

**A CLINICAL STUDY OF ANUVASANA BASTI AND YONI PICHU WITH DHANVANTARI
TAILA IN NAVAMA MASA GARBHINI PARICHARYA FOR SUKHA PRASAVA****Dr. Manju Malik***Assistant Professor Department of Prasuti Tantra and Stri Roga, Kunwar Sekhar Vijendar Ayurvedic Medical College
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ABSTRACT

Pregnancy, parturition and puerperium are the three main stages occurring during active reproductive period of a woman's life. Among them parturition in the stage that needs highest attention. Now a day's world is moving towards Ayurveda. The ancient science had been explained the details about month wise development of foetus as well as the antenatal care. In our classics Acharya's had explained *Garbhini Parichaya* in *navam masa* in the form of *Yonipichu* which favours *snigdhatta* to *garbhasaya marga* and *anuvāsana basti* favouring *vatanulomana* particularly *Apanavayu* which performs *garbha niskramana kriya*, *vata anulomana* is also expected to have *sukha prasava* without any complication. For these total number of 30 patients was selected dividing 15 in each group. Group A treated with *Anuvāsana Basti* and Group B treated with *Yoni picchu*. We got good results in both and this present work gives so many key points to the further studies in the field of *Sukhaprasava*. This is one of the best work done in department of Prasooti tantra and stri roga.

KEYWORDS: *Sukhaprasava, anuvāsana basti, yoni picchu, sukha prasava.***INTRODUCTION**

Pregnancy, parturition and puerperium are the three main stages occurring during active reproductive period of a woman's life. Among them parturition in the stage that needs highest attention. Now a days world is moving towards Ayurveda. The ancient science had been explained the details about month wise development of fetus as well as the antenatal care. According to WHO preamble "Health is a fundamental Human right and Health is world wide social goal". So to avoid complications in labour this study is proposed. The most important physical act performed by woman is child birth and normal delivery is always beneficial to mother and baby as compared to surgery because in operative delivery woman may face pre-operative and post-operative surgical complications so to provide cost effective procedure and to minimize complication present study is needed. In our classics *Acharya's* had explained *Garbhini Parichaya* in *Navam masa* in the form of *Yonipichu* which favors *Snigdhatta* to *Garbhasaya Marga* and *Anuvāsana Basti* favouring *Vatanulomana* particularly *Apanavayu* which performs *Garbha Niskramana Kriya*, *Vata Anulomana* is also expected to have *Sukha Prasava* without any complication. In our *Acharya's* has mentioned that *Vatahara Taila* can be in the form of *Anuvāsana Basti* and *Yonipichu*, so in present study we are using the

Dhanvantari Taila. *Dhanvantari Taila* which is widely explained in *Sahasra Yogam*. As it is *Vatanulomak*, *Shoolhara*, *Vrana ropak*, *Snigdha karaka*. So here an attempt will be done the said.

AIMS AND OBJECTIVES

- To evaluate the effect of *Dhanvantari taila anuvāsana basti* and *Yoni picchu* in *sukha prasava*.
- To make a comprehensive literary review of *Shukra Prasava* in Ayurveda and Modern science.

MATERIAL AND METHOD**Source of data****a. Literary source**

Description about *sukha prasava* or labour are explored in detail from *samhita's* other Ayurvedic texts, Modern text books, Website are incorporated and documented in the study.

b. Clinical source

A minimum of 30 patients who are willing to take part in study and fulfil the inclusion criteria will be selected randomly from OPD and IPD of Prasooti tantra evam Stree Roga Department of Shri J.G.C.H.S Ayurvedic Medical college and Hospital Ghataprabha. Patients divided in two groups.

c. Drug source

Raw drug required will be identified and selected from the local market and after authentication of drugs, Dhanvantari taila will be prepared in Shri JGCH Pharmacy as per literature.

ANUVASANA BASTI GROUP –A (control group)– In this group 15 patients were taken a primi-grivida having completion of 37 weeks and given *Anuvasana Basti* with *Dhanvantari tail*. The Dose^[8] of anuvasana basti was 1^{1/2}pala (72ml) and duration was 7 days. The anuvasna basti was given at 9:00am after food.

YONIPICHU GROUP –B (Trial group) - In this group 15 patients were taken a primi-grivida having completion of 37 weeks and given *Yonipichu* with *Dhanvantari tail* to 7 days. Dharana kala of yonipichu was until the urges of urination.

ASSESSMENT CRITERIA

- Bishop's score.
- Partograph.
- Total duration of labour including three stages.

INTERVENTION

Treatment	Dose	Duration
Anuvasana basti with dhanwanri taila	72ml	7 days
Yoni pichu with dhanwantri taila	50 ml in each setting	7 days

RESULT**Effect of Anuvasana Basti with Dhanwantari Taila.**

Sr.No	Symptoms	Mean		Mean difference	%	SD	SE	t – Test	p – value
		BT	AT						
1	CERVICAL DILATION	3	0.86	2.14	71.33%	1.5132	0.5721	2.64	<0.001
2	CERVICAL EFFACEMENT	3.2	1.8	1.4	46.66%	0.9899	0.3743	2.64	<0.001
3	CERVICAL CONSISTENCY	3	0.86	2.14	71.33%	1.5132	0.5721	2.64	<0.001
4	CERVICAL POSITION	2.2	1.53	0.67	22.33%	0.4737	0.1791	2.64	<0.001
5	FETAL STATION	2.06	0.46	1.6	53.33%	1.5132	0.4278	3.53	<0.001

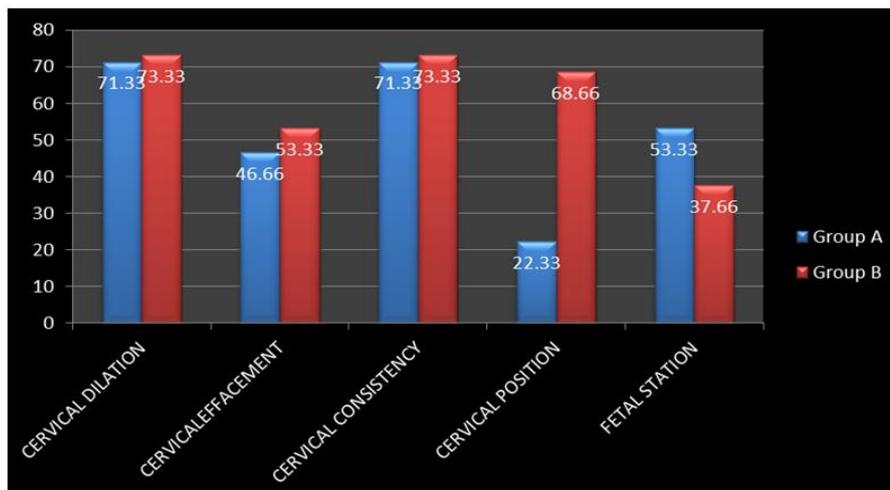
Effect of Yonipichu with Dhanwantari Taila.

Sr.No	Symptoms	Mean		Mean difference	%	SD	SE	t – Test	p – value
		BT	AT						
1	CERVICAL DILATION	3	0.8	2.2	73.33%	1.5556	0.5882	2.64	<0.001
2	CERVICAL EFFACEMENT	3.13	1.53	1.6	53.33%	1.1313	0.4385	2.57	<0.001
3	CERVICAL CONSISTENCY	3	0.8	2.2	73.33%	1.5566	0.5882	2.64	<0.001
4	CERVICAL POSITION	2.86	0.8	2.06	68.66%	1.4566	0.5508	2.64	<0.001
5	FETAL STATION	2.06	0.93	1.13	37.66%	0.7990	0.3121	2.56	<0.001

Showing Comparison between Group A and Group B.

Symptoms	Percentile Change In Group A	Percentile Change In Group B
CERVICAL DILATION	71.33%	73.33%
CERVICAL EFFACEMENT	46.66%	53.33%
CERVICAL CONSISTENCY	71.33%	73.33%
CERVICAL POSITION	22.33%	68.66%
FETAL STATION	53.33%	37.66%

Showing Comparison between Group A and Group B.



DISCUSSION

• In Ayurveda the detailed description by various Acharyas about, developed a concept, the type of diet, behavior, conduct, medications during pregnancy that a pregnant woman should follow and avoid, in the form of Garbhini Paricharya.^[1] Proper garbhini paricharya would result in proper development of foetus and natural delivery. This known as sukhaprasava in auyurveda. In this study use of dhanvanatar taila as anuvasana basti and yonipichu in both group. Dhanvantari taila is Ayurvedic formulation which is widely use in various vata roga and also sutika and various yoni roga.^[9] The used dhanwantari taila is one among the best wound healer include vrana ropan karma of various tear during delivery. Dhanwantari taila itself provide good lubricant for delivery. So the head of baby delivered very easily. The major component is taila. Taila it is best lubricant the drugs is having most of the vrana ropana quality as well as vrana shothak quality. Also vat shamaka quality. In Ayurveda, according to Acharyas, especially, Acharya Sushruta described Anuvasanabasti and yoni pichu, a in Garbhini Paricharya (antenatal care), in 9th month of pregnancy. vata specially apna vayu and vyan vayu plays a important role in 9th month pregannacy. Apanavayu plays an important role along with vyanavayu in act of contraction and relaxation of uterus, and in expulsion of foetus. So vayu may be play a pathological role during sukhaprasava. Due to pathogenicity of vayu may be the chances complications during labour. So to prevent these types of post-partum complication Acharya sushurut mentioned basti and yonipichu in 9th month of preganacy.^[2] Most of the women experience constipation in late pregnancy due to the pressure of the gravid uterus and also by the effect of hormones.^[6] Acharya mentioned this caused by vitiation of vata dosha. Basti is considered as the chiktsardha among all the therapy. It is having not only curative action but also preventive and promotive actions. Basti chiktsa regarded as the prime treatment of vata dosha so it is indicated where vayu plays a pathological role. Anuvasna basti is type of sneha basti. Due to snigdha guna of snehana the anuvasana basti play

a role as vatanulomana and removes the rukshata of vayu during 9th month of pregnancy. So dhanvantra taila which is use in this study helps in pacifying the aggravated vata during navammasa garbhini paricharya.^[10] Thus anuvasanavasti of dhanvantari taila helps in anulomana of apanavata. It helps in bringing normalcy of apanavata and thus facilitates unobstructed labor.^[7] Yoni pichu of dhanvantra taila helps in softens the vaginal passage, facilitates relaxation during labor then prevents perineal tear.

CONCLUSION

The following points could be concluded after this study. The psychological discomforts were reduced compared to trial group .The time taken for duration of labour is markedly reduced in trial group. Anuvasana basti and Yoni picchu is proved to reduce the 1st stage of labour. No effect was seen in the 2nd and 3rd stage of labour. Dose and duration of Anuvasana basti and yoni pichu can be increased for better results. So this study shows that in *navam masa* use of anuvasana basti and yoni pichu is useful to reducing the complications and helped in sukhaprasav.

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