



World Journal of Pharmaceutical Science & Technology

Journal homepage: www.wjpst.com

Case Report

EFFICACY OF AYURVEDIC TREATMENT IN MANAGEMENT OF POST CAESAREAN SECTION BACKPAIN - A CASE REPORT

Urvashi K. Patel¹, Meenaxi Sharma², Prof. L. P. Dei³, Sheela Pant⁴

1. P.G. Scholar, Department of PTSR, ITRA, Jamnagar, Gujarat, India.
2. P.G. Scholar, Department of PTSR, ITRA, Jamnagar, Gujarat, India.
3. H.O.D., Department of PTSR, ITRA, Jamnagar, Gujarat, India.
4. P.G. Scholar, Department of PTSR, ITRA, Jamnagar, Gujarat, India.

Address for correspondence:

1. Urvashi K. Patel, P.G. Scholar, Department of PTSR, ITRA, Jamnagar, Gujarat, India.

E-mail- urvashikp6@gmail.com

Received: 18-09-2021, Revised: 29-09-2021, Accepted: 05-10-2021

ABSTRACT

Introduction - Caesarean section (CS) is a life-saving intervention but may lead to short-term as well as long-term health effects on woman and child. Among these, chronic back pain is most common entity which affects at least half of the post-caesarean population. Sedative is the only option for alleviation of pain but it has harmful effects on body. **Aim and Objective**-To evaluate the effect of *Ayurvedic* drugs in the management of severe back pain after CS. **Material and Method**-A married woman aged 30 years with complaint of severe back pain since one and half year was treated with *Ayurvedic* drugs. Drugs were given orally with external application and lifestyle modification. **Result and Discussion**-Totally relieved in backpain and could engage in regular activities without any difficulty. After delivery during *Dhatukshaya Avastha*, by not following *Sutika paricharya*, *Vata* got provoked and pain became severe by time. So, here *Vatashamaka* and *Dhatupustikardrugs* were used. **Conclusion**-It is concluded that severe backpain by not

following *Sutika paricharya* after CS can be managed by *Vatashamaka* and *Dhatupustikar* drugs.

Keywords – Backpain, Caesarean section, *Dhatupustikara*, *Vatashamaka*.

INTRODUCTION

Nowadays, Caesarean section (CS) is commonly preferred in complicated pregnancy case where normal vaginal delivery is risky for mother and child both. Back pain occurs in at least one third of patients gone through CS as side effect of general anaesthesia. Delayed post-operative complications are chronic pelvic pain, incisional hernia, intestinal obstruction, increased chance of uterine scar rupture and placenta praevia in future pregnancies.ⁱ Studies found slightly higher prevalence of pain after CS, at 6-18%.ⁱⁱ Persistence of the lower back pain for 6 months after delivery has been reported in 5% to 40% of patients. It is due to anaesthetic procedure or due to not following post operative care. Persistence of severe back pain hampers the routine activities and caring of the new born. In conventional medicine, steroid therapy is given for long time which causes mental clouding, lethargy and other subjective effects. Most of the NSAIDs causes GIT disturbances like epigastric pain, indigestion, ulcers, gastritis, etc. After delivery, the body demands relaxation and rejuvenation to revert back at normal state. In *Ayurveda*, *Sutika Paricharya* is advised up to six months after delivery, which is specified as *Sutika kala*. A woman's digestive power, muscle mass, body fluid and strength decrease in the process of delivery which leads to *Apatarpan Avastha*. In *Asthanga Sangraha* it is mentioned as *Shunyasharira*.ⁱⁱⁱ Hence, diseases developed during this stage become incurable or get cured with difficulty because of *Dhatukshaya*. So, *Sutika paricharya* should be followed to balance *Vata Prakopa*. Lifestyle changes along with proper diet regime helps in *Deepana*, *Pachana* and *dhatuposhan*.

AIMS AND OBJECTIVES

To observe the effect of *Ayurvedic* polyherbal formulations which includes *Sanjivanivati*, *Naradiya Lakshmi Vilas rasa yoga*, *Yogaraj guggulu*, *Erandmoola* and *Dashamoola kwath*, *Shulahar taila*.

To observe effect of formulations in subject.

MATERIAL AND METHOD

Case report: Basic information of the patient.

Age: 30 years. Gender:

Female. Religion: Hindu.

Occupation: House wife. Socio economic status:

Middle class.

Chief complaints: Severe backpain since last two years after CS. Discomfort in sitting and daily activities,

occasionally constipation.

History of present illness: Patient was having the complaint of severe pricking backpain and discomfort for one and half year. One and half year ago, she underwent LSCS for breech presentation & overweight of baby. She was having difficulty in sitting for longer period. Pain aggravated in cold and relieved by hot compression. She also had complaint of constipation occasionally. She was not willing to take modern medication for pain, so she was ignoring pain initially. When it became worse and started to hamper her daily activities, she came to *Prasuti tantra evam Stri-roga* opd of ITRA, Jamnagar for further *Ayurvedic* management of pain.

History of past illness: She was not suffering from any systemic illness.

Personal history:

Aharaja: Katu rasa, Pisthanna, Cold drinks.

Viharaja: Diwaswapana 1-2 hrs/day, using A/C whole day, not followed Sutika Paricharya.

Menstrual history: Regular, moderate flow

Examination:

Astavidha Pareeksha

Nadi: Prakruta, 78/min.

Mutra: Prakruta, 5-6 times/day, 1-2 times/night.

Mala: Vibandh (Occasionally), 1-2 times/day. Unsatisfactory

Jihwa: Sama.

Shabda: Prakruta.

Sparsha: Prakruta.

Druk: Prakruta.

Akruti: Kapha-Vata.

Other Examinations: Degree of pain was measured by Visual Analog Scale given in Table 1.

Diagnosis: *Sutikarogajanya upadrava*

Treatment adopted: *Sanjivani Vati*, *Naradiya Lakshamivilas Rasa* with combination of other drugs, *Yogaraj Guggulu*, *Dashmoola Kwath* with *ErandmoolaKwath* and *Shoolahar Taila* given for 4 months. The ingredients of *Sanjivani vati*, *Yogaraj Guggulu* and *Lakshamivilas Rasa* with combination of other drugs given in Table 2. Along with medication *Pathya-Apathya* was also strictly followed by the patient. Treatment protocol and *Pathya-Apathya* are given in Table 3.

OBSERVATION AND RESULT:

Better result was found during and after the course of medication. Except of medication, subject was advised to change life style pattern. 50% relief in pain was found in 2 weeks. After 4 months of treatment and strictly following of *Pathya- Apathya* patient got relief from severe pain and could get engaged in her routine works. VAS score reached to 0 after treatment period.

DISCUSSION

Discussion on *Vyadhi*: Back pain after CS can be considered as *Dhatukshaya* and *Vata prakopa* condition and as it was not treated earlier and care was not taken, it turned to chronic severe pain and causes difficulty in regular activities. As mentioned in *Ayurveda* texts, if *Sutika Paricharya* is not followed properly, it can result into *Kruchha Sadhya or Asadhya vyadhi*. Here, aim of treatment was to pacify *Vataprakopa* and to balance *Dhatu*.

Discussion on Ausadhi Yoga - Sanjivani Vati contains mostly those drugs which have *Deepana*, *Pachana*, *Vata anulomana* & *Shoolahara* properties. This formulation also acts by *Snigdha guna* to cure *Vata dusti*.^{iv} *Dashmoola Kwath* works by its *Tridosha Shamaka* property and mainly by *Vatashamaka Guna*. In *Bhaishajya ratnavali*, *Dashmoola Kwatha* is mentioned in *Rajyakshamarogadhikar* & *Sutikarogadhikar*. *Yogaraj Guggulu* has *Balya* and *Vatashamaka* properties. *Naradiya Lakshamivilas rasa* as mentioned in *Rasayana Prakran of Bhaishajya ratnavali useful in all types of Shoola, Streeroga*.^v *Yastimadhu* and *Aswagandha* have properties like *Balya*, *Rasayana*, *Kshayahara* which were added in *Naradiya Laxmivilas Rasa*. *Shoolahara Taila* massage was mainly for *Shoola* as it helps to relieve pain by acting on *Vata Dosha* which is the main factor to cause pain. Patient was advised to do 2 cycles of *Suryanamasakara* in starting then gradually increased to 5 cycles. This has very good impact on muscles stretching & relieving pain. So, in this study, drugs having *Vatahara* & *Dhatupushtikara* properties were used which was ultimately helpful to relieve pain and provide nourishment to *Dhatu*.

CONCLUSION

With this case report, we can highlight the importance of *Sutika Paricharya*. Nowadays, people do not follow *Sutika Paricharya* properly as they are busy in doing their own jobs or else neglect the advice given

by doctors and elder people. This unhealthy lifestyle can lead her towards incurable diseases. So, one should follow the specific *Charya* mentioned in Ayurveda texts for *Sutika* after delivery either it may be vaginal or cesarean.

ACKNOWLEDGEMENT- Authors are deeply thankful to PG students of our department, all the staff of our hospital, and the subject for her kind cooperation during our work.

Table 1

2 visits/Month	BT	1st visi t	2 nd visit	3rd visi t	4th visi t	5th visi t	6th visi t	7th visi t	8th visi t	AT
VAS score	9	6	4	4	6	4	2	2	2	0

Table 2

Sanjivani Vati ^{vi} (Sharangdhara samhinta madhyamkhanda7/28-33)	<i>Naradiya Laxmivilas ras+Yastimadhu+Aswagandha</i>	<i>Yograj Guggulu</i>
<i>Vidanga</i>	<i>Shuddha Gandhaka</i>	<i>Chitraka</i>
<i>Nagara</i>	<i>Vanga</i>	<i>Pippalimoola</i>
<i>Krishna</i>	<i>Shuddha Parad</i>	<i>Ajmoda</i>
<i>Haritaki</i>	<i>Shuddha Hartala</i>	<i>Krishna Jeerak</i>
<i>Vibhitaki</i>	<i>Tamrabhasma</i>	<i>Vidanga</i>
<i>Amalaki</i>	<i>Karpura</i>	<i>Yamani</i>
<i>Vacha</i>	<i>Javitri</i>	<i>Sweta jeerak</i>
<i>Guduchi</i>	<i>Jayphala</i>	<i>Devadaru</i>
<i>Bhallataka</i>	<i>Vridhdarak bija</i>	<i>Chavya</i>
<i>Vatsanabha</i>	<i>Dhatura bija</i>	<i>Ela</i>
<i>Gomutra</i>	<i>Suvarna bhasma</i>	<i>Saindhava</i>
		<i>Kustha</i>
		<i>Rasna</i>
		<i>Gokshura</i>
		<i>Dhanyaka</i>

		<i>Triphala</i>
		<i>Musta</i>
		<i>Vyosha</i>
		<i>Twak</i>
		<i>Ushira</i>
		<i>Yavakshar</i>
		<i>Talishapatra</i>

Table 3

Drugs	Dose	Anupana	Duration
Sanjivani Vati	2 tabs BD After food	<i>Sukhoshna</i> <i>Jala</i>	5 months
Naradiya Laxmivilas Ras(500mg)+Yastimadhu churna(2gm)+Aswagandh a churna(2gm)	5gm BD Before food	<i>Sukhoshna</i> <i>Jala</i>	5 months
Yograj guggulu	2 tabs BD Before food	<i>Sukhoshna</i> <i>Jala</i>	5 months
Erandmula yavakuta(10gm) +Dashamula Kwath(10gm)	10gm BD Empty stomach	-	5 months
Shulahar taila	Local Applicatio nQ.S	-	5 months
Suryanamskar started with 2cycles and increased to 5 cycles in early morning		-	5 months

<i>Pathya Ahara – Rice,Mung,Mungdal,Pulao,Ja vroti,Vegetables from</i>	<i>Pathy a Vihar- Sleep- 10</i>	<i>Apathy a Ahara-</i>	<i>Apathya vihar – Ratrijagran,Use</i>
<i>creeper.Use less Wheat flour for Roti.Chhas with hingu</i>	<i>pm to 6 am. Lunch - 12- 1 pm Dinne r- 6- 7pm Abhya ng- Sweda n</i>	<i>Fast food,pa cked food,co ld drinks,c old food,fer mented and spicy food.</i>	<i>of AC,Heavy works and exercises.</i>

REFERENCES

- ⁱArup Kumar Manjhi, Bedside Clinics In Obstetrics, ed.New Delhi: Academic publishers(p)Ltd;ed.4th,2016;Revised reprint:2018,2019.p.647.
- ⁱⁱ Vermelis Johanna MFW, et al. Prevalence and predictors of chronic pain after labor and delivery.Current Opinion in Anesthesiology. 2010;23(3):295-299.
- ⁱⁱⁱ Shrimad Vagbhatta Rachita Asthanga Sangraha, edited Kaviraj Atrideva Gupta. Sharira sthan.Ch.3,Ver.39,Bambai:NS. Prakashan;2007.p.288.
- ^{iv} Parul rani, Probable Mode of Action of Sanjivani Vati - A Critical Review, [44.pdf \(ijhsr.org\)](#)
- ^v Kaviraj Shree Ambika Datt Shashtri Ayurvedacharya, Bhaisajya Ratnavali,Rasayan Prakaran Ch.73,Ver.96, edition- 18 revised,Varanasi:Chaukhambha prakashan; 2019.p.1109.