

VISHAALA (TRICHOSANTHES PALMATA) MOOLA LEPA IN THE MANAGEMENT OF STANAPEEDA W.S.R. TO BREAST ENGORGEMENT- CLINICAL STUDY

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ABSTRACT

Pregnancy is the most beautiful phase of every woman's life. Ayurveda science has given prime importance to this phase and many medicinal drugs are described in various Ayurveda texts for pregnancy related complaints. Health system has reached to a milestones where easy way of treatment is available for many diseases. Breast milk is the first and foremost important diet regime for every baby. In context to this, stana (breast) and stanya (breast milk) is explained in detailed in Ayurveda treatises. After delivery, in sutika kala mother has to come up with many problems. Breast engorgement is one of the commonest complaint. A clinical study on Stanapeeda due to breast engorgement

was conducted at Ayurveda hospital. Vishaala (Trichosanthes Palmata) Moola Lepa was used in 30 patients of breast engorgement and 86.67% got complete relief, 10% got 50% relief and 3.33% got 75% relief. There was reduction in breast unit post treatment.

KEYWORDS: Ayurveda, Stana, Stanya, Stanapeeda, Vishala Moola Lepa.

INTRODUCTION

Stanapeeda is the commonest problem after delivery. Breast feeding is very important for baby's health as breast milk is rich in nutrients and antibodies.^[1] 30 mothers with breast engorgement and painful breasts were treated with Vishala Moola lepa (local application) at

Ayurveda Hospital. This Clinical work was aimed to study the efficacy of Vishaala Moola Lepa on Stana Peeda.

Observations of clinical study

In the present study 30 patients were studied. The patients completed the treatment successfully. These patients were randomly categorized irrespective of age, sex, caste, etc.

Table no. 1: Age wise distribution of patients.

	AS PER AGE	
Age Group	No. of patients	Percentage
15-20	04	13%
20-25	19	64%
25-30	06	20%
30-35	01	3%

It was found that maximum patients were from 20-25 years age group 64%, followed by 20% from 25-30 years, 13% from 15-20 years and 3% patient from 30-35 years.

Table no. 2: Religionwise distribution of patients.

	AS PER RELIGION	
Religion	No. of patients	Percentage
Hindu	25	83%
Muslim	5	17%
Total	30	100%

Maximum patients were from Hindu community (83%), followed by Muslims (17%).

Table no. 3: Occupationwise distribution of patients.

	AS PER OCCUPATION	
	No. of patients	Percentage
Working	5	17
Housewife	25	83%
Total	30	100%

Maximum patients were Housewives (83%), followed by in working females (17%)

Table no. 4: Distribution according to socioeconomic status.

	AS PER SOCIO ECONOMIC CLASS	
Class	No. of patients	Percentage
Lower	23	77%
Middle	07	23%
Total	30	100%

77% patients in the clinical trial belonged to Lower socio-economic class while 23% patients belonged to Middle socio-economic class.

Table no. 5: Distribution according to literacy.

	AS PER LITERACY	
	No. of patients	Percentage
Illiterate	5	17%
Literate	25	83%
Total	30	100%

83 % patients in the clinical trial were literate while 17% patients were illiterate.

Table no. 6: Mode of labourwise distribution.

	MODE OF LABOURWISE	
Mode of labour	No. of patients	Percentage
Spontaneous	17	57%
Induced	10	33%
LSCS	03	10%
TOTAL	30	100

Out of total patients, 57% delivered spontaneously, 33% were induced and 10% by LSCS.

Table no. 7: Type of foetal loss wise distribution.

Type of foetal loss	No. of patients	Percentage
Iud	13	44%
Still birth	03	10%
Second trimester abortion	10	33%
Neonatal death	04	13%
Total	30	100%

Out of all, 44% were IUD, 10% were still birth, 33% were second trimester abortions and 13 % were neonatal deaths.

Statistical analysis

The size of the sample is 30 (n=30).The sample is selected randomly. Data is analyzed by applying paired-t test. Degree of freedom is (n-1) i.e. (30-1) = 29

Table value of t-test at 29 degree of freedom is 2.045

So, t critical = 2.045 at df 29.

So analysis is done by paired‘t’ test within the group for breast unit.

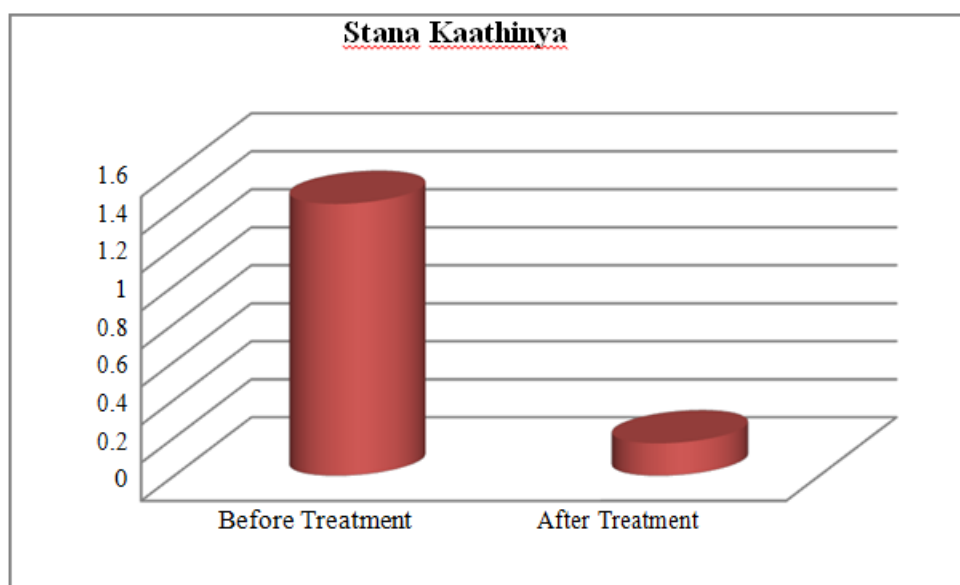
Effect of therapy

Effect of therapy

Effect of Vishaala Moola Lepa on Stana gourav:- 27 patients got complete relief(100%) from stana gourav, 3 patients did not get any relief(0%) . Total percentage relief is 90%.

Effect of Vishaala Moola Lepa on Stana Vedana:- 26 patients got complete relief (100%) from stana vedana, 3 patients got 50% relief and 1 patient got get 66.66% relief. Total percentage relief from stana vedana is 93.89%

Effect of vishaala moola lepa on stana kaathinya



This chart represents effect of vishaala moola lepa on Stana Kaathinya. 26 patients got complete relief (100%) from stana vedana, 3 patients got 50% relief and 1 patient got get 75% relief. Total percentage relief from stana Kaathinya is 94.17%.

Effect of Vishaala Moola Lepa on Breast Unit:- 't' value calculated is 1.6218 which is less than 't' value at 29 degree of freedom in the given table of 't' i.e. 2.045 at probability 0.05. Therefore, there is no significant difference in breast unit before and after treatment and can be considered as insignificant. There was reduction in breast unit post treatment, but statistically it was insignificant.

Relief in symptom Site of Vedana:- The site of vedana 26 patients got 100 relief, 3 patients got 50% relief and 1 patient got 66.66% relief. Total percentage relief was 94.44%.

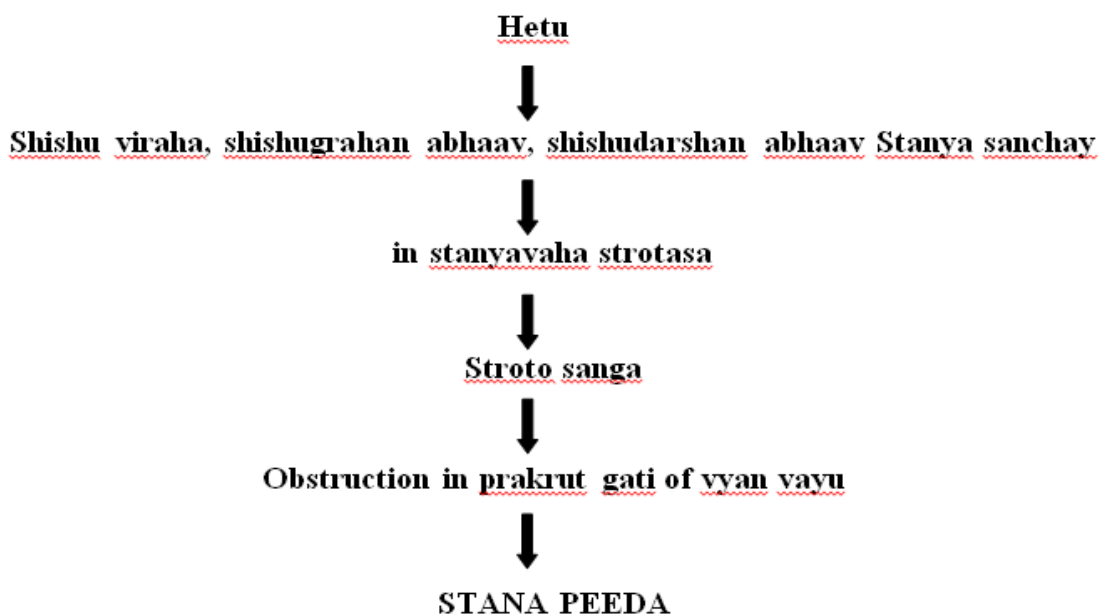
DISCUSSION

Ancient and Modern methodologies of scientific research bring fruitful finding after

discussion based on the observations and analysis. Here, in the present study “Clinical study to evaluate the efficacy of Vishaala (*Trichosanthes Palmata*) Moola lepa in stanapeeda w.s.r. to breast engorgement”, findings derived from the data analysis are subjected to discussion.

Samprapti

Loss of fetus is a very big loss to mother. As a result, milk secreted by breast remains stagnated and unexpressed leading to stana peeda.



Samprapti bhanga

The present study is aimed for relieving stana peeda. The Ayurvedic preparation used for it is Vishaala moola lepa which contains Vishaala moola choorna.^[2] Vishaala being laghu and ruksha, acts as sukshma srotogami, kaphashoshaka and causes srotovivrutatva.^[3] It is also laghu, ruksha and has ushnvirya, hence has sukshmasrotogamitva, kaphashoshak & kapha-vata nashaka property. Thus by vata-kapha nashak activity, the drugs relieve srotosanga and act as vedana shamak by vatanuloman action.^[4]

CONCLUSION

Maximum number of patients were from age group 21-25. But age factor does not affect severity of stana peeda. Though the age group of 15- 20 yrs was taken; all patients were above the age of 18 yrs. Stana gourav is the symptom which is predominantly seen in all patients of stana peeda and 90% got complete relief. Vedana experienced by maximum Number of patients was mild to agonizing in severity. 86.67% patients got complete relief

from the symptom while remaining 13.33% got reduction in their pain. Stana kaathinya reduced significantly, 86.67% got complete relief, 10% got 50% relief and 3.33% got 75% relief. There was reduction in breast unit post treatment, but statistically it was insignificant. Untoward effects were not seen in any patient. Drugs used in the preparation are easy to apply and hence, patients were ready to continue the treatment even at home. It can be said that Vishaala Moola lepa is significantly beneficial in stana Peeda.

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