



Case Study

## ROLE OF AYURVEDIC INTERVENTIONS IN THE MANAGEMENT OF EPISIOTOMY WOUND HEALING

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### ABSTRACT


An episiotomy is a surgical incision made in the perineum and the posterior vaginal wall during the second stage of labor to aid in a smoother vaginal delivery and to prevent irregular tearing of the perineum. The perineum is a moist area of the body, making it prone to infections and complications related to healing. Women may experience complications after an episiotomy, including pain, swelling, wound infections, discomfort, sepsis, and vulval hematoma, which can disrupt daily activities. Current treatments like analgesics and antibiotics can have side effects such as inflammation, itching, peptic ulcers, and drug resistance. Thus, there is a need for effective management for episiotomy wound healing.

The study involved a single female patient, around 25 years old, who delivered a female child 7 days ago at National Institute of Ayurveda, Jaipur. She visited the outpatient department at the National Institute of Ayurveda in Jaipur after 7 days of delivery complaining of pus discharge through episiotomy stitches, swelling, pain, fever and difficulty in sitting due to an open and unhealthy wound. The patient received treatment that included *Panchwalkalkwatha Prakshalan*, *Yoni Alepa* and *Yoni Plota* with *Karanj Ghrita*, *Yoni Dhoopan* with *Haridra* and *Guggulu*, and oral medicine *Triphala Guggulu* (2 tablets twice a day), continuing until the wound healed over 15 days. By the second day, pus discharge reduced, granulation tissue began forming by the seventh day, and the wound closed by 15<sup>th</sup> day. This study suggests that Ayurvedic treatment is effective for managing episiotomy wounds.

### INTRODUCTION

Episiotomy is making an incision in the perineum during the second stage of labor to facilitate easy and safe delivery. Wound healing refers to the process of replacing damaged tissue with living tissue, involving a complex series of stages to restore both anatomical and functional integrity. Key components include neutrophils, macrophages, lymphocytes, fibroblasts, and collagen, progressing through phases such as hemostasis, inflammation, proliferation, matrix synthesis, maturation, remodelling, epithelization, and wound contraction. *Dushta vrana*, or non-healing wounds, occur when the natural healing process fails.

Acharya Sushruta, the father of Indian surgery, outlined sixty treatments for *Dushta vrana*. Sushruta classifies drugs for wound treatment into two categories: *Vrana Shodhan* (cleansing) and *Ropan* (healing). He also recommended external applications, including those from the *Nyagrodhadi varga*, which features *Panchwalkala*. Clinically, *Panchwalkala* is effective in controlling wound infections when used externally, demonstrating both *Vrana Shodhan* and *Ropan* effects. *Panchwalkalkwath* and *Triphala Guggulu* are known for their excellent cleansing and healing properties, with *Triphala Guggulu* being a preferred choice for various types of wounds and directly indicated for swelling. *Karanja ghrita* has also *Vrana shodhaka* and *Vrana ropak* properties. *Karanja* has anti-parasitic and toxic-neutralizing properties. Moreover, *Karanja ghrita* exhibits purifying and healing qualities, making it an effective treatment for *Dushta vrana* (non-healing wounds) so as in episiotomy wound.

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### Case Report

A moderately built post natal female patient aged 25yrs, delivered a female child 7 days ago at National institute of Ayurveda, Jaipur, came to OPD of Prasuti tantra and Striroga, National institute of Ayurveda, Jaipur, with complaint of pus discharge and swelling through episiotomy stitches with pain and difficulty in sitting position due to unhealthy wound. Oral informed consent was taken from the patient before starting the treatment.

Past menstrual history-she had regular normal menstrual cycle.

Obstetrical history- G1P1L0A0D0

Past surgical history- Nil

Past medical history- No H/O HTN, DM, tuberculosis and thyroid.

Family history- Nil

Personal History

Appetite- Good

Sleep-sound

Bowel- Satisfactory

Bladder- 5 to 6 times/day, no pain /burning micturition

Diet-vegetarian

Hygiene-Good

### Examinations

#### General Examination

- Height - 155cm
- Weight - 69 kg
- BMI - 28.7 kg/m<sup>2</sup>
- Respiratory Rate - 18 times/min
- Pulse Rate - 88/min
- B.P - 120/80 mm Hg
- Temperature - 99.3°F

#### Systemic Examination

CVS: S1 S2 heard, no added murmurs.

RS: Normal vesicular breath sounds heard no added sounds.

P/A: Soft, uterus well contracted, peristaltic sounds heard.

CNS: Well oriented to place, person, time, conscious.

#### Breast Examination

Bilateral breast soft, non-tender

#### Asta Stana Pareeksha

Nadi - 88/min

Mala - once per day

Mutra - 5 to 6 times/day

Jihwa - Samanya

Shabda - Prakruta

Sparsha - Prakruta

Druk - Prakruta

Akruti - Madhyama

### Diagnostic Assessment

CBC- Hb-11.3g/dl

WBC- 23.09 x10<sup>3</sup>/mcl

CRP- 13.13mg/dl

### Interventions

1. *Prakshalan* of episiotomy wound with *Panchwlakala kwath* twice a day
2. *Dhoopan* with *Guggulu*, and *Haridra* twice a day
3. *Yoni alepa* and *Yoni plota* with *Karanja ghrta* twice a day
4. Two tablets of *Triphala Guggulu* twice a day with lukewarm water after grinding it into a powder for internal use.

### METHOD

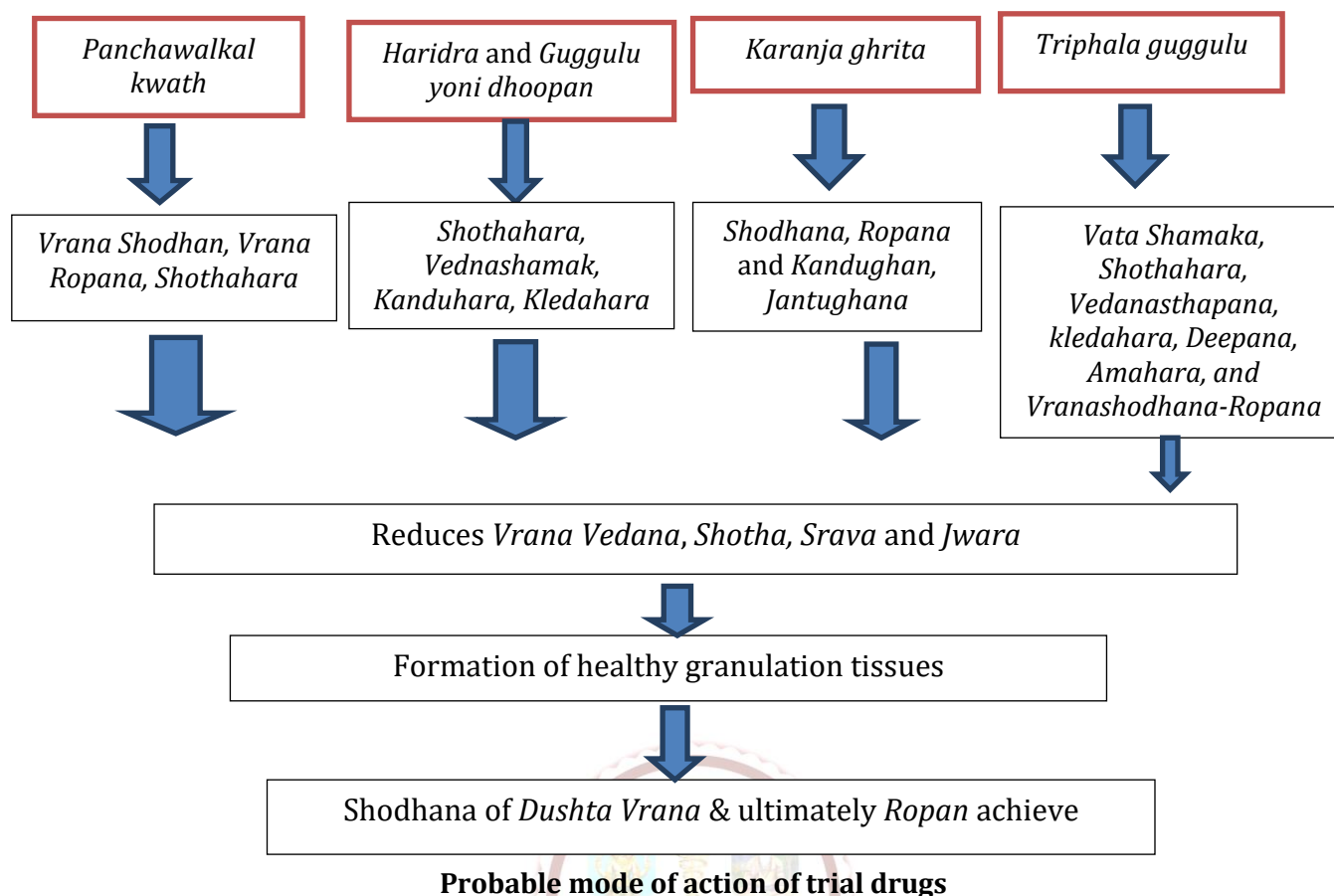
This treatment was administered twice daily for 15 days. First, the episiotomy wound was cleaned with lukewarm *Panchvalkala kwatha*, followed by local *Dhoopan* for 10 minutes using *Haridra* and *Guggulu*. After that, *Karanja ghrta* was applied to the wound area, and a sterile gauze piece soaked in the lukewarm *Ghrta* was placed over the wound for 2 hours. Internal medication with *Triphala Guggulu* continued until the wound healed, which occurred by the 15<sup>th</sup> day.



Image-Trolley for perineal care

Follow Up- On 7<sup>th</sup> and 15<sup>th</sup> day of treatment.

## RESULTS



## DISCUSSION

All the mentioned drugs possess *Vrana Shodhana* and *Vrana Ropana* properties, as well as *Kandughna* qualities, which are essential for wound healing. They have proven effective for many patients experiencing symptoms related to *Utkartana*. Their antiseptic, antimicrobial, and antibacterial actions contribute to faster wound healing, making them suitable for treating episiotomies. The properties of these herbal remedies yield excellent results for episiotomy wounds, presenting a strong alternative to allopathic treatments.

*Panchavalkala Kwatha* promotes faster wound healing through its properties of cleansing, healing, and reducing swelling. Its bitter and dry ingredients effectively combat excess *Kapha dosha*.<sup>[2]</sup> Research shows that tannins from *Nyagrodha* and *Udumbara* provide antioxidant, blood-purifying, and anti-inflammatory benefits. Phytosterols and flavonoids further reduce pain, while tannins have antimicrobial effects that may lessen discharge. Together, these components aid in healing and symptom relief.

*Dhoopan* drugs such as *Guggulu* and *Haridra* also have anti-septic properties as per the *Samhitas*. *Dhoopan* involves fumigation with herbs and fire, releasing volatile oils that offer antimicrobial, anti-inflammatory, and analgesic benefits. Additionally,

*Dhoopan* has a drying effect, which helps reduce vaginal discharge, thereby preventing inflammation and infection.

Acharya Yogaratanakar mentions *Triphala guggulu* in *Vrana Shotha Chikitsa*, which contains *Haritaki*, *Vibhatiki*, *Amalaki*, *Pippali*, and *Guggulu*. *Triphala* is known for its wound healing and soothing properties, while *Guggulu* is a powerful anti-inflammatory herb. Together, they effectively reduce inflammation and promote healing.<sup>[3]</sup>

*Karanja ghritha*<sup>[4]</sup> is an Ayurvedic formulation made from *Karanja* tree seeds (*Pongamia pinnata*) and clarified butter. Renowned for its healing properties, it is particularly effective in wound management. *Karanja* exhibits anti-parasitic and toxin-neutralizing effects, while *Karanja taila* offers purifying and healing qualities, making it a potent treatment for *Dushta vrana*.

## CONCLUSION

All the medications were administered for up to 15 days, and by the 15<sup>th</sup> day of treatment, the wound had fully healed.

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