ROLE OF ANUVASANA BASTI AND YONI PICHU IN SUKHAPRASAVA.

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ABSTRACT

Delivery is a crucial phase in every female’s life span. Every woman expects normal delivery in her life. Child birth is a very Influential process and women is been well prepared for it. Notwithstanding of advanced health care in Obstetrical field high number of woman continue to die during childbirth due to causes like mismanagement of labour. Thus Antenatal, Intra-natal and Postnatal care is very important. A comprehensive sweeping antenatal care from conception up to delivery is given under subservient to “Garbhini Paricharya” in Ayurveda. In Garbhini Paricharya Acharyas have mentioned Basti procedure to facilitate Sukhaprasava (Eutocia). Moreover Madhura aushadhi siddha Taila and Yonipichu (Vaginal Tampon) are used in management Labour.

AIMS AND OBJECTIVE

1) To study Anuvasana Basti and Yoni pichu in Sukhaprasava and establish its Ayurveda co-ordination.
2) To evaluate its modern co – ordination in Normal Labour.

METHODOLOGY

Reviewing the modern science literature regarding Anuvasana Basti and Yoni pichu in Sukhaprasava and Ayurvedic classics, commentaries also recently published books and Research journals, collection done and attempt to get co-relation between Ayurveda and Modern effect of Anuvasana Basti and Yoni pichu in Sukhaprasava.

CONCLUSION

In pregnant women due to distension of uterus it causes obstruction to
pathway of Apanavayu thus resulting into Constipation, Backache and other symptoms. To treat Apanavayu Anuvasana basti medicated with Madhura gana aushadhi acts in right pathway and women can have a natural and uncomplicated delivery. Use of Yoni pichu with same medicated oil in 9th month enhances lubrication of Garbhashaya and Garbhashayamarga also reduces exhaustion of Prasava and makes Garbhini physically and psychologically strong.

KEYWORDS: Sukha prasava, Madhura aushadhi siddha Taila, Yonipichu, Anuvasana Basti.

INTRODUCTION

Ayurveda is always been helping the ailing humanity since creation of life is not diminishing in recognising the most realistic feature of a woman as she is root of progeny. In Ayurveda woman is considered as Shakti, the mother and source of creation. Pregnancy is the most important phase in every woman’s life. From conception to delivery is physiological process for which proper Paricharya is needed. Acharya Charaka states that Woman is root of offspring [1].

In pregnant woman prakrita vyana apana vayu are very much essential for normal delivery. At the time of parturition if any of among them gets vitiated leads to Vilambita Prasava (Prolong labour, Obstructed labour). Ayurveda states Garbhini paricharya to save from it. Our ancients were aware about the mode of action of these ayurvedic drugs and procedures on labour. In Ayurveda the best treatment for vata is Basti. Basti karma controls vitiated vata thus producing Sukha Prasava.

According to Modern Labour is defined as “Series of events that take place in the genital organs in an effort to expel the viable products of conception (foetus, placenta and the membranes) out of the womb through the vagina into the outer world is called Labour” [2] and Normal Labour (Eutocia) as Labour is called normal if it fulfills the following criteria.

1. Spontaneous in onset and at term.
2. With vertex presentation.
3. Without undue prolongation.
4. Natural termination with minimal aids.
5. Without having any complications affecting the health of the mother and or the baby [2].

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**ACCORDING TO AYURVEDA**

Prakrita Prasava is during Onset of labour the head of the foetus gets turned and comes forward due to action of prasuti maruta and is expelled through the vaginal passage [3].

Svabhavika – Spontaneous onset
Upasthitha kala – Onset of completion of term
Avaksira – Cephalic presentation
Svabhavika kala – Without undue prolongation

Upadravarahita – Without having any complications

Poornajamakrita Karma is responsible for Svabhavika Prasava [4].

**CAUSES OF ONSET OF PRASAVA [5]**
1. Kala prakarsha
2. Nadi vibandha mukti
3. Garbhavasa vairagya
4. Sampurna gatratra

Role of Apana Vayu in labour

Apana + Vyana

\[ \downarrow \]

Contraction and Relaxation of Uterine muscles

\[ \downarrow \]

Expulsion of foetus (Garbha nishkramana)

In this obstruction of Srotas of Pakwashaya by gravid uterus Apana Vayu gets vitiated thus functional aspect of labour can be dominated by vitiated Apana vayu. So to normalise Apana vayu, Basti is indicated which helps to diminish obstruction of Srotasa. Prakrita Apana vayu works for Garbha nishkramana.

**MADHURA SKANDA [6]**

मधुरस्कंद

तद्यथा - जीवकर्षभको जीवन्ती वीरा तामलकी काकोली
Acharya Charaka states that Basti is a procedure in which drug is administered through rectal canal which goes to Nabhi, Kati, Parshva, Kukshi pradesha and churns accumulated Purisha and Doshas comes out along with churned Purisha and Doshas [7].

Anuvasana is a type of basti which will not cause any harm even if it is retained for one day and can be administered every day after taking the food [8].

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On administration of *basti* the product of fatty acids, pyruvic acids gets reduced. Pyruvic acid is increased in blood than simultaneously vit B1 gets decreased as it is needed for maintainance of myline sheath covering nerves stated in Ayurveda Avloka 1965 page no. 79.

Physiology and Modulates of pathogenic parasites in colon is being altered by *Basti*. *Anuvasana* is *Sneha basti* due to its *snehana* property it acts on *Kukshi*, *Kati*, *Parshwa* and all *garbha sthanamarga*. *Snehana* removes *Rukshata* of *Vayu* at the same time while expulsion of foetus stretching of ligaments is carried out very fast. The main function of *Anuvasana Basti* is वातादीमधः प्रवतषिम्।

Due to *Anuvasana basti* in 3rd stage of labour bleeding is controlled and rare chances of *Sutika Makkala* are seen. Also vaginal complications are reduced. *Anuvasana Basti* given in Ninth month also affects Autonomous nervous system for governing myometrium and helps in regulating their function during labour.

- *Basti dravya* – Medicated oil or ghrita
- *Dose* – 120 ml or 60 ml (*Matra basti*)
- *Route* – Per rectum
- *Time* – After food after 36 wks of pregnancy weekly

Retention time – As long as possible

**PROCEDURE** –

On evacuation of bowel of *Garbhini* should take food properly. Then she should lie down on table in left lateral position with right knee flexed. Lukewarm Medicated oil with 60 or 120 ml is pushed into anal canal with the help of syringe and rubber catheter. After complete passing of oil catheter is should be removed. To prevent early evacuation she should be kept in supine position with elevated buttocks for half an hour. Then after light and nutritious food should be taken [10]

**YONI PICHU**

*Pichu* application is a type of *sthanik* (local) *chikitsa* means which helps in *Lakshana upashamana* [10] *Pichu* is made up of sterile cotton or swab wrapped with sterile guaze piece dipped in medicated oil and later applied on vagina, vulva and perineum. It is kept for some time and then removed later on. Daily use of *Madhura gana siddha taila*’s *yoni pichu* lubricates *Garbhasthana* and *Garbhamarga* i.e. Cervix, Vaginal canal along with perineum respectively by *Snehana*, *Vishyandana*, *Mardava* and *Kledana* properties of *Taila* which leads to *Sukhaprasava* [11].

- *Pichu dravya* – medicated oil or ghrita
- Dose – 5-8ml vaginal tampon
- Route and time – Vaginally, daily HS for 15 days after 36 wks
- Retention time – minimum 6-7 hrs

**PROCEDURE** –

On evacuation of bladder and bowel of Garbhini should lie down in supine position with flexed knees then pichu is kept into vagina with the help of index finger in such a way that end of pichu should come out of vagina this facilitates easily removed after 6 to 7 hrs [11].

**USES**

1. It improves and strengthen the musculature of vaginal canal.
2. Daily use increases the elasticity of perineal muscle.
3. Regular use inhibits PROM and softens and helps in relaxation during labour [12]
4. It softens garbhasthana and gudamarga thus helps in sukha prasava.
5. It influences autonomic fibres governing myometrium thus regulating their function and helps in its relaxation during labour.

**DISCUSSION**

Acharya charaka stated Anuvasana basti and yonipichu in 9th month of Garbhini Paricharya for the purpose of facilitating Normal labour, healthy offspring also reduces Postpartum complications [13]. Pichu containing Madhura gana aushadhi maintains natural vaginal flora also helps in cervical ripening by altering cervical matrix releasing prostaglandins which promotes normal labour. Prostaglandins helps in the process of parturition also effect on inflammation and immunity. Which increases permeability of membranes thus making cervix soft. Basti acts on nervous system which releases natural oxytocin from posterior pituitary as well as helps in increasing Oxytocin receptors.

**CONCLUSION**

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