



“A CASE STUDY OF THE EFFECT OF NIMBAPATRADI KALKA ON VITAPCHHEDA VRANA (EPISIOTOMY)”

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ABSTRACT-

An episiotomy is a surgical obstetrics intervention that is considered when a high risk of third- & fourth-degree laceration or a concerning fetal heart tracing necessitating an expedite vaginal delivery. A parturition process is accompanied by discomfort and pain. To control this some intervention is expected by women. Episiotomy is a common surgical method used to facilitate delivery by increasing dimensions of birth canal for easy childbirth and to avoid perineal injuries which may extend up to the anus or rectum also. Episiotomy wound can be considered as Sadyovrana– a kind of AgantujaVrana.It also called as Prasutayonikshat or Vitapchheda. In our classic, Nimbpatra Lepa Kalka is described for Sheeghra Vranarohana. It is also used to treat Vrana caused due to Shastraghata. In Ayurveda, Dhupana Karma¹³ is also indicated in Sutika Paricharya. Dhupana is given with fumes of Ayurvedic medicinal herbs. Most of Dhupana Dravyas like Kushtha, Aguru and Guggul contains volatile and aromatic active principles with Jantughna (anti-microbial), Shothaghna (anti-inflammatory) and Vedanasthapana (analgesic) effects. Infection of episiotomy wound may lead to gaping of wound; if severe, may lead to

fistula or even septicemia. Hence, the prime focus is proper care and treatment to promote healing of the episiotomy wound and to avoid complications.

In modern medicines for episiotomy various antibiotics and ointments are used for local application Present study is a case reporting of vitapacheda vrana (episiotomy) treated with nimbapatra Kalka local application, episiotomy was cured with this trial drug.

KEYWORDS- Yoni Vrana, Episiotomy Wound, Vrana Chikitsanimbapatradi Kalka, Vitapacheda Vrana (Episiotomy)

INTRODUCTION-In India,the overall rate 2 of episiotomy is found 67% . Although in our Ayurvedic Samhitas, description of episiotomy has not been given 3 directly, but Vrana is described in detail. As episiotomy can 4 5 be considered as Sadyovrana ,Ropana Karma should be done on this Sadyovrana.As Sutika is considered as Vrani and Kshati, explaining the tender condition of Sutika, it is said that, the Sneha which has Shodhana andRopana action is a prime factor of management of Sadyovrana.Among all Snehas,Taila acts as 6 Yonivishodhak,Vatshamak andTvachya . In Ayurveda, various Vranshodhak and Vranaropak Dravyas are explained which has dramatic results.

A study was carried out with the aim of clinical study of effect of nimbapatra kalka in vitapacheda vrana (episiotomy) Episiotomy is a surgically planned incision is made on the perineum and posterior vaginal wall during second stage of labor, known as episiotomy. Which facilitates easy and safe delivery of fetus and minimizes the chances of lacerations and various degree tears. Incision in the area causes pain and discomfort which interfere with resting, sleeping, eating & baby feeding therefore effort should be taken to heal the wound as soon as possible. as the perinium is highly susceptible to infection due to different secretions like vaginal discharge, feces and urine episiotomy wound requires a proper intervention if care is not taken post episiotomy wound may lead to immediate complications like infections vulvar hematoma , wound dehiscence, or remote complications like dyspareunia, scar endometriosis, epi wound is sutured immediately after delivery under local anesthesia .infection in episiotomy wound leads to gaping of wound rarely fistula, or septicemia hence it is necessary to take precaution & medications for the healing of episiotomy wound and inhibition of microbial infections. In ayurveda episiotomy wound can be related with aagantuja sadyovrana and its care included in prasav paricharya.

MATERIAL AND METHODS –

Study was carried out on one patient it was selected from department of SRPT OPD of our hospital Primi with GA 38+4 wks in labour , admitted to IPD, FTND with episiotomy done under L.A

INCLUSIVE CRITERIA –

Post FTND with episiotomy patient (patient who have undergone delivery with episiotomy)

Age group 20- 35 years Patient of any parity.

EXCLUSIVE CRITERIA-

Perineal tear

Pt having blood coagulopathy k/c/o systemic disease, DM, HTN, Thyroid dysfunction.

Severe vulval oedema due to pre-eclampsia.

k/c/o- immunosuppressed venereal disease patient.

PROCEDURE-

Preparation of : Nimbapatra kalka Authentication and standardization of all raw materials were done. Nimbapatra kalka was prepared as per lepa Kalpana according to Shaarangdhar Samhita in Rasashastra Evum Bhaishajya Kalpana department of our L.R.P Ayurveda Mahavidyalaya,islampur. Phyto-chemical analysis of the drug was done before its use.

Drug administration: nimbapatra kalka

Route:Local application Episiotomy wound was cleaned with water. Nimbapatra kalka was applied on the Vrana with the help of Karpas (gauze) soaked in it.

Clinical trial was done opd basis in our hospital pt was admitted in ipd

A 27 years / female patient, Primi with GA 38+4 wks in labour.

FTND with EPISIOTOMY Done.

Sutured wound was cleaned with Luke warm water

Position- Lithotomy

Required amount of Nimbapatradi kalka was applied over episiotomy wound.

It was washed with lukewarm water as soon as it dries, this procedure was repeated two times a day for 7 days

DISCUSSION-

Surgically planned incision is made on the perineum and the posterior vaginal wall during second stage of labour is called as episiotomy.

In obstetrics procedures this is one of the common operative procedures used to avoid laceration and tears. Which is life saving for mother. This procedures also prevents gynecological problems like prolapse also minimizes intracranial injuries to baby As mentioned by sushruta , wounds at genitalia heals easily (sukharopaniya) Su.Su23/5 but if it is untreated, it becomes difficult to heal and treat (Su.Su.23/9). So care of wound of episiotomy is necessary .Ayurveda mentioned no of wound healing drugs , nimbapatradi kalka is one of them it is easily available .Nimba, darvi, madhu, being ruksha .absobs kleda , some drugs used in nimbapatradi kalka are tikta and sheeta which does raktashodhan , hence eliminating kleda and kandu and due to the above mentioned attributes purifies kapha pitta dushti too and its bactericidal properties will promote a healthy wound healing too. Drugs used in nimbapatradi kalka having properties like vrana shodhana , ropana, sthapan , daha shamak, krimighna, as per ayu view It is having anti bacterial , antifungal, antimicrobial, anti-inflammatory properties being vrana shodhana it helps in shodhana as wounds with recent trauma needs shodhana to remove any contaminations to prevents possible infections. There are many discharges from wound as per the dosha involved and these discharges delay healing. kalka help to reduce discharges as it is ruksha and shodhana property.

PROBABLE MODE OF ACTION

To achieve the proper healing of wound, is very much necessary. In Sushruta Samhita various drugs for Shodhana and Ropana of Vrana along with different kinds of medical, Para surgical and surgical methods of debridement are mentioned. In this study, the prepared trial drug i.e. Nimbapatradi Lepa contains phytochemical constituents like alkaloids, glycosides, foam, tannins, terpenoid, molecules which reduces sugar etc. In various phytochemical studies, reducing sugar found to be helpful in promoting granulation tissue formation. Alkaloids of neem possess antimicrobial property and maintain the healing process by reducing the bacterial population. Glycosides and foams are known to have angiogenic effect and decreases wound exudates respectively. Terpenoid helps in proliferation phase of wound healing whereas tannins

decrease the scar tissue formation by inhibiting the formation and removal of reactive oxygen substances. Tannins improved the wound healing process by wound contraction with increased capillary formation and collagen synthesis. Based on the Ayurvedic properties of the used drugs in this study, it is observed that most of the drugs are of Tikta, Kashaya and Madhura Rasa. Combinedly these three acts as Pittashamaka, Avidahi, Sravasoshaka, etc. thus decrease inflammation, exudates and promote proper healing process. Madhura Rasa has Dhatuwardhaka (promote granulation, epithelialization), Dahaprashamaka (relieves burning sensation), Twachya (helps in epithelialization), Balya (increase tensile strength) properties. Kandughna (reduces itching), Lekhana (debridement), Swedaghna (reduces secretion), Sthirakara (helps in healthy and stable granulation) etc. are the actions of Tikta Rasa. Kashaya Rasa has Ropana (improves healing), Lekhana (debridement), Swavarnikara (bring back the normal colour after healing) etc. properties. Again, most of the components of the formulation are Shita Virya which causes Vishyandana (reduces exudates), Sothahara (reduces the swelling), Pitashamaka (decreases inflammation), Vedanasthapana (subsides pain), Sandhaniya (helps in tissue union), Varnya (prevents discolouration), Krimighna (antimicrobial), Kandughna (reduces itching) Vrana Shodhana, Pachana (cleansing), and Ropana (improves wound healing) etc. The Madhu (honey) helps in remove the debris and reduces discharge due its Lekhana, Samgrahi property. Ghrita and Tila imparts Snigdghata to the preparation, which alleviates the aggravated Vata Dosha and helps to minimize the inflammation as well as it increases the moisture to protect the healing surface.

CONCLUSION-

Various medicinal formulations have been described in Ayurvedic classics for the treatment of vitapcheda vrana. With proper research they can add an extra dimension in the field of wound care. There was no adverse effect of nimbpatra kalka lepa application observed during this study. Hence it can be concluded that the local application of nimbapatrakalkadi lepa gives encouraging results in case of post FTND with EPISIOTOMY case.

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