

Efficacy of Durvadi tail Parishek on episiotomy wound healing

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Abstract

Ayurveda elucidate due importance for the care of mother at every phase of her life especially when it comes to antenatal and postnatal care. Postnatal care is period following child birth which can be certainly co-related with sutika paricharya explained in Ayurveda. In this stage mother should be educated to take care of herself and the new born baby. After delivery mother become weedy, also empty bodied due physical and mental stress and debility at the level of reproductive organs. It is essential for a mother to deepen and gain the mental, emotional and spiritual resources needed to carry her through all the demands of family life, without feeling depleted. This paper highlights on various major components of sutika paricharya such as Ashwasana (Psychological Reassurance), Aahar (Normal diet in puerperium) and Vihara etc. Ayurveda prescribes numerous herbs to stablish healty status of the woman after delivery.

Keywords: durvadi tail, episiotomy, sutika paricharya, ayurveda

1. Introduction

Reproduction is an inevitable act for existence of mankind / humanity. Ayurveda, the holistic healing Shastra, deals with the concept of individual approach. The preventive and curative aspects¹ of individual life related entities are summed up in eight branches of Ayurveda.

Prasutitantra, the sub-branch of Ayurveda dealing with the medical, para-surgical and surgical approach towards diseases of in ladies, pregnancy and delivery related issues. Though, it is not considered as one among Ashtanga, we get its discrete explanation in classics in various contexts. In the present era of specialization, it has grown as an individual speciality.

Safe and eventless pregnancy with delivery of healthy foetus contributes an immense priority of every country. Hence forth, several national and international level programmes planned for maternal and child health care issues.

In this purview we found explanation regarding care of couple before conception in classics. The couple should undergo purification therapies prior to conception. There are several foods, medications and regimens are prescribed to be performed prior to conception.

After conception the month-wise foods, medications and behavioral regimens are explained as per the need of growing foetus. The arrangement of delivery room, post-delivery room, neonatal room, method of feeding, food and behavioral regimens for recently delivered ladies are explained with the great interest on scientific basis to obtain an healthy child with maternal safety.

Looking into above facts there is a need of research in every context explained in classics based on modern parameters. Hence, this clinical study was planned on Episiotomy incision wound management most frequently performed procedure in all most all parturient.

Episiotomy

Episiotomy is a planned surgical incision given in the medial or medio-lateral aspect of the perineum to reduce the maternal and neonatal trauma and morbidity associated with delivery. It

has short-term benefits of episiotomy for doctor is easy to repair compared to a spontaneous perineal laceration. It also decreases postpartum pain, and reduction in severe or 3rd or 4th degree perineal tears.

It can be taken as a Sadyovruna explained in classics. The Durvadi Tail is a formulation praised in the context of Sadyovruna management for the acute management of pain. Durvadi tail is used for external application.

One can immediately notice the weightage Sushrut has given to vrana (wounds) in his Samhita the description about different aspects of vrana appears in great details in Sushrut Samhita.

If Samyak prasav not found (obstructed, prolonged labour) chhinna (Cut) Kshat (Contused) and ghrishta (Lacerated) Vrana has been formed.

Sutika is Vranita keeping this in mind all the ayurvedic texts have described special care of sutika as 'Sutika Paricharya.'

2. Aim

To Study the efficacy of Durvadi tail parishek in episiotomy wound healing.

3. Objectives

1. To study the effect of Durvadi tail.
2. To study Sadyovrana according to Ayurveda and Episiotomy according to modern.
3. To study the effect of Durvadi tail in episiotomy wound healing.
4. To study the adverse effects of any of above mention during in episiotomy wound healing

Methodology

Method of Durvadi Tail Preparation

DUVAA_SVARSAMISAQDM TAOLAM

KXIMPALYAKOXNA VAA |

DAVAI_TVACASCA KXLKOXNA PA`QAANAM

VA`NARAOPANAMA\ ||

(YAAOGARTNAAKXR SADYAAOVA`NAICAIKXTSAA)

Durvadi Tail will be prepared by using standard ayurvedic method of Snehapak-Kalpana.

Sneha dravhas should be four times more than Kalka dravya and Drava-dravya (swaras) should be four times more than sneha dravyas

1	:	4	:	16
Kalka Dravya (Daruharidra)	:	Sneha (Til tail)	:	Drava-Dravya (Durva swaras)

Materials

1. Drugs

Drugs used will be

- i) Durva
- ii) Daruharidra
- iii) Til Tail

The drugs will be authenticated from recognized institute.

2. Patients.

- i) Total 60 patients will be taken.
- ii) There will be single group of 60 patients.

Methods

Parishek Vidhi

Purvakarma –

Clining of vulva by warm water.

Pradhankarma –

Warm Durvadi tail parishek

Paschatkarma-

Bahya yonidhavan by warm water.

Inclusion criteria

1. All patients will be of vaginal delivery with episiotomy.
2. Age group 18 yrs to 40 yrs.
3. Patients of any parity will be taken

Exclusion criteria

1. Forceps delivery
2. Ventose delivery
3. Any medical or surgical disorder complication pureperium.
4. Severly malnourishe and anaemic patients (Hb< 7 gm %)
5. Perineal tear

Assesment Criteria

Each patient should be assessed for the following criteria.

Subjective Criteria

1. Vrana Kandu
2. Vrana Gatra gaurava
3. Vrana Daha

Objective Criteria

1. Vrana Shool
2. Vrana Shoth
3. Vrana Varna
4. Vrana Strava

4. Observations

i) Out of 60 patients

On first day, 7 patients had moderate swelling at epi. wound, 46 patients had mild swelling at epi. wound, And in 7 patient no swelling at epi. Wound. On fifth day, only 1 patient had

mild swelling at epi wound & 59patients had no swelling at epi wound

ii) Out of 60 patients

On first day, 2 patients had Severe pain at epi. wound, 27 patients had Moderate Pain at epi. Wound,31 patients had Mild Pain at epi wound.

On fifth day, 4 patients had mild pain at epi.wound,56 patients got pain relief. .

iii) Discharge was not observed in any of the patients before and after treatment.

iv) Out of 60 patients

On first day, 3 patients had Reddish blue colour at epi. Wound, 27 patients had Reddish colour at epi. Wound.30 patients had normal skin like colour.

On fifth day, All 60 patients epi.wound colour got normal like skin.

5. Discussion

To study efficacy of Durvadi Tail in episiotomy wound total 60 patients were selected from Bharati Ayurved Hospital IPD, Pune according Inclusion Exclusion criteria having episiotomy.

- **Age-** Selected patients were had ages between 19 to 35 years.
- **Parity-** Primipara and multipara patients were selected for study.
- **Prakruti-** Random selection of patients was done(patients of all types of Prakruti).

Vranapariksha

i) Shotha (swelling)

Out of 60 patients, On first day, 7 patients had moderate swelling at epi. wound, 46 patients had mild swelling at epi. wound, And in 7 patient no swelling at epi. wound.

On fifth day, only 1 patient had mild swelling at epi wound & 59patients had no swelling at epi wound,because Durvadi Tail has properties like Vranaropak (wound healing), Vranavasadan (helps for drying the wound) due to its Rasa, Veerya and Vipak. It also has property of Shothahara (anti inflammatory).

ii) Shoola (pain)

Out of 60 patients,

On first day, 2 patients had Severe pain at epi. wound, 27 patients had Moderate Pain at epi. Wound,31 patients had Mild Pain at epi wound.

On fifth day, 4 patients had mild pain at epi.wound,56 patients got pain relief. Durvadi Tail helps for proper wound healing so pain at episiotomy site subsides. It may also have anti inflammatory and analgesic (local) action.

iii) Strava (Discharge)

Out of 60 patients, Discharge was not observed in any of the patient before and after treatment,. Durvadi Tail prevents infection and inflammation thus helping in faster healing of the episiotomy wound.

iv) Varna (Colour)

Out of 60 patients,

On first day, 3 patients had Reddish blue colour at epi. Wound, 27 patients had Reddish colour at epi. Wound. On fifth day, All 60 patients epi.wound colour got normal like skin. due to Vranaropan property of Durvadi Taila.It has Twakaprasadan property.

Adverse effects

There was no observed adverse effect of Duravadi Tail during present study.

Drug Action of Durva, Daruharidra and Til Tail on Episiotomy Wound Healing

Durva:

- Durva includes in pittasamshan varga and charkokta mahakashay.
- Due to Madhur rasa and sheet virya it acts as pittashamak
- It reduces Daha,Raga(Aaraktavarna),Pak(Puyotpatti/Pus).
- It helps in getting normal skin like colour due to its varnya property.
- Due to Madhur rasa it reduces shool.
- Due to Kashay rasa and sheet virya it acts as kaphapittashamak hence reduces Vrankandu and reduces Vranastrav.
- Also it acts as vranropak.
- Durva helps in wound healing by its *sheet virya* and possess antibacterial property.

Daruharidra:

- Daruharidra includes in Kandughna, Kushtaghna, Arshoghna, Mahakashay, Haridradi gana, Lakshadi gana.
- Due to Tikta and Kashay rasa it acts as pachak and shoshak at vranastrava.
- Due to vatakaphashamak property it reduces shool (pain)and kandu (itching).
- AS per action of Lakshadi gana it acts as dushta vrana shodhak and kruminashak.
- Duruharidra helps in Lekhan hence vrana heals uniformly.
- Daruharidra helps granulation at vrana site and reduces swelling by ushnavirya, Kashay, Tikta rasa and acts as local anaesthetic
- Daruharidra due to its tikta rasa, Katu vipak helps in relieving pain, increases granulation and reduces strava also it has got antibacteriocidal and antiinflammatory property.
- Daruharidra due to its ushna virya helps relieving pain, as its predominal symptom of vata.

Til Tail:

- Til is main ingradient in Taila. It has lekhaniya and krimighna action and thus reducing oedema and infecton at local vrana site, also due to lekhaniya guna they help to remove cell debris at local vrana site hence improves granulation i.e vranaropana.
- Til Tail is Vatashamak due to its Madhur rasa,Ushna virya and snigdh guna.It reduces shool.

Conclusion

From the present study following conclusions can be drawn as follows –

- Though, the episiotomy has several controversial issues

regarding its performance and position, it is always better to perform under strictly aseptic measures and of appropriate length so that, it reduces the maternal and child birth trauma

- It is always better to plan the surgical correction with neatly incised area rather than the lacerations and tears occurred during child birth without episiotomy
- Wound healing is a multi-factorial complex phenomenon, which still remained obscure in many areas. Even though, the role of certain medications like Tail, etc are established their efficacy in fastening, strengthening the wound better than the conventional management.
- Durvadi Tail is explained in the context of management of pain in incised wounds, which has shown its better efficacy in pain management and wound healing in Episiotomy wounds. As it is a lipid media, worked very well as aseptic agent.
- In the management of Episiotomy wound healing Durvadi Tail has shown statistical significance at the level of <0.001 in healing of wound, pain and other clinical parameters.
- It can be concluded that, management of Episiotomy wound by Durvadi Tail has shown unique results clinically.
- Durvadi Tail can be used for episiotomy wounds safely in clinical practice.
- Durvadi Tail plays significant role in Vranaropana (wound healing).
- Durvadi Tail significantly reduces Pain and discomfort in Episiotomy wound (anti-inflammatory and analgesic).
- Durvadi Tail significantly reduces Shotha (anti-inflammatory).
- Durvadi Tail reduces Strava (Discharge) in Episiotomy wound.
- There is no adverse effect, intolerance to Durvadi Tail was reported or observed safe.
- Present study indicates that the treatment appears safe, effective and harmless.So, from above study it can be concluded provisionally that Durvadi Tail formulation appears to be effective in wound healing in Episiotomy.
- Further large scale study is needed to validate the use of this formulation as essential part of postpartum (Sutika) management.

Tables

Table 1: Grading of Vrana Shool (Pain)

Grade	Pain
-	Nil
+	Bearable pain at rest
++	Unbearable pain at rest.
+++	Pain which needs analgesic.

Table 2: Grading of Vrana Shoth (Swelling)

Grade	Shoth
-	Nil
+	Mild
++	Moderate
+++	Severe

Table 3: Grading of Vrana Varna (Colour)

Grade	Varna
-	Normal to skin
+	Reddish
++	Reddish bluish
+++	Yellowish

Table 4: Grading of Vrana Strava (Discharge)

Grade	Strava
-	Nil
+	Serous
++	Blood
+++	Pus

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