



## Conceptual study of Karanj Tail in Vitapched with special refence Episiotomy Wound.

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**ABSTRACT:** Episiotomy is an important procedure performed during second stage of labour to decrease postpartum pain and reduction in severe or third or fourth degree perineal tear.

In ayurved it is mentioned as Vitapched. If Samyak prasav not found (obstructed, prolonged labour) chhinna (Cut) Kshat (Contused) and ghrishta (Lacerated) Vrana has been formed. Inorder to avoid further complication episiotomy is taken in medio-lateral perineal wall.

No specific nidanpanchak is mentioned of Vitapched (Episiotomy) because it is surgical procedure. This study is undertaken to study the effect of Karanj Tail in Episiotomy wound, it is common procedure in primi mothers. The overall prevalence of episiotomy in India is 67%.

### Introduction:

Reproduction is an inevitable act for existence of mankind / humanity. Ayurveda, the holistic healing Shastra, deals with the concept of individual approach. The preventive and curative aspects of individual life related entities are summed up in eight branches of Ayurveda.

Prasutitantra, the sub-branch of Ayurveda dealing with the medical, para-surgical and surgical approach towards diseases in ladies, pregnancy and delivery related issues. Though, it is not considered as one among Ashtanga, we get its discrete explanation in classics in various contexts. In the present era of specialization, it has grown as an individual specialty.

Episiotomy is a planned surgical incision given in the medial or medio-lateral aspect of the perineum to reduce the maternal and neonatal trauma and morbidity associated with delivery. It has short-term benefits of episiotomy for doctor as is easy to repair compared to a spontaneous perineal laceration. It also decreases postpartum pain, and reduction in severe or 3<sup>rd</sup> or 4<sup>th</sup> degree perineal tears<sup>1</sup>.

One can immediately notice the weightage Sushrut has given to vrana (wounds) in his Samhita the

description about different aspects of vrana appears in great details in Sushrut Samhita.

If Samyak prasav not found (obstructed, prolonged labour) chhinna (Cut) Kshat (Contused) and ghrishta (Lacerated) Vrana has been formed<sup>2</sup>.

Sutika is Vranita keeping this in mind all the ayurvedic texts have described special care of sutika as ‘Sutika Paricharya.’

### Episiotomy:-

A surgically planned incision on the perineum and the posterior vaginal wall during the second stage of labour is called ‘Episiotomy’<sup>3</sup>.

### AIM:

To study the effectiveness of Karanj tail in episiotomy wound healing.

### OBJECTIVE

- 1) To study the effect of Karanj tail.
- 2) To study Sadyovrana according to Ayurveda and Episiotomy according to modern.
- 3) To study the effect of Karanj tail in episiotomy wound healing.

### MATERIALS AND METHODS:-

- All the references regarding Vitapched (Episiotomy) and *Karanj Tail* were collected from *Brihat Trayi* and *Laghu Trayi* and various textbook and compilation was done.
- Concept of *Vitapched (Episiotomy)* and *Karanj Tail* was studied in detail.
- Collection of all references was done and correlation between data was done logically i.e by using *Yukti Pramana* (logical inferences).

### DISEASE REVIEW:-Nidana (Etiology):-

Episiotomy is a planned surgical incision given in the medial or medio-lateral aspect of the perineum



to reduce the maternal and neonatal trauma and morbidity associated with delivery. It has short-term benefits of episiotomy for doctor as is easy to repair compared to a spontaneous perineal laceration. It also decreases postpartum pain, and reduction in severe or 3<sup>rd</sup> or 4<sup>th</sup> degree perineal tears.

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#### **Poorvaroopa (Premonitory Signs):-**

No purvaroopas are mentioned in samhitas.

#### **Roopa (Symptoms):-**

According to Modern Science A minor procedure called Episiotomy is described during second stage of labour to avoid the perineal tear.

#### **Chikitsa(Treatment):-**

Management of *Vitapched (Episiotomy)* can be due to vrannashak, vishnashak, also yonirognashak properties of Karanj<sup>4</sup>.

#### **DRUG REVIEW:-**

The proper application of Karanj tail application helps in episiotomy wound healing. If this is not done, it can lead to throbbing pain on the perineum, the wound area looks moist red and swollen.

Offensive discharge comes out through the wound margins.

Drug Karanj having properties like vrannashak, vishnashak, also yonirognashak, will cause less fibrosis at wound site.

#### **Discussion:-**

*Vitapched (Episiotomy)* has been selected because, Episiotomy is a planned surgical incision given in the medial or medio-lateral aspect of the perineum to reduce the maternal and neonatal trauma and morbidity associated with delivery. Hence age group 18 to 40 years was selected for study.

*Karanj (Pongamia Pinnata)* has been described as one of the main contents of various *Ayurvedic* compound advised for the treatment of *Vitapched (Episiotomy)* in different classics of *ayurveda*. Normally *Vitapched (Episiotomy)* is taken in second stage of labour on perineum at mediolateral aspect. *Karanj* having properties like *Katu Tikta rasa, Laghu Tikshna gunas, Ushna veerya and Katu veepak*<sup>5</sup> it helps for wound healing. Drug *Karanj* having properties like vrannashak, vishnashak, also yonirognashak<sup>6</sup>, will cause less fibrosis at wound site.

#### **Conclusion:-**

1. *Karanj Tail* can definitely be used in *Vitapched (Episiotomy)*.
2. The reduction in signs of *Vitapched (Episiotomy)* can be effectively done.
3. *Karanj Tail* is safe and effective in curing signs and symptoms of *Vitapched (Episiotomy)*.

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