

## Ancient Review on Role of Matrabasti in Pregnancy for Sukhaprasav

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### ABSTRACT

The role of research in Ayurveda is to elucidate the underlying principles and to explain them in modern parameters. The aim is to reduce the intensity and duration of the labour pain and also the incidence of caesarean and forceps application during delivery. *Taila* is considered as the best *shamanaushadha* of *vata*. Present study includes the use of *matra basti* of *taila* which is medicated with *dravyas* of *madhuragana* in the 9th month of pregnancy for *Sukh-Prasavaas* mentioned in Ayurveda keeps the *vatadosha* in *samayaavastha* which is aggravated during labour pains and it ultimately results in reducing the intensity of labour pain and decreases the time of stages of labour. *matrabasti* have got a property to regulate sympathetic activity by regulating adrenaline and noradrenaline secretions and helps in the balance of Autonomic Nervous System Thus use of *basti* may also affect the Autonomic Nervous System governing myometrium and thus helps in regulating their function during labour.<sup>1</sup>

**KEYWORDS:** *Ayurveda; Matra Basti, therapeutic enema, pregnancy, sukhaprasav*

### INTRODUCTION

Normal childbirth is possible if a *Garbhini* takes right care of her health during pregnancy especially during last months of gestation. The perfect regime during pregnancy helps to ensure a natural vaginal delivery or *Sukhaprasava*. In Ayurveda Acharyas has mentioned about a unique concept of *Garbhini Paricharya* which is very important to maintain health of a pregnant lady. It is very important for every *Garbhini* to follow this *Paricharya* right from the conception till delivery. In *Ayurveda acharya Charaka* described *Garbhini Paricharya* which describes *Ahara* (diet), *vihara* (life style) and *vichara* (thought process) (yoga/exercise/activity), *Pathya* (do's), *Apathya* (don'ts), meditation, etc. to be followed by pregnant woman during pregnancy<sup>2</sup>

नवमे तु खल्वेनां मासे मधुरौषधसिद्धेन तैलेनानुवासयेत्

अतश्चैवास्यास्तैलात् पिचुं योनौ

प्रणयेद्गर्भस्थानमार्गस्नेहनार्थम् [cha.sha.8\32]

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During ninth month of *Garbhini Paricharya*, Acharya Charaka mentioned that *Garbhini* should be treated with *Anuvasana Basti* and *Yonipichu* of oil prepared with *madhura aushadha* which lubricate *Garbhasthana* along with genital tract.

### MATERIALS AND METHODS –

**Aim:** The aim of present study was to review the effect of *Matra Basti* in the management of pregnancy.

Literary references are collected from Ayurveda Samhita, modern literatures, research journals available on online research portals and explored to frame an overview.

In Ayurveda, *Garbhini paricharya* is planned for systemic supervision and care of a woman during nine months of pregnancy. In Ayurveda, *garbhini paricharya* has been given great emphasis which helps in<sup>3</sup> -

1. Proper development of foetus,
2. Softening of pelvis, waist, sides of the chest and back,
3. Downward movement of Vata
4. (Vatanulomana) – this is needed for the normal expulsion of fetus during delivery,
5. The natural urges are expelled out easily, through their respective passages,
6. The skin and nails become smooth and Garbhini attains high degree of Bala (strength), Varna (complexion) and Ojas (essence). She also reposes timely.

All the above things help to establish normal labour.

In 8<sup>th</sup> month of pregnancy Acharyas advocated:

A. Sushruta Samhita<sup>4</sup>

1. Asthapana Basti: With decoction of Badari mixed with Bala, atibala, Shatapushpa, Palala (pestled sesamum seeds), milk, curd, mastu, oil, salt, Madanphala, honey and ghrita.
2. Anuvasana Basti: Oil medicated with milk and decoction of Madhura group.

B. Astanga Sangraha<sup>5</sup>

1. Asthapana Basti: With Badari kwath mixed with Palal, milk, curd, taila, ghrita madhu and Madanphala etc.
2. Anuvasana Basti: Oil prepared with drug of Madhura group like Madhuyasti etc.

C. Astanga Hridaya<sup>6</sup>

1. Anuvasana Basti: With ghrita and drug of Madhura group for cleaning of collected feces.
2. Niruha Basti: With decoction of Suskamuli, badari and sour substances mixed with pestled Shatpushpa, ghrita, oil and rock salt.

In 9<sup>th</sup> month of pregnancy Acharyas advocated:

A. Charaka Samhita

1. Anuvasana Basti: Oil prepared with drug of Madhura group.
2. Yoni Pichu (tampon): by oil prepared for anuvasana basti.

B. Astanga Sangraha

1. Anuvasana Basti: With oil prepared in 8<sup>th</sup> month.
2. Yoni Pichu: Oil prepared in 8<sup>th</sup> month for Anuvasana basti.

C. Astanga Hridaya

1. Anuvasana Basti: With oil prepared in 8<sup>th</sup> month.
2. Yoni Pichu: Oil prepared in 8<sup>th</sup> month for Anuvasana basti.

D. Bhela Samhita

Anuvasana Basti: With Kadambamasha oil.

**Benefits of Asthapana and Anuvasana Basti<sup>8</sup>**

It functions for clearing the retained feces and vatanulomana. Due to downward movement of Vata (especially Apana vayu), the pregnant women delivers without difficulty and remains free from complications.

Basti should be given to the pregnant women in bent or humpbacked position (in this position passage get dilated and medicine enter properly).

**REVIEW ON MATRA BASTI -**

Matrabasti is a type of Anuvasana basti based on 'Matra' (quantity) of Basti Dravya. All Acharyas explained about Matrabasti and considered that it is safe and useful in many conditions where other varieties of Basties are contraindicated. It is termed so, because the dose of Sneha used in is very less as compared to the dose of Sneha Basti.<sup>9</sup>

In this treatment, medicated oils and herbal extracts are applied through the rectum on a daily basis. Matra Basti has a lubricating, balancing, nourishing, strengthening and pacifying effect. It also works as rejuvenator, immune-modulator and nutrient and subdues elevated vata dosha. The treatment lasts for a period of 3 to 7 days.

**Table 1**

Basti Dravya	Medicated Oil [with madhuraushadhi siddha taila]
Dose	72 mL, (1 ½ pala=6 Tola)
Route and Time Of administration	Rectally, 3 -7 days may be used or after 36 wks of pregnancy weekly
Retention time	As long as possible

**Food before Basti Procedure:** low fatty diet. Procedure: After the evacuation of bowel pregnant women should take food properly. During procedure she should lie down on the table in left lateral position with right knee flexed. 60 ml of lukewarm oil should be pushed in to anal canal (~4 – 6 inch) with the help of syringe and rubber catheter. After complete passing of oil, the catheter should be removed. To prevent early evacuation of the oil the woman should be kept in supine position with elevated buttocks for half an hour. Pregnant women should be advised to retain the oil as long as possible and after the basti karma take light and nutritious food along with lukewarm water during the next meal time and not to do any heavy work.

**Discussion-**

Probable mode of action of oil prepared with *madhura aushadha* matrabasti during pregnancy for sukhaprasav-

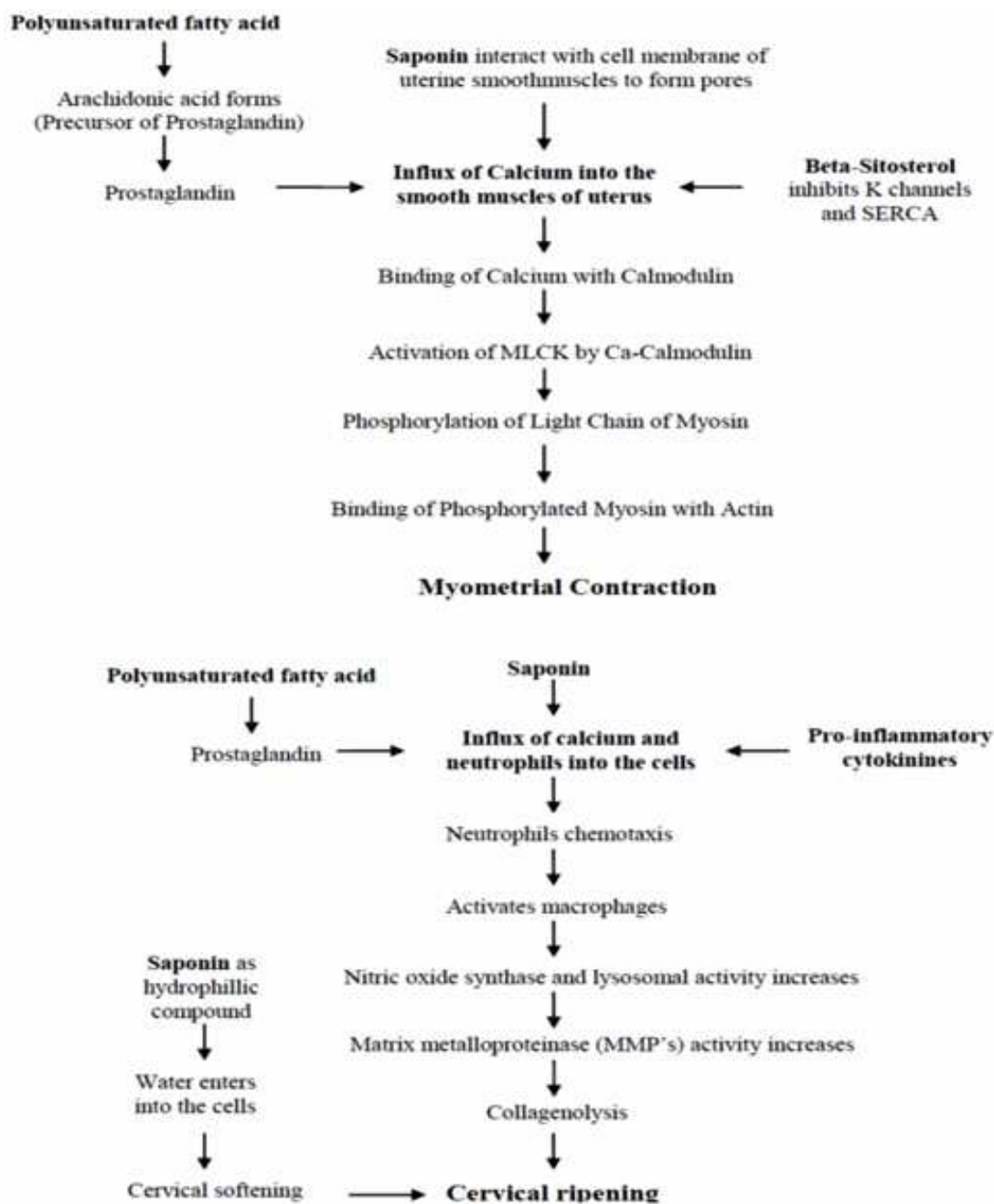
➤ **Vatanulomana in modern prospective -**

Bastikarma perform the function of vatanulomana, especially Apana vayu. Apana vayu is responsible for expulsion of foetus, if it is in normal state, fetus is coming out through right way. In modern context it could be correlated with the neuro-hormonal coordination on labour. There are multiple paracrine and an autocrine event occurs for the triggering of parturition in women. It is highly coordinated mechanism at the time of labour for successful

expulsion of the new born. The timely onset of labour and delivery is an important determinant of perinatal outcome. Vata has a great influence on psychological built up which exerts considerable influence on maintenance of normal function.

➤ **Role of clearing of retained feces -**

Pregnant women would have more room for the baby to be born if the back passage is cleared. It also shortens the labour.



➤ At normal term pregnancy birth is accomplished by a coordinated ripening and dilatation of cervix, accompanied by uterine contractions and descent of presenting part. *madhuragana darvyas siddha taila* is used for matrabasti has high percentage of polyunsaturated fatty acid (omega-6 fatty acid)<sup>10</sup> which may be assumed as the cause of slow cervical ripening.

➤ Water poured at the root of a plant, nourishes the whole tree and puts forth green leaves and delicate sprouts. In the similar way medicines administered through the rectal route reach Nabhi (Umbelical region), Kati (Lowback), Parshva (Flanks), Kukshi (Abdomen), by staying thereitself it acts through its veerya (Potency) and eveneliminates doshas (toxins) which are present in the Mastishka (Brain)."

- The rectum has rich blood and lymph supply and drugs can cross the rectal mucosa like other lipid membranes, thus lipid soluble substances are readily absorbed from the rectum. The portion of drug absorbed from the upper rectal mucosa is carried by the superior haemorrhoidal vein into the portal circulation, whereas drug absorbed from the lower rectum enter directly into the systemic circulation via the middle and inferior haemorrhoidal veins.
- Thus sneha (oil/ghee) administered through the gudamarga (rectal route) during matrabasti (enema) gets absorbed into haemorrhoidal veins. Then there by the veerya (potency) of sneha dravyas (medicated oil enter the systemic circulation and may show their action in the mastishka (Brain) and may help in arresting the disease process.
- *Madhur aushadhi siddha* oil is having *guru, snigdha, balya* and *brimhaniya* qualities that tend to increase muscle tone & contractility of uterine muscle while applied through vaginal and anal route<sup>11</sup>. Thus conduct good and satisfactory contractions during *Prasava*.
- *Madhuraushadisiddha taila* has properties of *madhura rasa, madhuravipaka, snigdha*, so it diminishes *Vatadosha*. As oil given through anal route, it mainly works on *Apana Vayu* and *Apana Vayu* is considered as *Prasutimaruta*. It also works on *Vyana Vayu* which is necessary for proper rhythmic contraction of myometrium. Due to proper function of *Apana Vayu* and *Vyana Vayu*, easy normal delivery may achieve without any difficulty.
- As *Vayu* is main authoritative *Dosha* for pain and *taila* having stronger action on *Apana Vayu* and also having *Balya* and *Ojovardhaka* qualities, it acts over pain threshold capacity<sup>12</sup>. So *taila* helps to increase pain threshold of parturient women that tends good bear down efforts and also diminishes the consequences of after pain.
- *Matrabasti* given through anal route, it prevents vaginal tissue, cervical tissue, perineum and uterus from inflammations during and after delivery that reduces the risk of pelvic cellulitis. It also prevents urinary system from inflammation so micturition will not be affected after delivery.<sup>13</sup>
- Due to antibacterial and antifungal activity, *oil* maintains the natural vaginal flora and prevents it from infections so as prevent premature rupture of membranes as infection is its main cause. It might help in the prevention of infection during labour

thus prevent urinary tract infection (cystitis, pyelonephritis). In post-partum period it also prevents puerperal sepsis. It also limits the consumptions of antibiotics in post-natal period. *Bala* having antihypertensive effect and when its oil was administered in *Basti* form this it enhances the antihypertensive effect of *Basti*. This antihypertensive effect can prevent all hypertension related complications during and after labour like pre-eclampsia, postpartum haemorrhage, shock etc. It also reduces the use of antihypertensive medications during labour. oil plays a role in quick healing of cervical tears and vaginal lacerations occurs during labour by increasing tensile strength.

- Also does wound healing Constipation is common during 9<sup>th</sup> month of pregnancy and good bowel clearance during 9<sup>th</sup> month and labour helps in easy vaginal delivery. So the laxative property of *oil used for matrabasti* leads to effective bowel clearance and will also reduce the use of soap water enema during first stage of labour.

## CONCLUSION

Scientific study should be encouraged in order to enhance the normal labour and birth naturally. *Basti, Sodhana* of *Purana Pureesha* (feces) and *Anulomana* of *Vayu* (normal neuro-hormonal function) occurs which in turn leads to *Sukha* and *Nirupadrava Prasava* (normal labour and free from complications). *Garbhini* who follows the above said *Upakramas* becomes *Snigdha*, gains strength and delivers normally and easily without any complication. As per the therapeutic action of oil prepared with *madhura aushadha* and its probable mode of action on cervix and contractile system of myometrium, it is concluded that application of *Matrabasti* during ninth month of *Garbhini Paricharya* is found to be effective in achieving natural vaginal delivery of a healthy new born from a healthy mother. This should be prescribed to more women that came for antenatal checkups.

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