

**“Effect of *shatadhauta ghrta* local application on *yonigat sadya vran* with special reference to *episiotomy wound* – a case study.”**Suwarna Govind Patil\*<sup>1</sup>, Mangesh L. Patil<sup>2</sup>

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\* Corresponding author: [Suwarnapatil9@gmail.com](mailto:Suwarnapatil9@gmail.com)**ABSTRACT**

Episiotomy is defined as a deliberate incision taken on perineum to avoid perineal tear during labour. Now days the term episiotomy comes into consideration because the perineal tears can give many complications, like infection, sepsis. Healing becomes problematic even after suturing there may be infection by fecal matter. As the modern science get advanced with new antibiotic, the resistance to various antibiotic increases. As episiotomy wound can be considered as *Sadya vrana*, *Ropan karma* should be done on that *Sadya Vrana*.

The present study entitled, “To study the efficacy of *shata dhauta ghrta* local application on *yonigata sadya vrana* during *sutika avastha* (i.e. episiotomy)” and aims & objectives were decided according to present study. In present study *shata dhaut ghrta* used as a trial drug for this study. The clinical assessment was done on the basis of grading criteria with specific symptomology of patients like Pain, Swelling, Discharge, Edges,

and Smell of *sadya vrana*. It can be conclude that patient applying *shata dhauta ghrta* in *yonigata sadya vrana* during *sutika avastha* (i.e. episiotomy) is quite effective in reducing the Pain, Swelling, Discharge, Edges, and Smell of *sadya vrana*.

**KEY WORDS:** *Yonigat sadya vrana, shata dhaut ghrta, sutika avastha, ropan karma*

**INTRODUCTION**

*Ayurveda* is an applied science and time-tested health system with vast scope of trials to prove certain principles as well as therapeutic effects of the medicines, which is the need of the hour to make the *Ayurveda* more acceptable globally. Classics of *Ayurveda* have emphasized at various places to take care of wounds which occur due to vitiated *doshas* or any trauma. The *Shalya chikitsa* brings out very clearly that *vrana* (wound) is the most significant surgical entity and the knowledge of its effective management for a surgeon is the basic skill required on which the outcome

of surgery revolves. There is a constant need to deal with the inflammation as well as problems in healing in different surgical disorders. The process of wound healing is almost same at the terminal stages, whereas at initial stages it shows some differences and includes a number of cellular and molecular phases till the process of healing is completed. Since time immemorial, it has been an ongoing process to search out better remedy in order to overcome the previous drawbacks. Exposure to infection and prolongation of inflammatory phase plays the prime role to delay the healing process, whereas creating the favorable conditions that allow the wound to heal properly is the ultimate aim of any surgeon. There are many measures to create favorable conditions for wound healing, such as use of antiseptic solutions and antibiotics to combat the infection, inflammation and many agents to remove slough/dead tissues to shorten the inflammatory phase and thus promote the healing process. But these measures have failed to achieve good cosmetic effect by not producing minimal and fine scar formation. This is why the search is still on to find out a drug or drug combination which can fulfill the optimal requirement. Hence, there is a need to find out a rational and optimal healing compound for the wound management in a better way. Here, it is important to find out a single and effective formulation which possesses both *vrana shodhana* and *vrana ropana* properties.

The properties of shata dhauta ghrita. We have decided to study the healing properties of the Ghrita in Yonigat Vrana caused during Prasav.

Reason for Selection of Topic the Yonigat Vran is difficult to heal as it has Stree vishista Marma called Sevani. To overcome this problem we have selected this topic as the property of this Ghrita is kashya-tikta gunatmak & it is easily available & also easy to manufacture, effective & economical to the patient.

### AIMS AND OBJECTIVES:-

**Aim:-** To study the effect of shata dhaut ghrita local application on yonigat sadya vran with Special reference to episiotomy wound.

### Objectives :-

To study efficacy of shata dhaut ghrita on yonigat sadyavran.(vitapcheda)

### MATERIALS AND METHODS :-

Shata dhauta ghrut prepared according to charak samhita.

### CASE STUDY:-

A 30 year old female patient residing in raigad district housewife admitted in IPD with following complaints :FTND PNC Day 1(G2P1L1)

Mild pain at episiotomy suture site Pv bleeding ++

In general examination :- Vitals :- stable

Temp :- afebrile



P/A :- soft, uterus well contracted at the level of umbilicus **Local examination:-**

On left mediolateral side Episiotomy wound:-

- Pain+
- Swelling +
- Discharge +

Edges opposing each other Wound treated with shata dhauta ghrith which applied on episiotomy wound.

Route of drug administration - Local application  
Matra - As per wound size  
Duration-15days Site-perineal skin at wound

### OBSERVATION & RESULT-

The patient was having pain, swelling & mild discharge from episiotomy wound site. After treatment (After applying shaat dhauta ghritha 4 to 5 times per day with good hygiene practice for 15 days) patient was feeling relief from symptoms. Episiotomy wound was healthy. No gapping, redness, swelling at suture site.

### DISCUSION-

Shata dhauta ghritha is 100 times washed clarified butterfat. It is mentioned in traditional texts for the management of conditions like burns,scars, wounds,herpes,

leprosy and other skin disease to be applied externally. It is concluded from the present study that shata dhauta ghruta Application is useful in Pain, Swelling, Discharge, Edges, and Smell of sadya vrana i.e. episiotomy wound.

### CONCLUSION –

Trial drug shata dhauta ghritha is effective in yonigat sadya vran i.e. episiotomy wound. For more scientific validation study has to be conducted on big sample size.

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