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Case study of Kadamba Maash Siddha Taila Anuvasana Basti in Sukh Prasava.

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ABSTRACT

Pregnancy and labour are major events in women's reproductive life. Every women expect normal delivery in her life but, now a day it seen that due to changes of lifestyle culture ,food habits and hectic schedule of working women cesarean section has become common occurrence in society. In Ayurveda according to Acharya Sushrut anuvasan basti as described in garbhini paricharya like antenatal care in nine month of pregnancy .For prakrut prasav Apanvayu is responsible for initiation of normal labour Anuvasan basti is used Vatanuloman and for smoothness of pelvic region and related organ.

Case presentation: Here we present case of effect of *Kadamba Maash Siddha Taila Basti on Sukh prasav*. **Discussion** - discussion of case according to the ayurvedic and modern review.

Keyword - normal delivery, ayurvedic *garbhini paricharya*, *anuvasan basti*.

Introduction:

The child birth should be an event of joy and satisfaction maintenance of health of women

and well being of foetus is the main of antenatal care.

"Series of the events that take place in genital organ in an effort to expel the viable product of conception out of womb through vagina into the outer world is called labour".

Labour is normal when onset spontaneous at term, vertex presentation, without undue prolongation, natural termination with minimal aid. But now a day incidence of cesarean section is high due to cultural changes more anxiety at time of labour and obstretician fear of litigation.

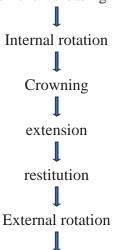
These cases raise percentage of cesarean section. Acharya in our classical text explained garbhini paricharya in navum mas. Because the vitiated Vata dosha is main reason for many physical and psychological abnormalities in pregnant women. Increased Vata dosha leads to preterm delivery, premature rupture of membranes, low birth weight baby, IUGR. It also affect the psychological condition of pregnant women in which Satva guna is decresed Raja and Tama guna is increased.

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If Raja is increased it leads anxiety, fear and intolerance of pain. If Tama guna is increased then it creates negative thoughts ,depression fear from delivery intolerance of pain. So that patient will not cooperated in labour process and there is increases the chances of operative delivery. There are more chances of post partum depression . so this is very necessary to keep Vata dosha in normal state and basti is important therapy to regulate Vata dosha which is chief governing factor behind all physiological and pathological process in body and mind.

Physiology of delivery:

Engagement increasing flexion



Delivery of shoulder by lateral flexion

Complication during delivery:

- Prolonged labour
- Obstructed labour
- Dystocia
- Post partum haemorrhage
- Injury to birth canal.

Prasav vyapad according to Ayurveda

1) Kalateet prasava — According to Ayurveda this condition mainly seen in case of upavishtak, Nagodar, Moodhgarbha.

- 2) Garbhasanga Retention of foetus.
- Retention of 3) Aparasanga – placenta. Complication of aparasanga Anaha are and Adhamana so overcome to this problem if administration of basti Anuvasan in9 month pregnancy we can reduced the chances of abnormal delivery and post partum complications.

Classical review of *Anuvasan basti* during pregnancy:

Etymology:

In Sanskrit the word 'Basti' is derived from the root 'Vas' by adding 'tich' pratyaya and it belongs to masculine gender according to Vachyaspatyam. Meaning of the root 'vas' is 'nivas' i.e. to reside, to stay, to dwell.

Contained *of Sneha* for elimination .

" Basti" literary means bag / container/bladder. In ancient times, sterilized urinary bladder of animal were used to instil the enema, hence the name of procedure is Basti Karma. Today plastic enemas and syringes are used to push medicated oil enema and cleansing enema into the intestine of the patient. Basti can cure disease of all the tridoshas, completely destroy the vitiated doshas by entering moola sthana of Vata, which is supposed to be responsible for all disease. Thus ,basti is said to be the half of the whole treatment and sometime complete treatment.

Administration criteria for using *Anuvasan basti*: From 36 weeks of pregnancy up to 40 weeks alternate day.

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Dose - 120 ml.

Case presentation:

A 22 year female patient presented to opd of stree and prasutitantra dep. of SGAK. According to inclusion criteria primi para with singletone pregnancy of 36 weeks obstetrics examination was done determine priod of gestation, fundal height, position of foetus and presentation ,head engaged / floating. P/V examination done, routine necessary haematological and urine, laboratory investigation done every time when patient visited follow up alternate day with administration Kadamba mash siddha taila Anuvasan basti 120ml .after completed of 10- 11 basti on 11th basti follow up patient was c/o abdomen cramps , p/v white sticky blood stained discharge and backache since 2 hrs.

It means patient was in latent phase of labour . in labour process Bishop;s score , uterine contraction intensity , duration ,total duration required for delivery and outcome of delivery whether it was instrumental, normal or cesarian delivery observed. Same assessment criteria assessed in another patient without given basti treatment in ANC. It was observed that Bishop's score , total duration required for delivery and time required for placental expulsion was earlier and without any complication throughout labour process in patient those who given anuvasana basti.

Effect of Basti on Prasav:

Basti is paramaushdhi of vata it reaching up to umbilical region, sacroiliac region and churning up of feacal and morbid matter. When it reaches up to pakvashaya due to it's Veerya it drawns morbid matter loaded in entire body from foot to head. When medicine drug administerd through rectum it spread all over body just as water

poured at root reaches all part of tree trough micro and macro channels . so that the Basti alone has claimed as treatment of the disease. *Snehan* property of *Anuvasana basti* remove the *Ruksha guna* of exaggerated *vata f*rom genital organ , flank abdomen and sacrum due to smoothening of muscle and ligament in pelvic floor expulsion of foetus from birth canal is possible.

CONCLUSION:

Great thing can be achieved only with labour. To attain the unlimited happiness of motherhood also, labour is very much essential. But the labour should be natural and bearable .when foetus is expelled out through vagina with less duration and intensity of pain to mother ,it is called prakriti and such prasava. To get fruitful out come of nature, acharya Charak has paricharya advised garbhini conception till delivery, which includes administration of anuvasan basti navummasa . This ayurvedic regimen improves the physical and psychological condition of pregnant women and makes their body suitable for such prasava. Hence it can be concluded above result proper administration of anuvasan basti in navam masa reduce the exhaustion of prasava and makes pregnant women physically and psychologically strong So ,proper in 9th administration of *Anuvasanbast*i month should be done to remove the fear of labour pain in pregnant women.

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