

**MANAGEMENT OF EPISIOTOMY WOUND WITH GUDUCHYADI
KWATHA SADHITA KARPASA KOSHA BANDHA - A PILOT STUDY****Dr. Gayathri Bhat N. V.*¹ and Dr. Ashritha Shetty K.*²**

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ABSTRACT

Episiotomy is a surgical planned incision given on the perineum and posterior vaginal wall during second stage of labour. Considering episiotomy wound as ChhinnaVrana, Guduchyadi Kwatha Sadhita Karpasa Kosha Bandha having action of VranaRopana and Shothahara was applied in this condition to evaluate its role in management of this wound. Five cases with sutured episiotomy wound following vaginal delivery were treated with Guduchyadi kwatha comprising of Guduchi, Haridra and Triphala. 7 days application of this Kosha Bandha (without administering antibiotics and analgesics) provided considerable improvement in wound healing and reduction in pain.

KEYWORDS: Episiotomy, China Vrana, Guduchyadi Kwatha

Sadhita Karpasa Kosha Bandha.

INTRODUCTION

Episiotomy is a surgical planned incision given on the perineum and posterior vaginal wall during second stage of labour^[1] to prevent perineum tear. Its aim is to enlarge the perineum, to help easier childbirth and prevent perennial lacerations which may extend to anal sphincter. Episiotomy was not in practice in ancient time but management of yoni kshata^[2] (vaginal wound) is mentioned in Sutika Roga. According to Ayurveda this type of ulcer is called Chinnavrana (incised wound).

Nowadays the episiotomy rate is increasing which is done to avoid complications during parturition period. Worldwide 27% incidence has been noticed and in India 56% incidence are documented.^[3]

In practice antibiotic and anti-inflammatory drugs are used in the treatment of episiotomy wound. Some puerpura may have allergic reactions, gastritis etc effects by these drugs and they may cause different health problems in breast fed infants. Hence there is a need to find a herbal remedy which acts as anti-inflammatory and analgesic to promote wound healing.

Hence, Guduchyadi Kwatha comprising of Guduchi- 1 part, Triphala- 1 part and Haridra- 1 part is selected for present study. The drugs selected are having vranaropana, shothahara and shulahara property. Karpasa kosha bandha prepared out of Kashaya is used as vrana bandha. Karpasa as vrana bandhana dravya is explained by Acharya Sushruta in vrana lepana bandhana vidhi adhyaya^[4] and in the same chapter he has explained kosha as one of chaturdasha bandha vishesha.^[5] Bandha is one among Shasti Upakrama^[6] for vrana chikitsa by Acharya Sushruta.

AIM AND OBJECTIVE

To evaluate the effect of Guduchyadi Kwatha Sadhita Karpasa Kosha Bandha in episiotomy wound healing.

MATERIALS AND METHODS

Five fresh cases of vaginal delivery which were given episiotomy incision and then sutured where selected from the labour room of SDM College of Ayurveda and Hospital, Hassan.

From the first day onwards these patients of episiotomy wound were treated with Guduchyadi Kwatha Sadhita Karpasa Kosha Bandha.

Inclusion criteria: Both Primi and Multi gravida with episiotomy sutured wound were selected.

Exclusion criteria: Diabetes mellitus, hypertension, tuberculosis, thyroid dysfunction, skin disease, HIV, HBSAG, VDRL positive and Perineal tear, perineal hematoma, abscess and impaired wound healing.

Method of application: First the wound was cleaned by pouring (Parisheka) of lukewarm water and then it was dried with a sterile gauze. The sterile karpasa kosha bandha obtained after dipping in guduchyadi kwatha and dried under sunlight, and sterilized in UV sterilization box is used here. It is applied on the episiotomy wound and packing is done. Care was taken to maintain the local hygiene. Kosha was applied twice daily for a period of 7 days. Neither any antibiotic nor any other drug was given during the treatment period.

Diet: Routine Suthika Paricharya was advised.

Assessment Criteria

1. The effect on pain in the wound was assessed by adopting Defence veterans pain rating scale (DVPRS)
2. The effect on episiotomy wound was assessed by using REEDA scale, the details of which are given in Table 1.

Table 1: Pattern of Reeda Scale.

Points	Redness	Oedema	Ecchymosis	Discharge	Approximation
0	None	None	None	None	Close
1	Within 0.25cm of the incision bilaterally	Perineal, less than 1cm from incision	Within 0.25cm bilaterally or 0.5cm unilaterally	Serum	Skin separation 3mm or less
2	Within 0.5cm of the incision bilaterally	Perineal or vulvar between 1-2cm from incision	Between 0.25cm-1 cm bilaterally or between 0.5-2 cm unilaterally	Serosanguinous	Skin and subcutaneous fat separation
3	Beyond 0.5cm of the incision bilaterally	Perineal or vulvar, greater than 2cm from incision	Greater than 1 cm bilaterally or 2cm unilaterally	Bloody purulent	Skin, subcutaneous, fat and fascial layer separation.
Score					

RESULTS

Episiotomy wound of 5 patients have been shown in Figure 1. The wound with the application of guduchyadi kwatha sadhita karpasa kosha bandha is shown in figure 1, figure 2, figure 3 and figure 4 shows the condition of wound on 1st, 3rd, 7th and 15th day of treatment respectively. REEDA scale showed 100% improvement in inflammation ie no redness and edema (Table 2). There was no discharge from the wound before and after the treatment.

Table 2: Day wise Effect of Guduchyadi Kwatha Sadhita Karpasa Kosha Bandha on episiotomy wound as per REEDA scale.

Cases	Day 1 and 3	Day 7	Day 15
Case - 1	14	02	00
Case - 2	13	04	00
Case - 3	14	03	00
Case - 4	13	02	00
Case - 5	14	03	00

Day wise Effect of Guduchyadi Kwatha Sadhita Karpasa Kosha Bandha on episiotomy wound as per DVPRS scale.

	Day - 1	Day - 3	Day - 7	Day - 15
Case - 1	08	07	01	00
Case - 2	09	08	01	00
Case - 3	08	07	01	00
Case - 4	09	07	02	00
Case - 5	09	07	02	00



Fig.1 Day-1



Fig.2 Day-3



Fig.3 Day-7



Fig.4 Day-15.

MODE OF ACTION: The drugs selected for the study ie triphala, guduchi and haridra are having properties like vrana shodhana ropana, shothahara, sandhaniya, krimighna, Kustaghna, vedhanasthapana, dahaprashamaka, shonitasthapana, tridoshashamaka. Thus they help in wound healing.

CONCLUSION

This pilot study concludes with the findings significant in episiotomy wound healing with local application of guduchyadi kwatha sadhita karpasa kosha bandha for 7 days.

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