

Na me Of Dru gs	Shat avari	Bala	Gudu chi	Yashti mad hu	Goks hur	T i l
Lat i na me	Aspa ragus race mosu s	Sida cordifolia	Tinos pora cordif olia	Gly cerr hiza glab ra	Tribul us terrest ris	Sesa mum indic um
Fa mil y na me	Liliac eae	Malvacea	Menis permi acea	Leg umi nos ae ,Pap ilio nata e	Zygo-phylla c-eae	pedal iacea e
Ras a	Madh ur,	Madhur	Tikta. Katu, Madh ur	Ma dhu r,		Mad hur, Kahs ay, T i k t a
Viry a	Sheet ,	Madhur	Madh ur	Ma dhu r		Mad hura
Vip ak	Madh ur	Shit	Usha n	Shit		Ushn a
Dos hag hna ta	Vaat- Pittag hna	Vata- pittaghna	Trido shngh a	Vaa t- kap hag na	Vaatg hna	Vata ghna

