

**A CASE STUDY- OLIGOHYDRAMNIOS MANAGEMENT BY
ADMINISTRATION OF VIDARYADI SHEERPAN.*****¹Dr. Rekha Kuwar and ²Dr. Prajakta Patil**¹MD, Ass Professor, Streeroga and Prasuti Tantra Dept., R.A. Podar Hospital Worli.²MS- Streeroga and Prasuti Tantra Dept., R.A. Podar Hospital Worli.Article Received on
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DOI: 10.20959/wjpr20185-11364***Corresponding Author****Dr. Rekha Kuwar**MD, Ass Professor,
Streeroga and Prasuti Tantra
Dept., R.A. Podar Hospital
Worli.**ABSTRACT**

Oligohydramnios is a condition in which liquor amnii is deficient in amount.^[1] It is defined as decrease in the volume of amniotic fluid, relative to the gestational age. Its incidence is 1: 750.^[2] Oligohydramnios is associated with increased perinatal morbidity and mortality. Complications include abnormal attitude, presentation, pulmonary hypoplasia, fetal skeletal and facial abnormalities, IUGR and foetal distress. All these complications results in higher rates of obstetrician intervention like induction of labour and cesarean delivery which increases maternal risks as well. Currently, the treatment modalities include amnioinfusion which is costly and not

feasible for everyone and also associated with serious side-effects. So there is a wide scope to manage such cases conservatively and safely by ayurvedic treatment and diet. A case study of a 26 yrs old patient, primigravida with 25 weeks gestation presented in Stree roga and Prasuti tantra OPD of M.A.Podar Hospital with fundal height less than gestational age on abdominal examination and AFI – 6 cm on ultrasonography. She was managed efficiently by administrating her vidaryadi sheerpan along with diet according to Ayurveda. On follow-up after 1 and half months, AFI was increased to 10.7 and fundal height was increased and was corresponding to the gestational age. Foetal weight was also increased from 670 gms to 1.542 kgs.

KEYWORDS: Oligohydramnios, case study, ayurveda, vidaryadi sheerpan, ANC.**INTRODUCTION**

Amniotic fluid plays a dynamic role in fetal physiology and is an important component of the fetal-maternal communication system.^[3] It is essential for fetal growth and development.^[4]

Etiology of oligohydramnios includes uteroplacental insufficiency, foetal congenital anomalies, PROM, iatrogenic and idiopathic causes.^[5] Diagnosis is made through USG, per abdomen examination in which fundal height is less than gestational age, foetal parts are easily palpable, difficulty in ballotment of fetal head.^[6] Oligohydramnios can be correlated to upavisthak or upsuskhak in ayurveda. So according to this, vaghbhat has mentioned vidaryadi gana.^[7] to be administered in vataj upavistaka. As a result, here vidaryadi sheerpan was administered. Method of preparation is by sharangdhar Samhita madhyam khand adhyay 2.^[8]

CASE REPORT

A female patient of age 26 years, primigravida with 25 wks gestational age according to LMP came in the outdoor patient department (OPD) of Streeroga and Prasuti tantra, M.A.Podar hospital Worli, Mumbai on 12/7/2017. Detailed history of the patient taken, patient examined locally and systemically, per abdominal, per speculum and per vaginum examination done. Pulse, blood pressure was within normal limits. Heart sounds normal. Per abdomen and by per vaginum examination, uterus was corresponding to 22-24 wks size. FHS – 140/Min at V1 and Regular. The recent USG revealed single live intrauterine gestation (SLIUG) of 24.1 wks size, AFI- 6cm, mild oligohydramnios, EFW – 670 gms. All other laboratory investigations were within normal limits. There was no history of DM, HTN or any other major ailments. There was no history of smoking, alcohol intake or any addiction.

INTERVENTION

Patient was administered vidaryadi sheerpan 40 ml BD from the diagnosis of oligohydramnios and continued for 45 days. Along with that diet of oligohydramnios rich in l-arginine was given, also drinking of coconut water, consumption of eggs, moong peya or yush was given. Iron, calcium and protein powder was continued as per standard norms. Masanumasik tablets(in this case saptammaah was given in the dosage of 2BD).

OBSERVATION AND RESULTS

USG(OBS) done on 23/8/2017, it showed SLIUG of 30 wks, AFI- 10.7, liquor was adequate, estimated foetal weight was 1.542 kg. On per abdominal examination, uterus was 30 wks.

DISCUSSION

Veetaryadi sheerpan is mentioned in the treatment of vataj upashukhak by Acharya vaghbhat. It acts in the following way.

The contents are as follows.^[9]

- Vidari (*pueraria tuberosa*) - Balya and bruhana (Strenghtens body tissues).
- Moogaparni (*Phaseolus trilobus*), Mashaparni (*Teramnus labialis*), jeevaniya panchamoola– jeevaniya (helps in formation of new body tissues and maintains life)
- Laghu panchamoola- saaliparni, prusniparni, bruhati, kantakari and gokshur. They pacify vata and pitta dosha.
- Rakta lajjalu- sandhaniya (has binding property)
- Erandamool (*Ricinus communis*) – vatashamak (pacifies vata dosha)

All movements (*gati*) in the body are functions of vata dosha. So in oligohydramnios, amniotic fluid is produced in less quantity or is produced in adequate amounts but there is obstruction in its circulation from foetus to amniotic sac. Thus, drugs pacifying vata dosha are recommended to be used

- Meshsrungi (*Gymnema sylvestre*) – it is of ushna veerya, has Kashaya and tikta ras (is astringent and bitter in taste) and katu vipak. As it has garbhashaya uttejanak property (uterus stimulating property). It stimulates the uterus to secrete amniotic fluid in normal quantity, also helps in its proper circulation.
- Punarnava (*Boerhavia diffusa*) – works especially on jal panchbhautik agni. (water related digestive fire). It helps to do vikrut kleda pachan(digests kleda- waste products formed from food digestion). As a result, by digesting kleda, it helps to detoxify dhatu (body tissues) and thus helps in strengthening body (acts as a rasayana).
- Kantakari (*Solanum indicum*) – It pacifies kapha dosha by all its properties. It decreases kleda
- Sahadevi (*Vernonia Cineria*) – it has tikta ras, katu vipak, ushna veerya. It pacifies kapha and vata dosha.

CONCLUSION

Oligohydramnios poses a great risk to mother as well as foetus. This case study represents effective treatment of oligohydramnios through Ayurveda. Vidaryadi sheerpan is effective in oligohydramnios as it normalizes vata dosha and helps in proper formation and circulation of amniotic fluid. It decreases vitiated kapha dosha, has stimulating action on uterus, corrects vitiated jal panchabhautik agni.

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