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### A case study of episiotomy wound healing and pain management in Ayurveda

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#### Abstract:

Episiotomy is surgically planned incision on the perineum and the posterior vaginal wall during second stage of labor to facilitates easy vaginal delivery of baby and prevent irregular perineal tear. Perineum is an area of the body that is moist and perfect situation for infection or poor healing.

A woman undergoes various complications after episiotomy like pain, swelling, wound infection, discomfort, sepsis, vulval hematoma; discharge rectal pain and discomfort related to episiotomy have been reported to interference with women's daily activities. Currently, there are several methods for the management of complications of episiotomy wound like NSAIDS, Antibiotics etc. but it is found to have various adverse effects like inflammation, itching, peptic ulcer, drug resistance. So, there is need to find out perfect solutions on episiotomy wound healing. The study was conducted in a single patient.

A female post natal patient aged about 20 years, delivered 10 days ago, came to OPD of *Prasuti* and *Striroga*, National institute of *Ayurveda*, Jaipur with complaint of opened episiotomy

stiches with pain and difficulty in sitting position due to unhealthy wound.

Patient was treated with *Panchavalkalkwatha prakshalan*, *Yoni Dhoopan* with *Haridra, Guggulu* and *Jatyadi Taila* local application along with oral medicine *Triphala Guggulu* 2 tab. twice a day and continued it till the healing of wound that is up to 10 days. Reduction of pus discharges was started from second day onwards; granulation tissue started forming from seventh day onwards and open wound was closed on 10<sup>th</sup> day. Thus, we can conclude from the study that this *Ayurveda* regimen plays an effective role in the management of episiotomy wound.

**Keywords:** Episiotomy, Wound Healing, *Panchavalkal kwatha prakshalan*, *Yoni Dhoopan* with *Haridra, Guggulu, Jatyadi Taila*.

#### INTRODUCTION:

Now a days, episiotomy is commonly used surgical method for easy delivery of baby. Episiotomy is an incision made on perineum during second stage of labor to enlarge vaginal introitus. In India, the overall rate of episiotomy was 40.6% in 2003. A current medical survey

shows that 60% of women with episiotomies reported severe post-partum pain, 25% experienced infection at the site and 20% had problem during intercourse for up to 3 months after child birth. Routine use of episiotomy was decreased in advanced countries. The women in Asian countries undergo this method due to having short perineum and stiff tissues prone to wide laceration. Postpartum women faces a lots of difficulties in sitting, walking, standing and in urination also. So, it is very much necessary that perineal shall be healed as soon as possible to avoid the complications. In modern practice, post operative care of episiotomy wound is done by swabbing with cotton soaked in antiseptic and antibiotic solution and followed by local applications of antiseptic and antibiotic ointment. Certain factors that influence wound healing include bacterial infection, nutritional deficiencies, drugs and site of wound etc. *Acharya Sushruta* the Father of Indian surgery in 1000BC has elaborated the concept of *Vrana*.

For the management of *Vrana*, *Acharyasushruta* has described 60 different procedures along with numerous drugs. *Sushruta* broadly classify these drugs into 2 groups as *Vrana Shodhan* and *Ropan*. *Acharya Sushruta* also described external application of various drugs like drugs of *Nyagrodhadivarga* which includes *Panchavalkala* also. These are lots of drugs in different formulations described for *Vrana Ropan* according to its site, types and chronicity.

Clinically *Panchavalkal* is found to be very effective in controlling wound infection when used externally in different forms. Which suggest its action of *Vrana Shodhan* and *Ropana*. *Panchavalkalkwatha* and *Triphalaguggulu* have very good *Vrana Shodhak* and *Ropak* properties. *Triphala-guggulu* is the drug of choice in any form of *Vrana* and is considered as “*Agroushadha*” of *Vrana*. It is directly indicated in *Shotha*. And *jatyaditaila* is proven drug for

wound healing. Ingredients like *Haridra*, *Karanja* and *Salicyclic acid* present in *jaati* are having *Kushta Ghana* and *Krimighna* property. Hence it can help to check wound infection.

## MATERIAL AND METHODS:

A female post natal patient aged about 20 years, delivered 10 days ago at the government *Mahila Chikitsalaya*, Jaipur, came to OPD of *Prasuti* and *Striroga*, National institute of *Ayurveda*, Jaipur with complaint of open episiotomy stiches with pain and difficulty in sitting position due to unhealthy wound. She was advised for application of *Vranashodhan* and *Ropan* drugs. After obtaining voluntary informed oral consent from patient this study is being reported for publication.

### Drugs used

1. *Panchvalkalawath* for *Prakshalan* episiotomy wound.
2. *Dhoopan* with *Guggulu*, and *Haridra*
3. *Jatyaditail* for local application
4. *Triphala Guggulu* 2 tablet twice in a day with luke warm water after making the powder internal administration.

This treatment was given two times in a day. Firstly *prakshalan* done by lukewarm *Panchavalkalawatha* done on episiotomy wound after it *Sthanik Dhoopan* given for 10 minutes with *Haridra* and *Guggulu*.

After than *Jatyadi Tail* was applied on episiotomy wound area and a dipped sterile gauze piece put over the wound for 2 hrs. Internal drugs *Triphala Guggulu* were continued till the healing of the wound that is up to 10<sup>th</sup> day.

## RESULTS:

DRUGS	GUNA	KARMA
<b>Panchvalkala Kwatha</b>	<i>Vrana Shodhan, Vrana Ropana</i> <i>Shothahara</i> Antiinflammatory, Analgesic Antimicrobial	Reduces <i>Vrana Vedana, Shotha, Srava</i> and <i>Akruti</i> . Formation of healthy granulation tissues. <i>Shodhana</i> of <i>Dushta Vrana</i> & ultimately <i>Ropana</i> achieved
<b>Triphala Guggulu</b>	<i>Vata Shamaka, Shothahara</i> <i>Vedanasthapana, Kledahara, Deepana, Amahara, and Vranashodhana-Ropana</i>	Same as above
<b>Jatyadi Taila</b>	<i>Shodhana, Ropana &amp; Raktaprasadana, Kandughna, Jantughna, Rakta-stambhaka</i>	Same as above
<b>Dhoopan</b>	<i>Shothahara, Vednashamak</i> <i>Kanduhara, Kledahara</i>	Same as above

**PANCHAVALKALKWATHA:** A combination of five astringent drugs named, *Nyagrodha* (*Ficus bengalensis* Linn.), *Udumbara* (*Ficus glomerata* Roxb.), *Ashvatha* (*Ficus religiosa* Linn.), *Parisha* (*Thespesia Populanea* Soland ex correa), *Plaksha* (*Ficus lacor* Buch-Ham), is one of the great combination. It shows properties like antiseptic, anti-inflammatory, immunomodulatory, anti-oxidant, antibacterial, antimicrobial wound purifying and healing properties.

*Panchavalkala Kwatha* seems to have property like *Vrana Shodhana, Vrana Ropana* and *Shothahara*. It accelerates healing of wounds. Most of the drugs of this *Panchavalkalkwath* are *Kashaya Rasa Pradhan, Ruksha Guna* and *Kapha Dosha Nashaka* properties. Early researches explain that tannins present in *Nyagrodha* and *Udumbara* are antioxidants and blood purifiers with anti-inflammatory actions. They hence might have helped to decrease the swelling. The phytosterols and flavonoids are anti-inflammatory and analgesics reducing the pain. Tannins also proved to have antimicrobial property which might have reduced the discharge, Hence these constituents in the *Panchavalkala* might have helped in regression of signs and symptoms.

### **Triphalaguggulu:**

*Acharya yogratnakar* mentioned *Triphalaguggulu* in *Vrana Shotha chikitsa*. It contains *Haritaki, Vibhatiki, Amalaki, Pippali, Guggulu*. *Triphala* is well-known for its wound healing property. It soothes the inflamed mucous layer and helps in checking the further infection. *Guggulu* is one of the best known herbal anti-inflammatory herbs of *Ayurveda*. It acts in synergy with *Triphala* in reducing the inflammation. *Triphala guggulu* is well established drug clinically in wound healing. Owing to *Vata Shamaka, Shothahara, Vatanulomaka, Vedanasthapana, Kledahara, Deepana, Amahara* and *Vranashodhana-Ropana* properties, is one of the best oral remedies for *Utkartana*.

*Dhoopan* drugs like *Dashmoola* is mentioned in *Shothharmahakashaya* by *Acharya Charaka* so it acts on wound as anti-inflammatory agent, *Guggulu* and *Haridra* are also *Kanduhar* and *Vednashamak* properties as mentioned in *Samhitas* so these both the drugs act as an antiseptic agent. *Dhoopan* drugs contain volatile or aromatic oils which have actions like antimicrobial, anti-inflammatory and analgesic. *Dhoopan* also has drying effect; which caused

reduction in vaginal discharge ; thus helping in prevention of inflammation and infection.

### **Jatyadi Taila:**

*Jatyadi taila* is also mentioned in *Vrana Rogadhikaar* so it acts as a very good wound healing agent. Ingredients of *Jatyadi Taila* like *Haridra* (*curcuma longa* Linn.), *Karanja* (*Pongamia pinnata* L.Pierre) are *kushtaghna* and *krimighna*, *Neem* (*Azadirachta Indica* A.juss) and *Daruharidra* (*Berberi aristate* DC) of *Jatyaditaila* are proven drugs to check bacterial growth and promotes wound healing. *Jatyadi Taila* having anti-inflammatory, anti-oxidant, analgesics, anti-ulcer, antimicrobials, Immunomodulator, hemostatic properties. In this case *Jatyadi Taila* shows its *Shodhana*, *Ropana* and *Raktaprasadana* (blood purifier) property so it is more effective in *Dushta Vrana*.

According to *Acharya Sushrutakashaya*, *Tikta*, *Madhur*, *Katu* and *Ushna Dravya* are used in wound healing (*Vrana Ropana*). *Jatyadi* oil has *Tikta Pradhan*, *Kashya Madhyam* and *Madhur Heenarasa*.

### **DISCUSSION:**

*Ayurveda* gives the complete cure by not only relieving the symptoms of illness but also by improving the general health of patient. All above mentioned drugs having *Vrana Shodhana* and

*Vrana Ropana*, *Kandughna* properties which is necessary for wound healing and has been found to be very effective in good number of patients suffering with symptoms associated with *Utkartana*. Its antiseptic, antimicrobial, antibacterial action helps in faster wound healing. Hence, it can be used for *Utkartana* (episiotomy). Properties of those herbal drugs gives best result on episiotomy wound. Thus, best alternative to allopathic remedies which are used on episiotomy wound. But to prove this with greater confidence further studies with statistical data need to be conducted.

### **CONCLUSION:**

All the drugs were given for upto 10 days. On the 10<sup>th</sup> day the wound had shown complete healing.

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