



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 pain *Anuvasan basti* is used for *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 obstetrician 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 decreased *Raja* and *Tama guna* is increased .

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 and intolerance of pain. So that patient will not cooperate in labour process and there is increase in 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



Internal rotation



Crowning



extension



restitution



External rotation



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.

- 3) *Aparasanga* – Retention of placenta. Complication of *aparasanga* are *Anaha* and *Adhamana* so overcome to this problem if administration of *Anuvasan basti* in 9 month pregnancy we can reduce 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.

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 to determine priod of gestation , fundal height , position of foetus and presentation ,head engaged / floating. P/V examination done , routine necessary haematological and urine, BSL(R), 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* from 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 advised *garbhini paricharya* from conception till delivery , which includes administration of *anuvasan basti in 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 administration of *Anuvasanbasti* in 9th month should be done to remove the fear of labour pain in pregnant women.

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