

Clinical effects of ekal aushadhi and aushadhi yoga in sukhprasava: A review

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Abstract

Woman is a very beautiful creation of God and motherhood is a wonderful power given to her. Along with the joy of becoming a mother, there is also the fear of suffering during childbirth. World Health Organization (WHO) has been warning about the rising rate of C-section and recommends that countries should maintain a rate of 10-15% of total deliveries for LSCS. As per, National Family Health Survey 2015-2016 (NFHS –4), the Caesarean rates at population level in India seem to be average of 17.2%. Ayurveda elaborates types of *Aahara*, *Vihara* and *Upchara* for the antenatal care and during labour; to make the delivery of woman a pleasant experience. Many herbal drugs for *Sukhaprasava* has been suggested by many procedures which can be easily available. Even a single drug can modify the very painful delivery to *Sukhaprasava*.

Keywords: ayurveda, ekala aushadhi-aushadhi yoga, herbal drugs, sukhprasava

Introduction

Prasava is the moment when a child born, the mother is also born. When the woman expels a full term foetus is called *Prasava*. The process of giving birth to a child is called labor because in this process the mother has to work very hard physically as well as mentally. Several factors affect a woman's perception of labour making each experience unique.

However as a consistent finding, labour pain is ranked high on the pain rating scale when compared to other painful life experiences [5]. The pain is almost the same for both when compare to other painful life experiences [1]. Ayurveda explains the ways to reduce this pain and to make it *Sukhaprasava*. In which many types of single medicines, yoga of medicines, exercises and *Vihara* are mentioned. Here some single drugs and some of the formulations are mentioned for achieving this goal.

Aim

Aim of this review is to elaborate about some *Ekala Aushdhi* and *Aushadhi yoga* in *Sukhaprasava*.

Objective

To know about clinical uses of drugs in *Sukhaprasava*.

Conceptual Study

Definition of *Sukhaprasava* according to Ayurveda:

Acharya Charaka: The term "*Prakrit Prasava*" is defined as it fulfils the given criteria that is *Upasthit kala*; means at full term, *Avaksira*; means cephalic presentation. So at the onset of labour the fetus get turned and comes forward due to action of *Prasuti maruta* and then is expelled through *Apatyamarga* (vaginal passage), this is normal labour, other situations are abnormal [2].

Acharya Sushruta: During labour the foetal head by its own nature or default goes towards the birth canal first.³

Acharya Dalhan: It is a natural phenomena influenced by deeds of previous life [4].

Acharya Vagbhata: The process of *Garbha nishkramana* has been described as similar to Acharya Charaka then the placenta detached from mother's heart and delivered.⁵

Acharya Bhela: The foetal part which presents first is delivered first [6].

Brief introduction of *Sukhaprasava* herbal drugs [7, 8]

Patha

Latin name: *Cissampelos pareira* Linn

Family name: Menispermaceae

Synonyms: *Ambashtha*, *Vartikta*, *Aviddhakarni*, *Piluphala*, *Paadh*, *Paadhi* (Hindi)

Rasa: Tikta Guna: Laghu, Tikshna

Virya: Ushna Vipaka: Katu

Langali

Latin name: *Gloria superba*

Family name: Liliaceae

Synonyms: *Kalihari*, *Agnishikha*, *Garbhnut*, *Glory Lily* (Eng.)

Rasa: Katu, Tikta Guna: Laghu, Tikshna

Virya: Ushna Vipaka: Katu

Prabhava: Garbhapatana in Garbha Sanga and Aparasanga.

Vasa

Latin name: *Adhatoda vasica* Nees.

Family name: Acanthaceae

Synonyms: *Vasika*, *Vasak*, *Simhasya*, *Vaajidant*, *Vrish*, *Aatrushak*, *Adhusa* (Hin.), *Malabar nut* (Eng.)

Rasa: Tikta, Kashaya Guna: Laghu, Ruksha

Virya: Sheeta Vipaka: Katu

Apamarga

Latin name: *Achyranthus aspera* Linn.

Family name: Amaranthaceae

Synonyms: Shikhari, Adhahshalya, Mayurak. Kharamanjari, Pratyak pushpa, Aghaat, Chidchidi (Hin.) Prickly chaff flower (Eng.)

Rasa: Katu, Tikta Guna: Laghu, Tikshna, ruksha Virya: Ushna Vipaka: Katu

Matulung

Latin name: Citrus medica

Family name: Rutaceae

Synonyms: Bijpur, Ruchak, Bijaura (Hin.), Citron

Rasa: Madhur Guna: Laghu, Snigdha

Virya: Sheeta Vipaka: Madhur

Yashtimadhu

Latin name: Glycyrrhiza glabra

Family name: Leguminosae

Synonyms: Madhuk, Kleetaka, Mulethi (Hin.), Liquorice (Eng.)

Rasa: Madhur Guna: Guru, Snigdha

Virya: Sheeta Vipaka: Madhu

Amritavallari

Latin name: Basella rubra Linn.

Family name: Basellaceae

Synonyms: Upodaka, Kantaki, Urdhvagavalli, Upodika, Potaki, Spicchilachandana, Matsyakala, Turangi, Kalambika, Raktadanda, Sthira, Poi shaak (Hin.)

Rasa: Madhur Guna: Picchila, Snigdha

Virya: Sheeta Vipaka: Madhur

Jimutaka

Latin name: Luffa echinate Roxb. Family name: Cucurbitaceae Synonyms: Devdali, Garagari, Devtadak, Bandal, ghagarbel (Hin.) Bristly luffa (Eng.) *Rasa: Katu, Tikta Guna: Laghu, Ruksha, Tikshana Virya: Ushna Vipaka: Katu*

Clinical & pharmacological action of particular drug:

Patha

“*Pathyate stuyate va gunakaritwat*” People admire its quality [9]. Velvet leaf is also known as midwife’s herb as mainly used in women for easy child birth and postpartum pain.

By applying paste of Patha, Tulsi, Vasa, Apamarga, Kutaja separately on umbilicus, pelvis and vulva the woman delivers easily [10]

Applying paste of Pathamoola and *Aatrushakmoola* in yoni female got *Saukhaprasava* [11]

The woman taking Patha leaf pounded with breast – milk with water gets rid of the pain of difficult labour [11].

By keeping a Pichu of Pathamoola *churna* in the vagina the woman got *Sukhaprasava* [12].

Langali

Langali has specific role as abortifacient and recommend in medical texts for its application in difficult labour, abnormal posture of foetus, placental expulsion and some other problematic conditions of obstetric emergencies relating delivery of child during ante-natal stage.

The application of the roots of Langali is prescribed to be made on naval, pelvis and vulva, in order to deliver easily (*Sukhaprasuti*) [13].

Prepare paste of Langali root pounded with *Tushambu* on sole of woman for enabling prompt delivery and puerperal stage.

For expelling placenta – Paste of Langali root should be applied to palm and sole of the woman.

It’s application on palms, soles, umbilicus and lumber region eases the process of delivery and expulsion of placenta. Tuber kept in vagina acts as an abortifacient. If used internally – For easy delivery and abortion – 3-6 *Ratti*, otherwise in a low dose of 1-2 gms [14].

So its uterine stimulant, spasmolytic, antibiotic, Oxytotic in effect.

Vasa

Adhatoda vasika is known to have uterine stimulant activity. The pharmacological investigation shows oxytotic property similar to oxytocin and methyl ergometrine. Some of the study have demonstrated that Vasacine also shows abortifacient action and both the activities are due to release of prostaglandins [15].

Paste of the root of Vasa should be applied on naval and vagina. It expels the confounded foetus [16].

The woman who keep the root of vasa in vagina delivers in time easily [13].

Apamarga

In the some study (Jain, 1991; Qureshi & Bhatti, 2009) *Achyranthes aspera* used to stop bleeding after abortion and facilitate delivery and stimulate labour pain and juice of tender twig of it was used to reduce the complicity of labour [17].

The fresh root of Apamarga should be introduced and kept into vagina. It induces labour easily [18].

The paste of Apamarga root applied on navel, pelvis and vulva acts similarly.

About 5 gm root powder is given once a day to women for easy delivery.

A necklace made of small pieces of the stem worm round the neck of women to facilitate childbirth.¹⁹

A pair of leaves of Apamrga introduced into the vagina relieves pain instantaneously.

Matulung

Matulung root and Madhuk mixed with honey should be taken with Ghee. From this yoga woman delivers easily [20].

Matulung moola is tied around Kati of woman about to deliver, hastens the delivery of foetus.

Madhuk

Madhuk is widely used in folk medicine. The researcher say the glycyrrhizin in Licorice may interfere with the hormone cortisol. Cortisol levels are main factor in determining when labour begins. Another possibility is that glycyrrhizin increases levels of another hormone, prostaglandins, which speeds up labor [21].

Black Liquorice can stimulate the production of prostaglandins due to the chemical glycyrrhizin. However, consuming too much of this can result in mild diarrhoea, which causes mild contraction in the intestine. This results in a sympathetic contraction of the uterus, thus starting labour [22].

Upodika

It was used to treat large number of human ailments as mentioned in Charaka Samhita and Sushrut Samhita. Anointment of Potaki moola kalka with Tila inside the vaginal canal. This may be correlated as the prostaglandin vaginal application which dilates cervix [23]

Bassella rubra leaf used to prevent continuation of bleeding after childbirth.

The plant is febrifuge; its juice is a safe aperient for pregnant women and a decoction has been used to alleviate / ease labour.

Jimutaka

Luffa echinate has been used in the traditional systems of medicine for variety of symptoms.

The woman should take powder of Devadali flowers 10gm pounded with milk. It makes the delivery easy. There is no other remedy better than this [24].

The root is laxative, anthelmintic and analgesic; it cures tumours, vaginal discharges, jaundice and vitiation of *Vata*. The anthers are administered (by mouth) orally to facilitate delivery [25].

The decoction of the fruit and whole plant is given to treat dysmenorrhea and difficulty during the last stages of labour.

Sukhaprasavakar Yoga

Frequent inhalation of *churna* of Kushtha, langali, vacha, chirbilwa, ela, and chitraka is advised.

Inhalation the smoke of Bhurjapatra, surpunnaga and guggulu brings down the garbha and soon comes out of the uterus [26].

Oral intake of Grihadhuma or hingu with saindhavam and kanji helps easy delivery of foetus.

Paste of Karanjabeeja, Kapittha, Tulsaimoola with milk and if applied over *nabhi*, hands and legs in *Asanna prasava avastha* or *Dhupana* with slough of black snake or *Snuhipayas* on *siras* facilitates easy delivery of fetus

Root of pratyakpushpa, paribhadra or kakjanga should be tied in waist.

Anointment of Pippali, vacha, pestle with water and mixed with eranda *taila* over the umbilicus induces labor pains. It may act by local stimulation of abdominal muscles and there by the uterine muscles to contract well.

Root of Kokilaksha is chewed with sugar and with the resultant juice the ear is filled, It helps easy delivery.

Grind the creeper named Shyama and *Sudarshana* and keep it in a quantity of 1 *Kudav* until it drips to the feet. Through this, the suppression of *prasava peeda* leads to an unintended delivery.

Discussion

In order to have a *Sukhaprasava* of a woman, in Ayurveda, many types of *Pathya-apathya* have been described from *Garbhadharana* in *Garbhini paricharya*. As we have seen, most of the medicines for *Sukhaprasava* are said to be given as a *Lepa*. *Lepa* formulated with the intention of localized action of herb. The thickness of *Lepa* is helpful to produce rhythmic uterine contraction and shorten the duration of labour, prevent tetanic uterine contraction and reduce the operative procedure.

Conclusion

As acharya Kashyap narrating the stage of *Prasava*, says that "Her one foot is situated in this *Loka* and other in

Yamaloka" so understanding this painful or difficult situation of the woman, it is very important that attention needs to be given. All the medicines prescribed for *Sukhaprasava* in the *samhitas* do not make the delivery completely painless but do the work of reducing the pain without any complication in the delivery, which reduces the period of delivery to a great extent.

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