



Clinical Study of *Kebuka* and *Bala taila Yoni pichu* on the Progress of labour

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ABSTRACT

Introduction: Achievement of motherhood is the cherished desire of every pregnant woman. During pregnancy and labour a series of changes occur in the physiological and psychological status of women. Any abnormality in courses of labour can affect women health, which may have lifelong implications. Prolonged labour or dystocia is a common birth complication and constitutes the major indication of instrumental deliveries and delivery by emergency Caesarean section. The number of caesarean section deliveries in India has more than doubled in past decade. In *Ayurveda*, to provide proper attention during pregnancy *Acharya* described the concept of ante natal care as *Masanumasika Garbhini Paricharya* which promotes easy parturition and healthy progeny. **Methods:** The present study was carried out to compare efficacy of *Kebuka taila* and *Bala taila Yoni pichu* along with *Bala taila Matra basti*. Two groups of 15 pregnant women were randomly selected based on the inclusion criteria. In Group A, *Bala taila Matra basti* was administered from 35 weeks of gestation and *Kebuka taila Yoni pichu* at the onset of labour. In Group B, *Bala taila Matra basti* was administered from 35 weeks of gestation and *Bala taila Yoni pichu* at the onset of labour. **Result:** In the present study, percentage of improvement in time reduction in duration of labour was found in Group A in comparison to Group B. **Conclusion:** *Kebuka taila Yoni pichu* along with *Bala taila Matra basti* was more effective than *Bala taila Yoni pichu* along with *Bala taila Matra basti* in this trial.

Keywords: *Garbhashaya sankochaka*, *Lekhana*, Synchronous, Endorphins, Diosgenin.

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