

## **A review on Ayurvedic Management of Labor**

Dr. Suryawanshi Nitin (M.S)

Dr. Urmila Suryawanshi (B.A.M.S)

Professor and HOD 1Department of Prasuti Tantra & Striroga,

### **Abstract**

Motherhood is an important part of a woman's life; without it, their existence feels meaningless. Becoming a mother is every woman's dream. Still, there is always fear about the mode and complications of labor. Acharya Kashyapa explained, "During labour, her one leg is in this loka, and another leg is in Yama loka." Most of the maternal deaths are due to preventable causes such as PPH, infection, and obstructed labour. In India, every 10 minutes, a woman dies due to pregnancy and childbirth complications. For the completion of labour, normalcy of Vata is essential, which can be achieved through proper Garbhini Paricharya. Different stages of Prasava and its Paricharya are explained by our Acharyas. Violation of Vata causes Prasava Sanga, and its management is also explained in the classics. Treatment of placental retention and its treatment are explained by Yoni Dhupan, etc. So, in this direction, this paper highlights the concept of Garbha and Prasava in detail, as well as its management as taught in our classics.

Key words Prasava, PPH, Apanvata, Sanga, Garbha

### **Introduction**

Labour pain is always a concern for mankind. It is an anticipatory self-limiting normal process which ends with the birth of a baby and expulsion of the placenta, requiring minimal assistance and supervision. Labor pain that results from both psychic and reflex action can be divided into three categories: emotional, functional, and psychological.<sup>1</sup> Childbirth and delivery are unique events in a woman's life. If not dealt with well, it could lead to unpleasant

experiences and mental agony. Despite several advances in medicine, the ideal management of a mother with labor pain remains one of the most important issues of the healthcare system in many countries.

2 Ayurveda has given much importance to Prasava, and describes the stages of Prasava like Prajayani and Upasthita Prasava. For Prasava, the proper functioning of Apanvata is highly essential.<sup>3</sup>

### **Nirukti of Prasava**

गर्भ मोचनम तत् पर्यभर् प्रसुतत (शब्ध कल्प द्रुम)<sup>4</sup>

Mochana means Moksha, i.e., Moksha from Garbhavasa. The importance of Prasava has been given since the Vedic period. In the Rigveda, Aswini Kumars did Suka Prasava of Vaghrimati, and in the Atharvaveda, Garbha was said to be Nivas for Devas, and we have the reference of prasava in Samhita kala, explained prasava kala, prasava lakshanas, Prasava paricahrya, sutika paricahrya.<sup>5</sup> Labour is very unpredictable to foretell the exact onset. Our Acharyas explained the duration of normal labour as navam & dhasham masa. If delivery does not happen in this period, then the child is said to be vikruta.

### **3 Prasava hetu**

According to Acharya Sushruta, the fruit detaches from its stalk due to the time factor coming down naturally; similarly, the Garbha detaches from its nadi nibhadhan, due to its specific nature.<sup>6</sup> Harita quoted Garbha- Vasa Vairagya as one of the causes for prasava<sup>7</sup>.

Bhela explained that after attending Sampurnata by fetus, then only prasava proceeds.<sup>8</sup>

Clinical features of Prajayini - Women having laxity of kuksi, release of bond of hrdaya, and pain in thighs, and Bhavaprakasha termed this stage as prasvotsuka.<sup>9</sup>

Clinical features of Asanna/ Upasthita prasava - Recurrent severe pain around the back and sacrum, excretion of feaces and urine with increased frequency and mucoid discharges per vagina<sup>10</sup>.

### Importance of Garbhini Paricharya in Prasava

According to Acharya Charak there is no cause greater than Vata in the manifestation of disease, and there is no better remedy than Basti. 8th month Garbhini Parichary- If Vata is functioning normally, then the lady delivers without difficulty & remains free from complications. Asthapana basti (badhari,bala,atibala,shatpuspha,mastu, milk, curd) followed by Anuvasan basti (with milk & decoction of drugs of madhura dravyas). For internally sinigdha yavagu, & mamsa rasa of wild animals, due to this her body becomes snigdha & gains strength, and delivers normally without complication. 11 9-month paricharya- Anuvasan basti prepared from madhura dravayas, for internally, meat soup with cooked rice and fat or rice gruel mixed with a good quantity of fat should be given. Yoni pichu should be used for the lubrication of Garbhasthana & Garbhamarga<sup>12</sup>.

Management of Labour After the onset of labor pains, the woman should be made to sit on a soft cushion spread over ground. A woman having the experience of conducting labour should encircle and encourage the women by consoling them with pleasant words. After descending of the head, the woman should be made to lie down on the bed & be advised to bear down. The attender should recite repeatedly the mantra Panchamahabhut & prajapathi should protect you & make you free from this shalya.<sup>13</sup> Women should be encircled by kumaras & hold the fruit-bearing masculine name. Abhyanga followed by a bath with lukewarm water & made to drink yavagu, and sleep in a supine position with flexed thighs on a soft bed having a pillow & be attended by mature, expert four women having their nails trimmed, after descending, a pleasing massage should be done on genitalias.<sup>14</sup> He specified the Kautuka mangala, a soft cushion spread over the ground

covered with the skin of a red bull and women attending her should wear intact cloths. Women should be given inhalation of powders like Kusta, Ela, Langali, Vacha, Chatraka, Cirabali. Or intermittent inhalation of smoke of Bhurjapatra or leaves of Simsipa, Sarjarasa 15 Attender should console, encourage, and delight the pregnant woman, narrate to her the pleasures of children and the sorrows of a childless couple. Use of meat soup during Prasava kala, a woman anxious to deliver should be remain happy free from shyness & encircled by old women.16

Cause & Management of Delayed Labor- शुक्रस् शीघ्रमुत्सगं सङ्गं विकृतमेि िय ॥

1) Drugs used for Yoni Dhoopan/Lepana17 Fumigation with the slough of a black snake or Pinditaka should be done. Paste of root Potaki kalka + Tila Tail application inside the vaginal canal brings easy delivery.

2) Amulet of drugs or Anointment over parts of body18 Root of Hiranyapushpi should be tied over arms or legs, or Suvarcala or Visalya should be used. Root of Iksu, measuring to the length of women, should be tied in the waist. Root of Langali, Pratyakpushpa, Paribhadra, or Kakajangha should be tied in waist. Paste of Krisna and Vaca mixed with water and castor oil apply over the umbilicus. Chanting of Mantra helps in delayed labor19: “All the ties and special bonds are realised, the rays have been emitted by sun, the fetus is now free from all fears, now do not delay do not delay” 3) Oral medication20- Root powered of Matulunga + Madhuyasti + Ghrita helps for sukaprasava Placental Expulsion – Charaka says that after delivery of fetus one of the attendants inspect carefully that whether placenta is expelled or not Treatment for Retained Placenta21 – Vitiation of Vayu is main etiological factor for retention of placenta, with its suppression placenta comes out immediately External manipulations for placental expulsion22- Compressing forcefully the abdomen of delivered women

over umbilicus and holding her by back or holding her by both the arms violent jerks should be given. The attendant should repeatedly compress the pelvis of the delivered woman. The throat and palate should be touched with a braid of hair or a finger wrapped with hair. The throat should be touched with a braid of hair.

2) Vaginal fumigation to expel the placenta<sup>23</sup>

a) Bhurjapatra, kakamachi, and slough of snake

b) Bhurjapatra and Guggulu, vaginal massage with Shalmali ghrita and fumigation with Nimba, Katukalabu, slough of snake

3) Vaginal application<sup>24</sup>-Kalka of Guda + Shunti lepa, Bhurja patra, Langali, Tumbi, Sarpa twak, Kusta, Sarshapa

4) Applications and irrigation of drugs<sup>25</sup>- Root paste of Langali applied on hands and over stomach. Irrigation with the latex of Mahavrksa overhead.

5) Vaginal tampon<sup>26</sup> -Tampon soak with oil prepared with Satapushpa, Kusta, Madanphala, and Hingu. The above drugs are used for Anuvasan basti. Siddartaka, Kusta, Langali, latex of Mahavrksa mixed with Surmanda used for Anuvasan basti.

6) Manual removal of placenta<sup>27</sup>- Lubricated hand and trimmed nail should be inserted following the umbilical cord and remove the placenta and membrane. Conclusion 1. Labour events have a great psychological, emotional & social impact on the woman & her family. She experiences stress, and the caregiver should be tactful, sensitive & respectful to her.

2. A proper understanding of the mechanism of labour helps to guide the obstetrician to differentiate normal from abnormal conditions during the process of labour to avoid complications for either the mother or the fetus.

3. For Prasava, the proper functioning of Apanvata is highly essential for maintaining normalcy of Vata; proper Garbhini Paricharya should be followed as told in our classics.
4. Procedures conducted were maintaining the normalcy of Vata, and most of the drugs used in the management of labour were Garbhashayo-Uttejaka due to its Tikshana Guna and Prabhava.
5. Further research should be conduct to know the mode of action & pharmacological action of the drugs.
6. By studying only one science a man can never catch the true import of science, so one should study the allied branches as much as possible.

#### References

1. J . Balalakshmi. Journal on Effectiveness of slow – paced breathing on labor pain perception among mothers delivering at Sri Rama Chandra Hospital, Chennai
2. Sachdeva R.K..A Guide to Obstetrics & Gynaecology by, 5th edi. NewDelhi
3. Kaviraj Ambikadatt Sushruta samhita with Ayurvedatatwa sandipika hindi commentary, ,Sha.sthana.10/6.
4. Raja Radhakanta Deva. (ed) Shabda kalpadruma Vol 3,3rd ed Varnasi. Chaukhamba Sanskrita Series ,p-320.
5. Sharma P.V.Sushruta samhita with Dalhans commentary by Chaukhamba Prakshana. Varnasi, Vol-2Sha.sthan.page -225.
6. Shastri Ramvalmba. Harita samhita by Chaukhamba Prakshana. Varnasi p- 448-49.
7. Bhela Samhita 2008ed. Varnasi: Chaukhamba Bharati; 2008. P-231.
8. Mishra Shri Bhramshankar. Bhavapraksha Purvakhand: Varanasi; p- 92-96.

9. Sushruta samhita with Dalhans commentary. Chaukhamba Prakshana.Varnasi, Vol- 2Sha.sthan.10/6,7. P-225.
10. Sharma P.V.Sushruta samhita with Dalhans commentary . Chaukhamba Prakshana.Varnasi, Vol-2Sha.sthan.10/8. P-225.
11. K.R.Murthy Astang sanghrraha 2,Sha.sthana.3/18,20 p-38. of Vagbhat by,Chaukhamba orientalia ,Varnasi, vol 13 Sushruta samhita with Dalhans commentary . Chaukhamba Prakshana.Varnasi, Vol 2Sha.sthan.10/8. P-225.
12. K.R.Murthy Astang sanghrraha of Vagbhat,Chaukhamba orientalia ,Varnasi, vol 2,Sha.sthana.3/18, p37.
13. K.R.Murthy Astang sanghrraha of Vagbhat by ,Chaukhamba orientalia ,Varnasi, vol 2,Sha.sthana.3/18 p-38. 1
4. P.V.Tewari Kashayap samhita, by,Chaukhamha visabharati Varnasi , Kilha stana p- 792.
15. Sharma P.V Sushruta samhita with Dalhans commentary. Chaukhamba Prakshana.Varnasi, Vol-2Sha.sthan.10/11, P-300.
16. Sharma P.V Sushruta samhita with Dalhans commentary. Chaukhamba Prakshana.Varnasi, Vol-2Sha.sthan.10/11, P-300.
17. P.V.Tewari. Kashayap samhita, Chaukhamha visabharati Varnasi , Khil sthana p- 794.
18. K.R.Murthy .Astang sanghrraha of Vagbhat by,Chaukhamba orientalia ,Varanasi, vol -2,451.
19. Ganashaya pandeya .Agnivesha of charak samhita by Chaukhamba orientalis, varnasi sh.8/41. P-67.
20. K.R.Murthy .Astang sanghrraha of Vagbhat by,Chaukhamba orientalia ,Varnasi, vol 2,Sha.sthana.3/3 p-47.
21. K.R.Murthy Astang sanghrraha of Vagbhat ,Chaukhamba orientalia ,Varnasi, vol 2,Sha.sthana.3/3 p-47.

