Effect Of Madhur Aushadh Siddha Tail Matra Basti (Anuvasan Basti) For Sukhaprasav - A Single Case Study

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Abstract:
Pregnancy is physiological event occurring in every woman’s life. Delivery is the end of this stage. Normal Vaginal Delivery is always considered as safe for both fetus & Mother to avoid Post partum complications. Nowadays, LSCS occurrence rate is seen comparatively more than Normal Vaginal Delivery. Hence, to avoid LSCS, proper procedure should be accepted unless & until there are any absolute indications. In Ayurveda, Maasanumasik Garbhini Paricharya given. Sushrutacharya has advised Anuvasan Basti for ease of Sukhaprasav. It not only helps in alleviation of Apatyapatha but also gives strength to pelvic organs by Vaatashaman. This is achieved when regimen adopted from 9th Month of pregnancy up to delivery.

Key words - Normal Vaginal Delivery, Maasanumasik Garbhini Paricharya, Anuvasan Basti.

Introduction -

Gestation phase begins from embryogenesis up to development of viable fetus. This ends up after expulsion of this fetus by delivery process, which is endless joyful moment for female. Throughout complete antenatal duration, ANC care should be taken to achieve this. When expulsion of viable fetus occurs via vaginal route, its Normal Labor unless & until it is cephalic presentation excluding any risk factors.

Because of adoption western culture, changing lifestyle, sedentary habits etc factors add-on to undergo Caesarian Section. Anxiety, fear of fetal distress enables Obstetrician to take such Section, though, favorable cervical & uterine conditions.

Ayurveda has elaborated Maasanumasik Paricharya for Garbhini keeping an aim in mind to ease in labor. For Sukhaprasava Acharayas have been advised Anuvasan Basti siddha with Madhur Skand drugs.

Out of Madhur Skand Aushadhis, only 5 drugs are chosen for case study,
As follows -
1) Shatavari
2) Bala
3) Guduchi
4) Yashtimadhu
5) Gokshur

Drug Review -

<table>
<thead>
<tr>
<th>Name Of Drugs</th>
<th>Shatavari</th>
<th>Bala</th>
<th>Guduchi</th>
<th>Yashtimadhu</th>
<th>Gokshur</th>
<th>Til</th>
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</thead>
<tbody>
<tr>
<td>Latin name</td>
<td>Asparagus racemosus</td>
<td>Sida cordifolia</td>
<td>Tinospora cordifolia</td>
<td>Glycerrhiza glabra</td>
<td>Tribulus terrestris</td>
<td>Sesamum indicum</td>
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<td>Family name</td>
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<td>Menispermiaceae</td>
<td>Leguminosae</td>
<td>Papilionacea</td>
<td>Zygo-phylaceae</td>
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<td>Shit</td>
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<tr>
<td>Dos hagha</td>
<td>Vaat-Pittagha, Vata-pittagha</td>
<td>Tridoshingha</td>
<td>Vata-kapagha</td>
<td>Vaatagha</td>
<td>Vataghna</td>
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### Classical Review of Anuvasan Basti During Pregnancy

In Sushruta Samhita, Acharya Sushruta has indicated Anuvasan Basti in 8th month of pregnancy during Garbhini Paricharya, in Sharir - sthan Adhyay No.10.

While, Acharya Charaka has indicated Anuvasan Basti in 9th month of pregnancy in Garbhini Paricharyain Sharirsthathan Adhyaya No.8.

According to Sushrut, the dose of Matra Basti is equal to half of the dose of Sneha Basti i.e. Anuvasan Basti.

### Clinical Study -
22 yrs, female patients with primigravida with 36 wks pregnancy fulfilling following criterias is selected for study.

- Engaged & Cephalic presentation
- Placenta other than low lying position
- Single ton pregnancy
- No any pathological state like PIH or Cephalo-Pelvic Disproportion

### Preparation of drug:

Madhur Dravya Siddha Tail was prepared by Sharangdhar Samhita.

1 part: kalk of Madhur Dravya as described above.

4 parts: taila

Firstly Tila tail was heated till fenodbhava then Kalk of Madhur dravays added to it. This was heated on slow flame. Heating was stopped after presence of Siddhilakshanas of tail.

### Administration Criteria -

From 1st day of 9th month up to till delivery, twice a week.

**Matra - 60ml**

### Follow up: after 1 week till start of labor pain

### Action Of Basti:

Acharya Sushruta has mentioned that the action of Basti is mainly due to it Virya. The Bastidravyas spread all over the body, as the water poured at the root of the trees reaches up to leaves.

He has further explained that even though Bastidravyas comes out quickly along with fecal matter, their Virya acts over the whole organism by action of Apaan & other Vayu. This example has similar with Sun withdraws moisture from earth.

As Anuvasan Basti is Sneha Basti, its half quantity used practically, also varnit in Samhita as Matra Basti, giving same results of it.

### Conclusion -

Matra Basti is half quantity of Anuvasan Basti, which is used for facility of administration in 9 maas Garbhnin upto Prasav. As Matra Basti is Sneha Basti, due to Snehana property, the abdomen, flanks, sacrum and all the genital organs becomes Snighda. The Snigtha property not only removes the Ruksha of Vaayu & controls exaggerated symptoms, but also, helps for expulsion of fetus.

Madhur Dravya Siddha Matra Basti strengthens pelvic floor & ligaments as it gets stretched during labor & gives nourishment to it by avoiding vitiation of Vaata.

### Results -

Use of Madhur Dravya Siddha Tail Matra Basti is found effective for Sukhapravas. So, by adopting Ayurvedic Garbhini Paricharya in this era too, facilitates in Sukhpravasa by enhancing Garbhini’s physiological & psychological state.

### References:
1. Charak samhita, sutrasthan 8/32; chakrapani commentary; varanasi; chaukamba prakashan 1984.
5. Bhaishajya ratnavali varanasi, chaukamba prakashan.