

EVALUATING THE ROLE OF ANUVASANA BASTI AND YONI PICHU IN THE OUTCOME OF NORMAL LABOUR-A REVIEW

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ABSTRACT

Birth is a natural process. Recent data reveals that in India the rate of caesarean sections has doubled over the last decade raising the country's average caesarean-section rates. The incidence of labor induction has also increased due to failure of spontaneous onset of labor at term or to shorten the duration of labor according to the convenience of healthcare workers. But there are potential risks associated with the procedure. The intervention affects the natural process of labor and may be associated with increased risks of complications like bleeding, caesarean section, uterine hyper stimulation, and rupture. Therefore, safer methods of easing and facilitating the labor process are necessary. *Ayurveda* recommends a monthly dietary and lifestyle regimen for the normal progression of the antenatal period, ensuring the mother's and child's health and a smooth delivery. Ninth month regime of *anuvāsana basti* (oil based enema) and *yoni pichu* with medicated oil is one important component of this antenatal care (*garbhini paricharya*). *Yoni Pichu* (tampons) helps to provide lubrication to genital tract and *Anuvāsna Basti* is used for *Vata*

Anulomana so as to facilitate normal delivery.

KEYWORDS: *Anuvāsna Basti, Yoni Pichu, Garbhini Paricharya.*

INTRODUCTION

Pregnancy is a state where a woman not only requires a particular dietary regimen but also

certain measures to prepare herself physically and psychologically for this natural process. Passage through the birth canal is the most difficult journey made by an individual in his or her life. The risk increases with any technique used to induce or augment labor. However, the incidence of labor induction to shorten the duration of pregnancy has continued to rise in recent decades. In developed countries, the proportion of infants delivered at term following induction of labor can be as high as one in four deliveries.^[1]

Induction of labor is being done as per the convenience of health-care workers to shorten the duration of pregnancy. However there are potential risks associated with the procedure for which pregnant woman and her baby need to be monitored closely. This strains the limited health-care resources in under-resourced settings in developing country like India. In addition, the intervention affects the natural process of labor and may be associated with increased risks of complications, especially bleeding, caesarean section, uterine hyper stimulation, rupture and other adverse outcomes.^[2] Caesarean section again is associated with short- and long term risks, which can extend beyond the current delivery and affect future pregnancies.^[3] On the other hand, natural vaginal delivery has its own benefits. So need of the hour is to adopt some safer and holistic ways to ease and augment the process of labor. Ayurveda proposes *apana vayu* (force responsible for downward movements) is responsible for the expulsion of fetus and *vyana vayu* causes *prasara-akshepa* (contraction and relaxation).^[4] Normal labor depends mainly upon natural function of these two factors). For their smooth functioning, a regimen composing of *anuvasana basti* and *yoni pichu* with *madhuraushadha siddha taila* in ninth month of pregnancy is recommended in *Charaka samhita*.^[5]

MATERIALS ANDS METHODS

Materials: Literature related to the title is explored from all *Brihatrayees*, *Laghutrayees*, and also from all contemporary textbooks, relevant journals, and Websites.

Methodology: Review Article.

DISCUSSION

Basti is considered as the best treatment for *Vata Dosha*. In pregnant woman, *Basti* is indicated for regulation and *Anulomana* (movement in appropriate direction) of *Apan Vayu*. *Apan Vayu* plays an important role along with *Vyana Vayu* in act of contraction and relaxation of uterus and in expulsion of foetus. *Vyana Vayu* is situated in the whole body,

which is said to cause all types of movements (contractions), *Prasarana* (relaxation) etc.^[6] *Vyana Vayu* stimulates the act of contraction and relaxation in the uterine muscles and due to this, *Apana Vayu* becomes active to expel the fetus outside the *Garbhashaya*. In the next context of mechanism of normal labour *Charaka* has used a term (as sub type of *Apan Vayu*) having a special function of (expulsion of fetus). In *Charak Samhita, Siddhi Sthan* it is mentioned that, by reaching up to umbilical (transverse colon), sacroiliac (rectum), flanks and hypochondriac region (ascending and descending colon) draws out all the retained fecal and morbid matter present there in by its unctuous effect in the whole body.^[7]

Basti when infused in the (colon) due to its *Veerya* (potency) it draws out the morbid matter lodged in the entire body from foot to the head, just as the sun situated in the sky sucks up to moisture from the earth.^[8] *Acharya Susurta* says that *Veerya* of *Basti* acts over the whole body through the intervention of *Apan*. Just as the water poured at the root reaches all parts of tree thus been through micro and macro channels. Similarly medicines duly administered through the rectum with the help of *Basti* remains in *Pakvashaya* in the region of pelvis and below the umbilicus regions where from the *Veerya* of *Basti* medicines spreads all over body.^[9]

Probable mode of action of *basti* is that the administration of *Anuvasana basti* improves *snigdha* property in the mother's body parts like abdomen, flanks and genital organs. *Guda* being *mula* of *siras*, the active principle of *taila* gets absorbed and augments the *avi*. This can be understood as viscera's in body are supplied by autonomous nervous system and when *basti* is administered there may be stimulation of autonomic nervous system which then stimulates hypothalamus to secrete oxytocin and increases uterine contractions.^[10] It also promotes the natural functioning of *apana vayu* and *prasoorti maruta* which helps in *sukha prasava* by regulating the act of contraction and relaxation of uterus.^[11]

As per modern perspective the mechanism of action of *basti* has been postulated in two ways; first is absorption and second is stimulation of enteric nervous system (ENS). The *basti dravyas* absorbed from trans-rectal route can show effect all over the body. ENS is a collection of neurons in the gastrointestinal tract that constitutes brain of gut. It also influences the autonomic nervous system (ANS) thereby producing systemic effects. It also contains sensory, motor and inter-neurons which respond to mechanical, thermal, osmotic and chemical stimuli. These neurons secrete an intimidating array of neurotransmitters and exert their excitatory and inhibitory functions. So *basti* can stimulate the ENS and thus it

shows its systemic effects by stimulation of ANS.^[12] Application of *yoni pichu* lubricates the whole vaginal canal due to its *snigdha* property. *Pichu* may slowly increase water absorption, decrease collagen and glycoprotein and increases mucopolysaccharides. This action helps in effacement and dilatation of cervix. Effective cervical effacement increases myometrial contractions, thus early dilatation of cervix along with good uterine contractions shortens the duration of labor. *Pichu* might have influenced the prostaglandin apparatus or autonomic nervous system which helped in better and coordinated myometrial contractions.^[13] Daily insertion of *yoni pichu* in the ninth month of pregnancy causes irritation of cervix, which leads to slow production of prostaglandins resulting in enhance gap junction formation and thereby initiates labor.^[14]

COMMON DRUGS USED FOR BASTI AND YONI PICHU

Baladi taila prepared by medicating tila taila (sesame oil) with Bala (*Sida cordifolia*) and Atibala (*Abutilon indicum*) for anuvasana basti/matra basti and yoni pichu.^[15] Oil prepared by medicating tila taila with Eranda(*Ricinus communis*) mula, Ashwagandha (*Withania somnifera*), Guduchi (*Tinispora cordifolia*) and Sariva(*Hemidesmus indicus*).^[16] Madhura aushadha siddha taila prepared by using Shatavari(*Asparagus racemosus*), Vidarikanda(*Pueraria tuberosa*), Yashtimadhu(*Glycyrrhiza glabra*), Mudagparni(*Phaseolus trilobus*), Mashaparni (*Teramnus labialis*), Jivanti(*Leptadenia reticulata*).

CONCLUSION

Use of *Anuvasana Basti* and *Yoni Pichu* during the ninth month of pregnancy is to control and regulate *Apan Vayu*, *Anuloman* of *Apan Vayu*. It also helps in lubrication of the birth tract, easy widening of the tract, easy expulsion of the fetus without much difficulty to avoid any post partum complications.

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