



Role Of Anuvasana – Basti In Garbhini For Prakrut Prasava

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Abstract –

In majority women there are many problem in prakrut prasav so in these women we tried the experiment to rule out the role of ayurvedic remedy in prakrut prasava.

Methods & findings –

Madhu yashti & sahachar tail anuvasana basti was given to thirtyone patients in obs & gynac department from G.s. gune ayurved hospital ahmednagar. Tal & Dist ahmednagar maharashtra state india detected for prakrut prasava. Basti given at the eight days interval during ninth month of gestation.

Key words –Anuvasana basti, garbhini prakrut prasava.

Introduction –

In day today life women's health is very important. In women's life there are 3 stage balayavastha,yauvanavastha & vrudhavastha. In these 3 stages yauvanavastha is very important because in this stage garbhini avashta occurs in women's life.

Aim & objects –

In garbhini avashta good achievement of conception & it's maintenance & delievery occurs for this women's health is very important the foetus life depends upon the mother's life so mother should be healthy.

In ayurveda garbhini paricharya told in samhita. If women use this garbhini paricharya in proper way she could be healthy in whole preqnancy in samhita month wise regimen are given for garbhini. In this nineth month charak samhita advise to use madhura group of drugs for anuvasana- basti.

नवमे तु खटवेनां मासे मधुरौषधसिद्धेन तैलेनानुवासयेत् ।

अतश्चैवास्यास्तैलत पिचुं योनौ प्रणयेद् - गर्भस्थान मार्ग स्नेहनार्थमिति ॥

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When we use anuvasana- basti in the ninth month of garbhini it is very useful to the garbhini. Due to anuvasana basti garbhashaya, yoni, of the birth passage get soften & oily. The way of garbha nishkraman taken place very easily, due to anuvasana- basti apan- vayu anulomana takes place so in this ninth months of garbhini no constipation occurs & urine also passes properly.

In delievery process there is no trouble to the women & foetus due to anuvasana basti women's waist, flank's back thighs get soften due to anuvasana- basti. There is no backache, lower abdominal pain is reduced.

In 3rd stage of labour bleeding controlled & rare chances of sutika- makkalla due to anuvasana- basti vayu moves into it's right path or direction vaginal canal complications' are reduced. Anuvasana basti given in ninth month may also affect the autonomus nervous system for governing myometrium & helps in regulating their function during labour.

Materials & methods –

1) Study design –

1) Review of literature

References collected from ayurvedic samhitas

2) Selection of drugs –

References of drugs collected from bhaishajya ratnavali

Trial drug 1) madhuyashti tail – 25 cc

2) sahachara tail – 25 cc

For anuvasana- basti 50 cc dispovan & simple rubber catheter No 7 or 8 is used. One anuvasana – basti given weekly interval for 4 weeks during ninth months of gestation.

2) Clinical trial –

Clinical trial was carried out to evaluate clinically in thirtypatients. From G.s. gune ayurved hospital, Tal & Dist Ahmednagar maharashtra state india detected as 9 month's garbhini for prakrut prasava patient assessed at every week interval.

3) Trial design –

Clinical trial was conducted on thirty patients of nine months garbhini.

4) Eligibility criteria –

Inclusive criteria –

1) Patient's having ANC checkup at G.s.gune ayurved college in stree roga prasuti department during 8th & 9th months gestation.

Exclusive criteria-

- 1) patient's below 8th month's gestation.
- 2) patient having any other diseases.
- 3) C.P.D.
- 4) previous L.s.c.s.
- 5) Placentaprevail
- 6) Breech presentation
- 7) Pregnancy induced hyper tension
- 8) Toxemias of pregnancy.
- 9) High risk pregnancy.

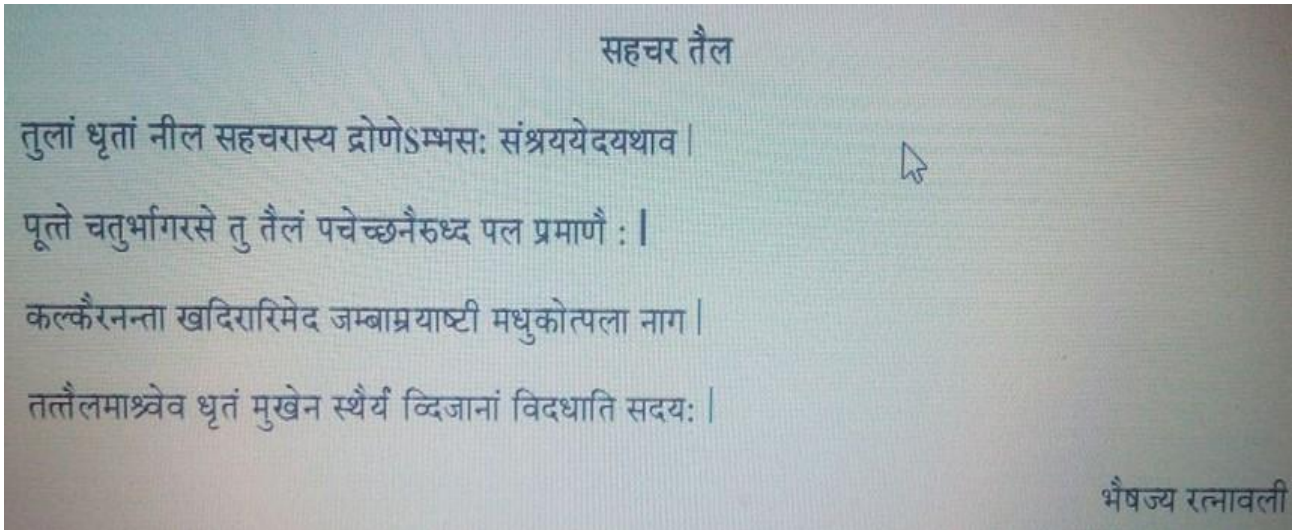
Variables & definitions –

Patient's systemic checkup & clinical anatomy of reproductive system assessed in every patient.

Investigations done-

Haemogram, V.D.R.L, H.I.V, Urine routine ,Blood group & rh, HbsAg, USG, Height, Weight, & B.P

Drug review-



Sahachar / saireyak –

i.e. baleria prionitis

Properties-Guna-laghu, tikta

Rasa- madhur, slightly amla

Vipak – katu

Veerya- ushna

यष्टीमधूतैल -

तैलं सयष्टीमधुकैः क्षीरे धात्री फलैः श्रतम् ।

नस्ये दत्तं जनयति केशान स्मश्रुणिचाप्यथ ।

भैषज्य रत्नावली 60/146

Madhuyashti-i.e. Glycerrhiza glabra linn

Properties- Guna – guru, snigdha

Rasa- madhur

Veerya- sheeta

Karma- vatashaman by guru, snigdha & madhur

Assessment criteria:-

Patients were assessed at weekly interval during 9th month of gestation.

Observation:-

- 1) Total no of patient's in study -30
- 2) Trial drug patient – 30
- 3) Effect of trial drugs was observed significant in 30 patients.
- 4) In 27 patient's anuvasana basti is effective for prakrut prasava.
- 5) in 3 patient's no effect of anuvasana basti is observed & hence L.s.c.s done.

Result:-

1) Sahachar tail & madhuyashti tail is useful for prakrut prasav. Anuvasana basti is useful for apan vayu anulomana & garbhanishkraman.

Due to anuvasana basti contractions occurs very easily & patient were not existed during labour process. Labour contractions occur frequently & duration between two contractions is improper.

2) in three patient's there is no effect of anuvasana basti so these patient's are treated by l.s.c.s

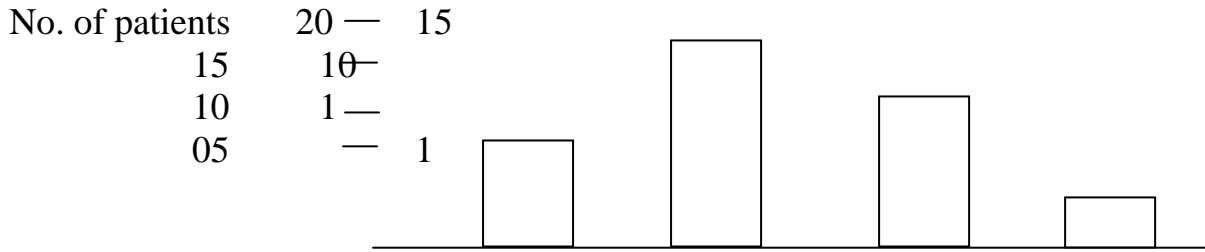
1) Percentage of patient's who has given no.of basti

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Total patients- 30

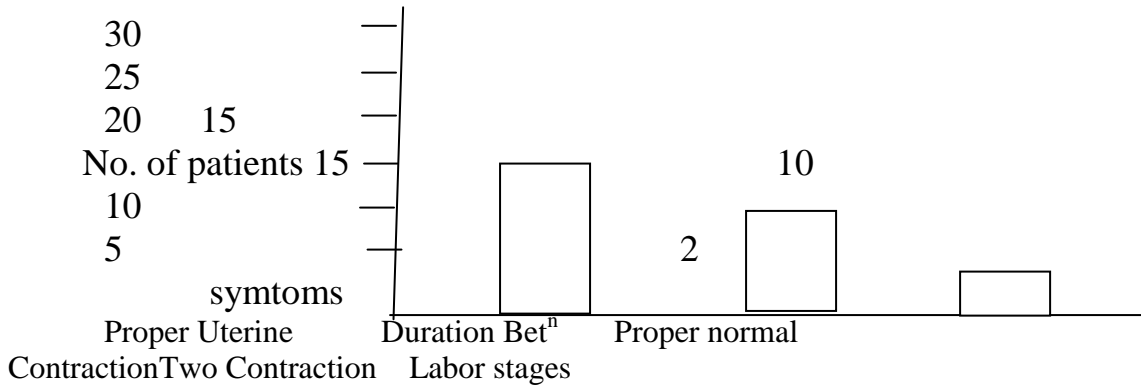
Result - 27

30

25



No. of Basti Given
2 Patient's signs & symptoms during labour



Conculsion –

The drugs was found effective in treatment of prakrut prasava in 27 patient. In 3 patients drugs was not effective so L.s.c.s. done.

Abbreviations –

- 1) Charak samhita
- 2) Vagbhata samhita
- 3) Sushruta samhita

Discussionconclusion:-

- 1) These drugs found effective in prakrut prasava.
- 2) Patient's were exposed for investigations needed.

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