

## National Journal of Research in Ayurved Science

*Effect of sharapunkha siddha tail local application on yonigat sadya vran with special reference to episiotomy wound – a case review*

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### **ABSTRACT:**

An episiotomy is defined as a deliberate incision taken on the perineum to avoid perineal tear during labour. Nowadays 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 faecal matter. As modern science get advanced with a new antibiotic, the resistance to various antibiotics increases. As episiotomy wound can be considered as *Sadyavrana*, *Ropan karma* should be done on that *Sadya Vrana*. Dressing with *sharapunkha Siddha tail* in *yonigatasadyavrana* during *sutikaavastha* (i.e. episiotomy) is effective in wound healing.

25-year-old female patient admitted in IPD following had FTND PNC Day 3 undergoes episiotomy. Episiotomy wound was unhealthy containing pus discharge, mild slough, pain. This wound dressing had done with *sharapunkha Siddha tail* for 8 days daily shows signs of healthy wound i.e. absent pus discharge, no slough, reduce pain. *Sharapunkha siddha tail* is effective in *yonigatvrana* (episiotomy).

**KEY WORDS:** *Yonigatsadyavrana, sharapunkha siddha tail, sutikaavastha, ropan karma.*

### **INTRODUCTION :**

*Ayurveda* is an applied science and time-tested health system with a 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 *Shalyachikitsa* brings out very clearly that *vrana*<sup>[1]</sup> (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<sup>[2]</sup> as well as problems in healing in different surgical disorders. The process of wound healing is almost the same at the terminal stages, whereas at initial stages it shows some differences and includes a number of cellular and molecular phases until the process of healing is completed. Since time immemorial, it has been an ongoing process to search out the better remedy in order to overcome the previous drawbacks.

Exposure to infection and prolongation of the 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 the 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 a 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 fulfil the optimal requirement.

Hence, there is a need to find out a rational and optimal healing compound for wound management in a better way.

Here, it is important to find out a single and effective formulation which possesses both *vranashodhana* and *vranaropana* properties. The properties of *sharapunkha siddha tail*<sup>[3]</sup>. We have decided to study the healing properties of the *tail* in *YonigatVrana* caused during *Prasaav*<sup>[4]</sup>. Reason for Selection of this topic is that, the *YonigatVrana* is difficult to heal due to presence of *Streevishista Marma* called *Sevani*. To overcome this problem we have selected this topic as the property of this Tail is *kashaya-tiktagunatmak* & it is easily available & also easy to manufacture, effective & economical to the patient.

#### CASE REVIEW:

A 25-year-old female patient admitted in IPD following had FTND PNC Day 3 undergoes episiotomy. Episiotomy<sup>[5]</sup> wound was unhealthy containing pus discharge, mild slough, pain. Clinical examination shows mild pain at episiotomy suture site with PV bleeding,

Wound examination:-

Location: On left mediolateral side Episiotomy wound, pus discharge, mild slough.

Route of drug administration – dressing.

Duration- 8 day's daily dressing.

Site- episiotomy perineal skin at the wound. This wound dressing had done with *sharapunkha Siddha tail* for 8 days daily shows signs of healthy wound i.e. absent pus discharge, no slough, reduce pain. *Sharapunkha siddha tail* is effective *Ropanakarma* in *yonigatvrana* (episiotomy).

### **DISCUSSION:**

An episiotomy is defined as a deliberate incision taken on the perineum to avoid perineal tear during labour. Healing becomes problematic even after suturing there may be infection by faecal matter. Episiotomy wound can be considered as *Sadyavrana*, In the classical text, there are various ayurvedic drugs mentioned for *Ropanakarma* of *Sadyavrana*. Dressing with *sharapunkha siddha tail* in *yonigatasadyavrana* during *sutikaavastha* (i.e. episiotomy) is effective in wound healing. It is mentioned in traditional texts for the management of conditions like *vrana*, *Dagda*, skin disease to be applied externally. It is concluded from the present study that *sharapunkha Siddha tail* shows *Ropanakarma* effect in *Sadyavrana* i.e. episiotomy wound.

In this patient Episiotomy wound was unhealthy containing pus discharge, mild slough, pain. This wound dressing had done with *sharapunkha Siddha tail* for 8 days daily shows signs of healthy wound i.e. absent pus discharge, no slough, reduce pain. *Sharapunkha siddha tail* is effective in *yonigatvrana* (episiotomy).

### **CONCLUSION :**

In traditional texts for the management of *vrana sharapunkha Siddha tail* is effective. It is concluded from the present study that *sharapunkha Siddha tail* shows *ropana karma* effect in *Sadyavrana* i.e. episiotomy wound. *Sharapunkha Siddha tail* is effective in *yonigat sadyavran* i.e. episiotomy wound.

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*Conflict of Interest: Non*

*Source of funding: Nil*

***Cite this article:***

*Effect of sharapunkha siddha tail local application on yonigat sadya vran with special reference to episiotomy wound – a case review*  
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**Ayurlog: National Journal of Research in Ayurved Science- 2019; (7) (7): 1 - 3**