

EVALUATION OF EPISIOTOMY WOUND HEALING IN AYURVEDA: A CASE STUDY

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ABSTRACT

Giving birth is a life-changing experience in a woman's life, which has a lasting impact both physically and mentally. While it is a joyful moment, at the same time, the post-natal period can bring several complications such as perineal pain, constipation, fatigue, backache, and headaches. These issues can cause significant physical and emotional distress, ultimately affecting the mother's quality of life. Women should be taken care of very well during the post-natal period, especially those who had vaginal delivery and underwent episiotomy. Episiotomy also known as perineotomy is a surgically planned incision of the perineum performed during childbirth to widen the vaginal opening, to facilitate easy and safer delivery of the fetus while minimizing overstretching and rupture of the perineal muscles. The perineum is a naturally moist area, creating an ideal environment for infection and delayed wound healing. The wound thus formed after an episiotomy is associated with immense pain and discomfort and patient seeks appropriate medical care. In India, a high episiotomy rate of 40% has been documented with maximum in primigravida as to widen the

vaginal opening. In *Ayurveda*, *Acharyas* had described different treatment modalities for *Vrana Chikitsa*. Drugs having *Shodhana* and *Ropana* qualities are essential for healing. Hence, the present study was conducted on chronic open wound which was denied for re-

stitching, to ensure faster and healthy healing of the episiotomy wound by utilizing the *Panchavalkala Kwatha* sitz bath and the local application of *Jatyadi Taila*, a well-known formulation which was advised for *Vrana*. Thus, we can conclude from the study that this Ayurvedic regimen effectively manages open episiotomy wounds.

KEYWORDS: Episiotomy, *Vrana*, sitz bath, *Panchavalkala Kwatha*, *Jatyadi Taila*.

INTRODUCTION

Motherhood is a journey of strength, sacrifice, and healing. The pain of birth, the scars of an episiotomy, and the exhaustion of the post-natal period are all reminders of the incredible power a mother holds – to nurture, to endure, and to love unconditionally. Along with a healthy mother, a healthy baby without any iatrogenic injury is the requirement of an obstetrician, hence an episiotomy becomes inevitable at times. A surgically planned incision given on the perineum and the posterior vaginal wall during the second stage of labor is called episiotomy.^[1] The word episiotomy derives from the Greek ‘episton’- pubic region and ‘tomy’- to cut. Hence, episiotomy is an incision of the perineum often synonymous with perineotomy.^[2] This is, not only ensures a smoother and safer delivery of the fetus but also reduces the risk of bleeding, lacerations, and varying degrees of tears. The perineum is highly prone to infection due to exposure to various secretions, including vaginal discharge, feces, and urine. Proper care of an episiotomy wound is essential, as the high vascularity of the perineal area can aid healing but may not always be sufficient on its own. Without appropriate intervention, the wound may lead to immediate complications such as bleeding and infection or long-term issues like dyspareunia, scar endometriosis, or an increased risk of perineal laceration in future deliveries.^[3] Also, postpartum women face a lot of discomfort in sitting, walking, standing, and during urination. Recent medical literature reports that 60% of women who underwent episiotomies experienced severe postpartum pain, 25% developed infections at the wound site, and 20% faced difficulties with intercourse after delivery.^[4] Therefore, the perineal area must heal as quickly as possible to prevent complications. In modern practice, post-operative care of an episiotomy wound involves swabbing with cotton soaked in an antiseptic and antibiotic solution (Povidone-iodine), followed by the application of topical antiseptics or ointment (Furacin or neosporin).^[5] In *Ayurveda*, *Acharya Sushruta* has elaborated on the concept of *Vrana*. For the management of *Vrana* (Wounds), *Acharya Sushruta* has outlined 60 different procedures along with various medicinal formulations. He broadly categorizes these drugs into two groups: *Vrana Shodhan* (Wound cleansing) and

Vrana Ropana (Wound healing). Clinically, *Panchvalkal* has been found highly effective in controlling wound infections when used externally in various forms, indicating its *Vrana Shodhan* (Wound cleansing) and *Ropana* (Healing) properties.^[6] *Jatyadi Taila* is a well-established formulation for wound healing. Its ingredients, such as *Haridra*, *Karanja*, and Salicylic acid, possess *Kushta Ghana* (Skin disease-healing) and *Krimi Ghana* (Antimicrobial) properties.^[7]

MATERIALS AND METHODS

The present study was carried out at Rishikul Ayurveda College and Hospital, Haridwar, Uttarakhand.

CASE REPORT

A married female patient of 32 years visited the OPD OF Prasuti Tantra and Stree Roga on March 25th 2025 at Rishikul Ayurveda College and Hospital, Haridwar, Uttarakhand. Having a complaint that on the 6th day, after her vaginal delivery, the episiotomy stitches had come apart. Had discomfort during sitting position. No history of DM/HTN/Thyroid dysfunction or any medical or surgical history. And no history of similar complaints in any of the family members. Her married life is about 1 year, and is a vegetarian.

Personal history

Appetite - Good

Thirst – 3-4 glass /day

Bowel - irregular

Micturition – 3-4 times /day

Sleep - disturbed

Menstrual history

LMP – 14/06/2024

LDD – 19/3/2025

Duration: 4-5 days

Interval – 28-30 days cycle

Amount – 2-3 pads/ 1-2 days, 1-2 pads last 3 days

Pain – Present,

Clots – Present

Obstetrics history

P1 – 7 days female child, f/b NVD at hospital.

Clinical findings**General examination**

Built – average	PR – 68/min
Height – 5 feet	BP – 120/70 mmHg
Weight – 56 kg	R/R – 16
BMI – 24.11	Temp – afebrile
Pallor – present	Thyroid gland – not palpable

Physical examination❖ *Ashtavidha pariksha*

<i>Nadi</i>	<i>Dwandaja (Pitta-kaphaja), Madhyama gati (68 bpm)</i>
<i>Mala</i>	<i>Nirama, irregular</i>
<i>Mutra</i>	<i>Prakrita varna, 3 to 4 times in day and 1 to 2 times in night</i>
<i>Jihva</i>	<i>Prakrita</i>
<i>Shabda</i>	<i>Prakrita</i>
<i>Sparsha</i>	<i>Samsheetoshna</i>
<i>Drik</i>	<i>Vikrita (Pandura)</i>
<i>Akriti</i>	<i>Madhyama</i>

❖ *Dashavidha pariksha*

<i>Prakriti</i>	<i>Pitta kaphaja</i>
<i>Vikriti</i>	<i>Pitta-vata Pradhan</i>
<i>Sara</i>	<i>Madhyama</i>
<i>Samhanana</i>	<i>Madhyama</i>
<i>Pramana</i>	<i>Madhyama</i>
<i>Satmya</i>	<i>Madhyama</i>
<i>Satva</i>	<i>Madhyama</i>
<i>Ahara Shakti</i>	<i>Abhyavaranashakti-Madhyama</i> <i>Jaranashakti- Madhyama</i>
<i>Vyayama shakti</i>	<i>Madhyama</i>
<i>Vaya</i>	<i>Madhyama</i>

Systemic examination

CNS – Conscious and well-oriented to person, place, and time.

CVS – Normal S1 and S2 heard. Not any abnormal murmur sound present R/S – B/L chest wall symmetrical and clear.

P/A

Inspection – Normal contour of the abdomen, umbilicus centrally placed, striae gravidarum present.

Palpation – Soft and non-tender, contracted uterus present

Percussion – not any fluid thrill present

Auscultation – Bowel sound heard

On examination

- An unhealthy wound was found at 7 O'clock position.
- Wound dehiscence
- No raw granulate tissue, discharges were also absent.
- Tenderness present

Treatment given

The patient was advised to take lukewarm *Panchvalkala Kwatha* Sitz bath and topical application of *Jatyadi Taila* to the episiotomy wound two times a day for 15 days.

Diet regimen – *Godhuma* (wheat), *Shasthishali* (Rice), *Moonga* (Green gram), *Navneeta* (Butter), *Godugdha* (Milk), having *Balya*, *Deepan*, *Shrotoshodhan*, and *Vatashamak* property is advised.

RESULT

Panchvalkala kwatha^[8] has *Vrana Shodhana*, *Vrana Ropana*, *Shothahara*, *anti-inflammatory*, *antimicrobial*, and *analgesic* properties which accelerate the healing of wounds, reducing pain and inflammation. *Jatyadi Taila* has *Shodhana*, *Ropana*, *Kandughna*, *Krimighna*, and *Raktstambhak* properties. All these properties progress the formation of healthy granulation of tissues & ultimately healing of wound is achieved.



Before



After

DISCUSSION

Ayurveda offers a holistic cure by not only alleviating illness symptoms but also enhancing overall health. The aforementioned herbal drugs possess *Vrana Shodhana* (Wound cleansing), *Vrana Ropana* (Wound healing), and *Kandughna* (Anti-itching) properties, which are essential for effective wound recovery. These properties have been found highly beneficial in numerous patients experiencing symptoms related to *Utkartana* (Episiotomy). Their antiseptic, antimicrobial, and antibacterial effects promote faster healing, making them a promising alternative to allopathic treatments for episiotomy wounds to establish their efficacy with greater confidence.

CONCLUSION

However, episiotomy has several controversial issues regarding its performance and position, it is always better to perform under strictly aseptic measures and with appropriate length so that, it reduces maternal and childbirth trauma. The present study indicates that the treatment appears safe, effective, and harmless. Based on the above study, it can be concluded that the *Panchvalkala kwatha* sitz bath and local application of *Jatyadi taila* appear to be effective in promoting wound healing in episiotomy.

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