



CRITICAL ANALYSIS OF “NARAYAN TAILA” USED AS ANUVASANA BASTI AND YONI PICHU W.S.R. TO LABOUR AND IMMEDIATE POST NATAL OUTCOME

¹Narayan Chandra Mishra,

²Arun Kumar Das

¹M.S.(Ay), Ph.D (Prasuti Tantra Evam Stree Roga) Scholar, Gopabandhu Ayurved Mahavidyalaya, Puri, Odisha

² Guide & Principal, Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha

DOI: <https://doi.org/10.70057/ijaar.2024.60904>

ABSTRACT

Pregnancy and child birth bears the utmost importance in woman's life not only for psychological aspects but also for its risk involvement and uncertain future outcomes. The advances in institutional delivery have laid a milestone in reduction of maternal mortality as well as infant mortality through its rigorous monitoring during entire period of pregnancy, child birth and postnatal period. The *Garbhini-paricharya* (Care during Pregnancy) concept has been there in Ayurvedic texts well described and advocated in a vivid manner which solely intends to lower morbidity and mortality. Acharya Carak has described in detail the month wise regimen for pregnant among which the 9th month *paricharya* (Care) intends for birth preparedness which facilitates “*Sukhaprasav*”(Normal Vaginal Delivery). For this purpose, use of *Anuvasan basti* (Medicated Enema) and *yoni pichu* (Medicated Vaginal tampons) with oil medicated with *Madhura* drugs are indicated. The concept is to facilitate normal functioning of *Apana vayu* which is responsible for expulsion of fetus and afterbirths. More over *yoni pichu* (vaginal tampon) helps in preparing lower segment of uterus including cervix and hence facilitates normal vaginal delivery at term. *Narayan Taila* contains many herbs with phytoestrogens in it which is the key for its indication to be used during 9th month of pregnancy which prepares the woman for a normal delivery with a healthy mother and healthy newborn.

Key words: *Garbhini Paricharya, Narayan Taila, Anuvasan Basti, Yoni Pichu, Sukhaprasav*

INTRODUCTION:

NARAYANA TAILA:-

Narayana Taila is mainly referred for the *Vata* disorders. The concept is to facilitate normal functioning of *Apana vayu* which is responsible for expulsion of fetus and afterbirths. More over *yoni pichu* helps in preparing lower segment of uterus including cervix and hence facilitates normal vaginal delivery at term. The drug selected in the present study is based on the classical reference from ‘*Narayan taila*’ Bhaishajya Ratnavali, *Vatavyadhi Chikitsa*, 26/332-342.

DRUG PREPARATION:-

According to AFI for (approx) 10 kgs. *Narayana Taila*:-

- *Tila Taila*:- 15kgs.
- *Go-dugdha*:- 50 liters
- *Shatavari Swarasa*:- 15litres. (approx.)
- *Kalka*: - each *Dravya* 500gms.
- *Kwatha*: - each *Dravya* 2kgs.in 4times of water reduced to ¼.

Narayana Taila consists of following Ingredients including *Drava Dravyas* like *Jala*, *Godugdha*, *Tila Taila*.

Table – 1 Botanical Name and Parts Used^{1,2,3,4,5,6}

No	Drug Name	Latin Name	Family	Parts used
1.	Ashwagandha	<i>Withania somnifera</i> Dunal	<i>Solanaceae</i>	Root
2.	Bala	<i>Sida cordifolia</i> Linn	<i>Malvaceae</i>	Root, Whole plant
3.	Chandana	<i>Pterocarpus santalinus</i> Linn	<i>Fabaceae</i>	Heartwood
4.	Vacha	<i>Acorus calamus</i> Linn.	<i>Araceae</i>	Rhizome
5.	Rasna	<i>Pluchea lanceolata</i> Oliver & hiern.	<i>Asteraceae</i>	Root, Leaf, Plant
6.	Saindhava	<i>Sodii chloridium</i>	-	-
7.	Devadaru	<i>Cedrus deodara</i> Roxb.	<i>Pinaceae</i>	Hardwood, Bark,
8.	Tagara	<i>Valeriana wallichii</i> DC.	<i>Valerianaceae</i>	Root
9.	Atibala	<i>Abutilon indicum</i> Linn.	<i>Malvaceae</i>	Root, Leaf
10.	Shatapushpa	<i>Anethum sowa</i> Kurz	<i>Umbelliferae</i>	Seed
11.	Kustha	<i>Saussurea lappa</i> Clarke	<i>Compositae</i>	Root
12.	Jatamansi	<i>Nordostachys jatamansi</i> DC.	<i>Valerianaceae</i>	Hair roots, Rhizome
13.	Shalaparni	<i>Desmodium gangeticum</i> DC.	<i>Papilionaceae</i>	Root, Wholeplant
14.	Prushniparni	<i>Uraria lagopoides</i> DC.	<i>Papilionaceae</i>	Root, Panchanga
15.	Mudgaparni	<i>Phaseolus trilobus</i> / <i>Vigna trilobata</i> Ait.	<i>Fabaceae</i>	Root, Wholeplant
16.	Mashaparni	<i>Teramnus labialis</i> Spreng	<i>Leguminosae</i>	Root, Wholeplant
17.	Gokshura	<i>Tribulus terrestris</i> Linn.	<i>Zygophyllaceae</i>	Whole Plant
18.	Bilva	<i>Aegle marmelos</i> Corr.	<i>Rutaceae</i>	Root, Stem
19.	Prasarini	<i>Paederia foetida</i> Linn.	<i>Rubiaceae</i>	Root, Stem,
20.	Kantakari	<i>Solanum xanthocarpum</i> Schard & wendl	<i>Solanaceae</i>	Whole plant
21.	Bruhati	<i>Solanum indicum</i> Linn.	<i>Solanaceae</i>	Root,
22.	Patala	<i>Stereospermum suaveolens</i> DC.	<i>Bignoniaceae</i>	Root, Rootbark,
23.	Shyonaka	<i>Oroxylum indicum</i> Vent.	<i>Bignoniaceae</i>	Root, Bark,

24.	Punarnava	Boerhavia diffusa Linn.	Nyctaaaginaceae	Root, Wholeplant
25.	Ela	Elettaria cardamomum Maton	Zingiberaceae	Seed
26.	Agnimantha	Clerodendrum phlomidis Linn.f.	Verbenaceae	Root,
27.	Shatavari	Asparagus racemosus Willd.	Liliaceae	Tuberous root
28.	Tila	Sesamum indicum	Pedeliaceae	Seed
29.	Gokshira	-	-	-
30.	Paribhadrak	Erythrina variegata	Fabaceae	Bark
31.	Saileyaka	Convolvulus pluricaulis	Convolvulaceae	Root

TABLE – 2 PHARMACODYNAMICS OF INGREDIENTS DRUGS
According to the *Bhavaprakasha Nighantu*; ⁽⁷⁾

N o	Dravyas	Rasa	Guna	Virya	Vipaka	Doshaghnata
1	Ashwagandha	Tikta, Kashaya	Laghu, Snigdha	Ushna	Madhura	Kapha Vata
2	Bala	Madhura	Laghu, Snigdha, Pichila	Shita	Madhura	Tridosha
3	Chandana	Madhura, Tikta	Guru	Shita	Madhura	Vata pitta
4	Murva	Madhura, Tikta	Guru	Shita	Madhura	Tridosha
5	Vacha	Tikta, Katu	Laghu, Tiktsna	Ushna	Katu	Kapha, Vata
6	Rasna	Tikta	Guru	Ushna	Katu	Kapha Vata
7	Saindhava	Madhura	Laghu, Snigdha	Shita	Madhura	Tridosha
8	Devadaru	Tikta	Laghu, Snigdha	Ushna	Katu	Kapha, Vata
9	Tagara	Madhura	Laghu, Snigdha	Ushna	Katu	Tridosha
10	Atibala	Katu, Tikta	Laghu, Snigdha, Pichilla	Shita	Katu	Vata, Pitta
11	Shatapushpa	Katu, Tikta	Laghu, Ruksha, Tiktsna	Ushna	Katu	Kapha, Vata

12	Kustha	Tikta, Katu, Madhura	Laghu, Ruksha, Tiksna	Ushna	Katu	Kapha, Vata
13	Jatamansi	Tikta, Kashaya, Madhura	Laghu, Snigdha	Shita	Katu	Tridosha
14	Shalaparni	Madhura, Tikta	Guru, Snigdha	Ushna	Madhura	Tridosha
15	Prushniparni	Madhura, Tikta	Laghu, Snigdha	Ushna	Madhura	Tridosha
16	Mudgaparni	Madhura, Tikta	Ruksha	Shita	Madhura	Tridosha
17	Mashaparni	Madhura, Tikta	Ruksha	Shita	Madhura	Kaphakara
18	Gokshura	Madhura	Guru, Snigdha	Shita	Madhura	Kapha Vata
19	Bilva	Tikta, Kashaya, Madhura, Katu	Laghu, Ruksha	Shita	Katu	Kapha, Pitta
20	Prasarini	Tikta	Guru	Ushna	Katu	Kapha, Vata
21	Kantakari	Tikta, Katu, Madhura	Ruksha, Tiksna	Ushna	Katu	Kapha, Vata
22	Bruhati	Katu, Tikta	Laghu, Ruksha, Tiksna	Ushna	Katu	Kapha, Vata
23	Patala	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu	Kapha, Vata
24	Shyonaka	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha, Vata
25	Punarnava	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosha
26	Ela	Katu	Laghu	Shita	Madhura	Vata
27	Agnimantha	Katu, Tikta, Madhura, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha, Vata
28	Shatavari	Madhura, Tikta	Guru, Snigdha	Shita	Madhura	Vata, Pitta
29	Saileyaka	Katu, Kashaya	Guru, Sara, Snigdha, Pichchila	Ushna	Madhura	Tridosha
30	Paribhadra	Katu, Tikta	Guru	Ushna	Katu	Vata, Kapha

						a
31	Tila Taila	Tikta, Madhura Anurasa- Kashaya	Snigdha,Guru, Sara,Vikasi,Sukshm a Vyavayi,Tikshna, Mrudu	Ushn a	Madhur a	Vata Kapha
32	Go-dugdha	Madhura	Laghu, Snigdha	Shita	Madhur a	Vata, Pitta

TABLE – 3 Applicability in different disease conditions of ingredients

No	Dravyas	Karma	Rogaghnata
1	Ashwagandha	Garbhashayashothahara, Yonishoolahara, Shoolaprashamana	Vatavyadhi, Yonishoola, Pradara, Shotha
2	Bala	Vedanasthapana, Shothahara, Grahi, Balya, Shukrala, Prajasthapana, Brimhana,Ojovardhaka, Vatahara	Vatavikara, jwara, Karshya, Vranashotha, Grahani
3	Rakta Chandana	Pittashamaka, Shleshmaputihara, Varnya, Dahaprashamana	Swetpradara, Daurbalya
4	Murva	Twagdosahara, Amapachana, Deepana, Stanyashodhana, Hridya, Raktashodhaka, Pramehaghna, Rasayana,Anulomana	Amadosha, Amlapitta, Vibhanda, Pandu, Prameha, Raktavikara, Stanyavikara, Kushtha, Grahani
5	Vacha	Medhya, Shamaka, Vedanasthapana, Anulomaka, Shoolaghna, Deepana, Jwaraghna	Unmada, Apasmara, Agnimandya, Amajeerna, Aruchi, Adhamana, Vibandha, Medoroga, Kashtartava, Kashtaprasava
6	Rasna	Rasayana, Vrishya, Vatahara, Vedanasthapana, Shothahara, Shoolaprashamana	Shotha, Vatavyadhi
7	Saindhava	Deepaana, Pacana, Vrishya	Aruchi, Udaroshoola, Vibandha
8	Devadaru	Shothahara, Vedanasthapana,Anulomana, Garbhashayashodhana, Lekhana	Shotha, Vatavikara

9	Tagara	Sheetaprashamana, Vedanasthapana, Medhya, Deepana, Saraka, Kaphaghana, Vajeekarana, Balya, Artavajanana	Unmada, Agnimandha, Kastartava, Raktavikara, Prameha, Yonishoola, Rasayana Vajeekarana, Visha, Apasmara,
10	Atibala	Vatahara, Rasayana, Vajikara, Snehana, Mridurechana, Vedanahara	Vastivikara, Prameha, Vedana, Raktapradara, Jwara
11	Shatapushpa	Deepana, Rochana	Jwara, Shoola
12	Kushta	Vatahara, Deepana, Pachana, Garbhashayauttejaka, Anulomana, Vrishya, Kaphaghana, Stanyajanana	Vatavyadhi, Agnimandya, Rajorodha, Shotha, Kashtartava, Stanyavikara
13	Jatamansi	Garbhashayashothahara	Vatavyadhi, Shotha, Shoola
14	Shalaparni	Deepana, Rasayana, Vrishya, Balya, Brihana, Shothahara, Anulomana	Vatavyadhi, Tridoshajvikara, Angamarda, Shukradaurbalya
15	Prushniparni	Vatahara, Anulomana, Vrisha, Shonitasthapana, Sandhaniya, Nadibalya	Shotha, Vatavyadhi, Trishna, Grahani, Vatarakta
16	Mudgaparni	Garbhasthapana, Shukrala, Rasayana, Sukradoshahara, Kaphahara, Anulomana, Jeevaniya, Deepana, Vrishya, Raktashodhaka, Balaprada	Raktapradara, Raktavikara, Kshaya, Shotha, Jwara
17	Mashaparni	Vrishya, Balya, Chakshushya	Jwara, Krimi, Raktapitta
18	Gokshura	Vatashamaka, Agnideepana, Anulomana, Garbhasthapana, Vrishya, Balya, Brimhana, Bastishodhaka	Yonivyapada, Vandhyatva, Vatavyadhi, Shotha, Vedanayuktavikara
19	Bilva	Deepana, Grahi, Vedanasthapana, Anulomana, Garbhashayashothahara	Garbhashayashothahara

20	Prasarini	Shothahara, Vatanulomana, Vedanasthapana,	Shukradaurbalya, Vatavyadhi
21	Kantakari	Shothahara, Vedanasthapana, Deepana, Pachana, Garbhashayasankochaka	Raktavikara, Rajarodha
22	Brihati	Agnideeptikara, Pachana	Jwara, Shoola, Aruchi
23	Patala	Vajikara	Kaphavatajavikara, Jwaraghna
24	Shyonaka	Shothahara, Vatahara, Deepana, Pachana, Grahi,	Kaphavatajavikara, Amajvikara, Vatavyadhi, Krimi, Aruchi, Agnimandya
25	Punarnava	Shothahara, Deepana, Lekhana, Raktavardhaka, Anulomana, Vrishya	Shotha, Agnimandhya, Udarroga, Raktapradara
26	Ela	Deepana, Pachana, Rochana, Anulomana, Hridya, Balya, Dahaprashamana	Aruchi, Agnimandhya, Udarashoola, Ajeerna, Daurbalya, Daha
27	Agnimantha	Shothahara, Vedanasthapana, Nadishamaka, Deepana, Pachana, Raktashodhaka	Agnimandhya, Amadosha, Vatavyadhi, Rakta & Tvakvikara
28	Shatavari	Garbhaposhaka, Stanyajanana, Shukrala, Rasayana, Vedanasthapana	Vatavyadhi, Shoola, Shotha, Stanyakshaya, Shukrakshaya
29	Saileyaka	Medhakrita, Svarakara, Grahabhutadidosha ghna, Vashikaran Siddhi	Nidrajanana, Medhya, Kan- tida, Rasayana
30	Paribhadrak	Shothar, krimihra, vednahar	Vatvyadhi, Udakameha, kri- mi
31	Tila Taila	Snehana, Vedanasthapana, Vajikara, Artavajanana, Rasayana	Vatashoola, Agnimandhya, Rajaorodha, Kashtartava

32	Go-dugdha	Rasayana, Jeevaniya, Brihana, Ojovardhaka, Medhya, Vajikara, Sandhanakara, Vayasthapana	Yoniroga, Garbhasrava, Shukradaurbalya, Jeernajwara, Manasaroga, Bastiroga, Daha, Pandu
----	-----------	---	---

Pharmaceutical analysis of the drug (Narayana Taila).

Table -4 A. Physical properties: -

Physical properties	Narayana Taila
Odour	Aromatic
Taste	Not tasted
Colour	Blackish brown
Touch	Slippery

Table – 4 B.Chemical Analysis:-

No.	Tests	Results
1.	Loss on drying at 110.C	0.3% w/w
2.	Specific Gravity at room temperature	0.9494
3.	Refractive Index at room temperature	1.464
4.	Acid Value	3.628
5.	Saponification Value	185.66
6.	Iodine Value	60.263

Table – 5 Rasapanchaka of the Oil:-

No.	Properties	Results
Rasa	Tikta	46.81%
	Katu	27.66%
	Madhura	17.02%
	Kashaya	06.38%
	Lavana	02.13%
Guna	Laghu	40%
	Snigdha	20%
	Tikshna	06%

	Guru	20%
	Ruksha	14%
Veerya	Ushna	74%
	Sheeta	26%
Vipaka	Katu	85%
	Madhura	15%
Doshaghnata	Vata Kapha Shamaka	47%
	Tridosha Shamaka	30%
	Pitta Kapha Shamaka	13%
	Vata Pitta Shamaka	10%

Properties of Narayana Taila:-

- Rasa:- Katu , Tikta
- Guna:- Laghu, Snigdha
- Veerya :- Ushna
- Vipaka :- Katu
- Doshakarma :- Vatakapashamaka

DISCUSSION: Use of Anuvasan basti (Medicated Enema) and yoni pichu (Medicated Vaginal tampons) with oil medicated with Madhura drugs are indicated in 9th month pregnancy care schedule by acharya Carak. The concept is to facilitate normal functioning of Apana vayu which is responsible for expulsion of fetus and afterbirths. More over yoni pichu (vaginal tampon) helps in preparing lower segment of uterus including cervix and hence facilitates normal vaginal delivery at term. Narayan Taila contains many herbs and among different ingredients, drugs like Bilva, Agnimantha, Shyonaka, Patala, Ashwagandha, Shatavari, Bala, Jatamansi, Chandana, Gokshura and Prushniparni are having phytoestrogenic property.

Phytoestrogens:

Phytoestrogens are Plant derived substances whose structure resembles in Chemical Nature similar to Endogenous Estrogens of Human. The main action of Phytoestrogen is due to their adaptogenic activity. They can be beneficial in both hypoestrogenic and hyperestrogenic state in the body.

CONCLUSION: Pregnancy care in

Ayurved as described by Acharya Carak with special to month-wise regimen help for bearing a normal pregnancy and concluding in a normal delivery. Specially the 9th month regimen that is application of Madhur ausadhi sidhha taila as anuvasan Basti and yoni pichu helps in birth preparedness. The application of basti during 9th month helps in vatanuloman thus facilitating Prasuti marut that is Apana vayu to function normally. Apana vayu is responsible for Avi (labour pains) that is normal and co-ordinated uterine contractions. In other hand with phytoestrogens in it which is the key for its indication to be used during 9th month of pregnancy facilitates formation of lower segment of uterus and relaxation of pelvic floor muscles and pelvic ligaments which prepares the woman for a normal delivery with a healthy mother and healthy newborn.

REFERENCES

1. Lavekar GS. et al. *Database on Medicinal Plants Used in Ayurveda*, Vol. 8. Central Council for Research in Ayurveda & Siddha, New Delhi, India, 2007: 360.
2. Sharma, PC, Yelne MB, Dennis TJ. *Database on Medicinal Plants used in Ayurveda*, Vol. 5. Central Council for Research in Ayurveda & Siddha, New

Delhi, 2002:166.

3. Sharma PC, Yelne MB, Dennis TJ. *Database on Medicinal Plants used in Ayurveda*, Vol. 3. Central Council for Research in Ayurveda & Siddha, New Delhi, 2001.

4. Sharma PC, Yelne MB, Dennis TJ. *Database on Medicinal Plants used in Ayurveda*, Vol. 2. Central Council for Research in Ayurveda & Siddha, New Delhi, India, 2001.

5. Sharma PC, Yelne MB, Dennis TJ. *Database on Medicinal Plants used in Ayurveda*, Vol. 1. Central Council for Research in Ayurveda & Siddha, New Delhi, 2000.

6. Lavekar GS et al. *Database on Medicinal plants used in Ayurveda*, Vol. 7. Central Council for Research in Ayurveda & Siddha, Ministry of Health and Family Welfare, Department of Indian Systems of Medicine and Homeopathy Govt. of India, New Delhi, 2005

7. Bhavaprakasa Nighantu of Sri Bhava Misra by Sri Brahmasankara Misra, First Part published by Chaukhambha Sanskrit Sansthan; Varanasi. 11th edition-2004.

Corresponding Author: Dr Narayan Chandra Mishra, M.S.(Ay),Ph.D (Prasuti Tantra Evam Stree Roga) Scholar, Gopabandhu Ayurved Mahavidyalaya, Puri, Odisha
Email: drncmishra@yahoo.com

Source of support: Nil Conflict of interest:
None Declared

Cite this Article as : [Narayan Chandra Mishra et al : Critical Analysis of “Narayan Taila” Used as Anuvasana Basti and Yoni Pichu W.S.R. to Labour and Immediate Post Natal Outcome] www.ijaar.in : IJAAR VOL VI ISSUE IX JULY - AUG 2024Page No: 417-426