



# MODE OF ACTION OF AN AYURVEDIC PREPARATION ON PHENOMENON OF LABOR

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## ABSTRACT

After knowing the depth of any concept by reviewing the old classics, the concepts of *ayurveda* should be practically assessed on scientific measures. Maximum of the *ayurvedic* theories were scientifically proved on practical aspects in present world. The present study is its example. It is a conceptual work to illustrate the mode of action of *Sukha Prasava Taila* on the phenomenon of labor. *Acharya Sushruta* has prescribed *Asthapana & Anuvaasana vasti* in the 8<sup>th</sup> month while *Acharya Charaka* has advised *Anuvaasana vasti* along with *yoni Picchu* in the 9<sup>th</sup> month of pregnancy for Lubrication of *garbhashthana* and *garbha marga*. It promotes strength, normalise the functions of *apana vayu* which is important for normal labour. The present conceptual study describes the mode of action of contents of *Sukha Prasava Taila* on the basis of *Rasa, Guna, Virya, Vipaka, Karma, Doshghanta* in normalising the phenomenon of labor. The action of every content and active principal of *Sukha Prasava Taila* is explained systematically according to contemporary view with its mechanism in normalising the complexity of three stages of labor.

**Key words:** *Sukha Prasava Taila, Labor, Apana vayu, Anuvaasana vasti, Picchu*

## INTRODUCTION

The nine months of pregnancy and phase of giving birth are important segments in life of every female. From the very starting moment of conceiving a child in the womb every woman goes through mental and bodily transformation during whole of her episode of pregnancy. Every woman faces different types of problems and dissimilar symptoms throughout their period of pregnancy. It is well known that the phenomenon of labor is a natural process. But it is a complex harmonized procedure. Any obstruction at any of the three stages during the mechanism of labor can be serious to both mother and the child. In *Ayurveda Acharyas Charaka* illustrate the way of life which should be followed by every pregnant female during their period of pregnancy under chapter *Garbhini Paricharya* which describes *Ahara* (diet), *vihara* (life style) and *vichara* (thinking process) to be followed by pregnant woman during pregnancy.<sup>1</sup> By following the *Garbhini Paricharya* the pregnant woman can

deliver a child comfortably with good health. *Acharya Sushruta* illustrate that as a ripened fruit naturally separates from its stalk at its own course of time, in the same way *Garbha* at its suitable time also detaches from its *Nadinibandha* and progress for *prasava*<sup>2</sup>. In *Ayurveda* literature, the duration of pregnancy (*Prasava*) is not evidently clarified but the complications, adverse effects of delayed pregnancy (*vilambita prasava*) are mentioned with their treatment.<sup>3</sup> According to the classical literature the hindrance or any obstruction at any of the three stages of labor can results in the disturbance of *vata dosha*, which can slow down the normal phenomenon of labor (*nishkramana kriya*) of *garbha* which is the function of *apana vayu*.<sup>4</sup> So to normalise the phenomenon of labor the aggravated *vata dosha* should be maintained at normal level and for this *taila* is considered as the best drug to normalise (*shaman aushadhi*) the *vata dosha*.<sup>5</sup> *Acharya Charaka* has referred to make use of *Anuvaasana Basti* and *Pichu* of oil medicated with *Madhura gana dravyas*<sup>6</sup> to normalise the functions of *vata dosha* aggravated during the phenomenon of labor. This medicated oil have the combination of *jala*, *prithvi mahabhoota* and due to their of *adhogami*, *guruta*, *vatashamaka* natural properties they smooth the progress of easy expulsion of the fetus without any obstruction and also provides strength to the muscles and boost the immunity<sup>7</sup> i.e. *sukha* and *nirupdrava prasava* as it helps lubrication of cervix (*garbhasthana*) and vaginal canal (*garbha marga*). The use of oil medicated with *madhur drvyas* as *Anuvaasana Basti* and *Pichu* from the beginning of 9<sup>th</sup> month (32 weeks) of pregnancy keeps the *vata dosha* in *samaya avastha* which is aggravated during labor pains.<sup>8</sup> It ultimately results in reducing the intensity of labor pain and also decreases the time of three stages of labor. The present study is the conceptual review about the mode of action of an *ayurvedic* preparation with main base as *tilla taila* which is named as *Sukha Prasava Taila*. It is medicated with four *kwath drvayas* of *madhura gana*<sup>6</sup> and eleven *murchhana drvayas* as mentioned in *Bhaishajya Ratnavali*.<sup>9</sup> The present study is the conceptual review of each single content of *Sukha Prasava Taila* that how it works to normalise the complicated procedure of mechanism of labor for the purpose of uncomplicated delivery (*Nirupadrava prasava*) with less intensity of pain and decreased duration of stages of labor.

## PRASAVA

In *ayurvedic* literature the phenomenon of labor is expressed as *Prasava*. The term *Prasava* derived from “*Shuyan Prani Prasave*” by prefixing “*Pra*” and applying panini sutra “*Ridrop*”.<sup>10</sup> In *ayurvedic* literature the natural phenomenon of labor is described as; At the onset of labor the fetal head gets turned and comes forward due to action of *Prasuti Maruta* and then is expelled through *Apatyapatha*. This is termed as “*Prakrita Prasava*”.<sup>11</sup> *Acharya Sushruta* also illustrated the natural course of labor in the same view.<sup>12</sup> *Acharya Dalhan* has clarified that *Poorvajanmakrita karma* is responsible for this *swabhavika prasava*.<sup>13</sup>

## Causes of onset of Prasava

In our ancient literature different theories were mentioned in perspective of the causes for onset of labor which on the whole draw a parallel with each other. *Acharya Sushruta* says that as a ripened fruit naturally detaches from its stalk at its own course of time, similarly mature fetus (*Garbha*) in its appropriate time, also detaches from placenta (*Nadinibandha*) and proceeds for labor (*prasava*).<sup>14</sup> In the same perspective *Acharya Harita* mentioned *Garbha vasa vairagya* is the reason for detachment of fetus from the mother.<sup>15</sup> *Acharya Bhela* told that due to full maturity

of the fetus, the *Garbha* detaches from the mother.<sup>16</sup> So we can say that collectively the factors responsible for onset of labor are Detachment of *Nadi- nibandha*, *Swabhava* (nature), *Garbha – vasa vairagya*, *Garbha sampurnata*, *Kala Prakarsha*.

### **Mechanism of *prasava***

In *Ayurveda*, through the steps of mechanism of labor are not clearly mentioned, but the scattered references give some idea about these steps.<sup>17</sup>

- **Descend:** - Release of bonds of heart, descend of *kukshi*, catching up of bladder neck etc.
- **Flexion:** - Universally flexed attitude, facing its own umbilicus (exaggerated flexion), downward displacement of vertex etc.
- **Internal rotation:-** *Parivartana of sira*
- **Crowning:** - Delivery of head by extension, Delivery of shoulders followed by delivery of Trunk by lateral flexion these are called *Nishkramti*.

### **MODE OF ACTION OF THE DRUG (SUKHA PRASAVA TAILA)**

A drug is defined as any substance used for the purpose of prevention, relief or cure of a disease. *Ayurveda* has considered fourfold constituents of *Chikitsa chatushpada* i.e. physician, drug, patient and attendant.<sup>18</sup> The consideration of drugs during the line of treatment for particular ailment has great importance. The proper use of drug at proper time, in proper dose with judicious use according to their properties helps to get rid of disease. *Acharya Charaka* mentioned the three fundamental component of treatment known as the three pillars on which *Ayurveda* rests are *Hetu* (Aetiological factor), *Linga* (Signs & symptoms), *Aushadh* (Drug).<sup>19</sup> *Acharya Charak* has quoted the importance of drug for beautifully by illustrating that there is no substance in the universe which cannot be used as a medicine.<sup>20</sup>

### **SELECTION OF DRUG:-**

For the present conceptual study the drug self named as *Sukha Prasava Taila* is selected on the basis of reference of *Acharya Charak*.<sup>6</sup> *Acharya Charak* has advised the use of *Auvaasana basti* with oil prepared with the drugs of *Madhura gana* in the 9<sup>th</sup> month of pregnancy. Here the drug *Sukha Prasava Taila* is medicated with four *kwath drvayas* of *madhura gana*<sup>6</sup> and eleven *murchhana drvayas* as mentioned in *Bhaishajya Ratnavali*.<sup>9</sup>

## PREPARATION OF *SUKHA PRASAVA TAILA*

In the beginning, *murchhana* of *Tila taila* was done with the following drugs as mentioned in Bhaishajya Ratnavali.<sup>9</sup> The drug are *Manjishtha*, *Amlaki*, *Vibhitaka*, *Haritaki*, *Twaka*, *Ketaki*, *Mustaka*, *Lodhra*, *Vatta*, *Haridra*, *Bala*. All these drugs should be taken in aqual quantity. Then the *Sukha Prasava Taila* was prepared with the *taila paka vidhi* by adding *kwath* of four drugs of *madhura gana* in *murchhitta Tila taila* i.e.

<i>Eranda moola</i>	-	1part
<i>Ashwagandha moola</i>	-	1part
<i>Sariva moola</i>	-	1part
<i>Guduchi</i>	-	1part
<i>Murchhitta Tila taila</i>	-	16 parts.

All the contents of *Sukha Prasava Taila Punarnava* i.e. eleven *murchhana dravyas* and four *kwatha dravyas* have the potency and properties to normalise the complex phenomenon of labor.

## PROBABLE MODE OF ACTION OF CONTENTS OF *SUKHA PRASAVA TAIL*

### According to Ayurvedic point of view

#### *Tila Taila*

*Til Taila* is the Sanskrit name, in Hindi it is called *Tilka tel*, *Krishan tel*, *Mitha tel*. There are basically four varieties of *til* on the basis of its colour i.e. Black, White, Red, Brown. Black variety is commonest and best suitable for medicinal purpose, yields the best quality of oil.

**Part used** - Seed, fixed oil extracted from seed.

**Rasa** - *Madhur*

**Guna** - *Guru, Snigdha*

**Anu Rasa** - *Kshaya, Tikta*

**Virya** - *Ushna*

**Vipaka** - *Madhur*

**Dosh Karma** - Mainly *vata- shamak*, *Tridosh shamak* (after being processed with other *dravyas*).

**Karma-** *Vatashamaka*, *Balya*, *Vedna sthapaka*, *Yonishodhan Deepana*, *Vran ropaka*, *Krimighna*.

## Probable mode of action of ingredients in combination

In any formulation always there is the synergistic effect of all the ingredients rather than the action of individual drug. The action of *Sukha Prasava Taila* formulation depends upon its ingredients. *Sukha Prasava Taila* have its five main ingredients, four are the *kalka dravyas* of *madhur gana*. These are:

1. *Tila Taila*
2. *Eranda moola*
3. *Ashwagandhamoola*
4. *Sarina moola*
5. *Guduchi*

The action of *Sukha Prasava Taila* depends on the combined pharmacodynamic properties of these five drugs. The *rasa*, *guna*, *veerya*, *vipaka* and *karma* of all the five ingredients of *Sukha Prasava Taila* fix on the efficacy of the drug. The combined pharmacodynamic properties of all the five drugs are as follows:

*Rasa* - *Madhur, Tikta, Kshaya*

*Guna* - *Guru, Snigdha*

*Veerya* - *Ushna (80%), Sheeta (20%)*

*Vipaka* - *Madhura*

*Karma* - *Tridoshashamak, balya, Brimhaneeya, Vednasthapaka, Shothara, Anulomana.*

### ACTION OF RASA

#### a) *Madhur Rasa*

In *Madhur* rasa there is predominance of *Jala Mahabhoot* and *Prithvi Mahabhoot* and hence *pradhanata* of *Guru Guna* this *guna* helps in natural gravitational downward movement of *Garbh*. Further *Madhur Rasa* has the properties like *anulomna*, *Garbhsthapana*, *Sarvadhaturvardhka*, *Balya*, *Sthiratvakar Mootrala*.

#### b) *Tikta Rasa*

*Tikta* rasa have *Mridu* and *vishada Gunas* and hence helps in the softening of the tissues and have *vrana ropana* property, *Puyanaashaka*, *Dahaprashmana* and *Kandughna*.

#### c) *Kshaya Rasa* – *Vranaropana, Stambhana*

### ACTION OF GUNA

*Guru* and *Snighdha Gunas* have *vatahara* and *kaphavardhaka* and have *Brihana* and *Balya*. *Guru Guna* helps in the downward movement of *Grabh* and *Snighdha guna* helps in the softening of the tissues due to its *Mriduta*.

## ACTION OF VEERYA

### *Ushna*

*Ushna veerya* drugs are *vatashaleshmahara*, *Pravartaka* of *mootra*, *Pureesha* and *sweda*, *vilayankara*.

### *Sheeta*

*Sheeta veerya* drugs are mainly found to have the action of *Pittashamaka*, *stambhana*, *sthirikarana*, *Guru*, *Balya*, *Mootrala*.

## ACTION OF VIPAKA

*Madhur vipaka* have also *Guru*, *Snigdha guna* and *kaphvardhak*.

The *Sukha Prasava Tailla* main content *til taila* in the beginning is *moorchit* by eleven *moorchana dravya* as per *Bhaishjya Kalpana*.<sup>9</sup> The *moorchhita tila taila* has the properties of *moorchhana dravyas*. So the *Sukha Prasava Tailla* have the properties of *vedanasthapana*, *mootrala*, *anulomana*, *deepana*, *rasayana*, *krimighna*, *shothahara* as maximum drugs have such properties. *Dravyas* are *vatashamaka*, *Anulomaka* and *vedanasthapaka* and hence act as *shoola prashamana*.

## ACTION OF BASTI AND PICCHU

- **BASTI**

*Acharya Charaka* has mentioned, during the period of pregnancy, *vayu* is most likely to be vitiated and he has glorified *vasti* as *Ardha chikitsa*<sup>21</sup> and complete *Chikitsa* by some other *Acharyas*. *Basti* using oils medicated with herbs is called *Anuvaasana Basti*. *Matra Basti* is a type of *Anuvaasana Basti* in which the quantity of *Sneha dravya* is very less ( $1\frac{1}{2}$  *Pala*)<sup>22</sup> It promotes strength, makes the stool and urine to move in proper direction and cures *vata roga* gives *sukha*. The *Brihatrayi* gives emphasis on *Garbhini Paricharya* for the easy delivery and it is also known factor that proper function of *apana vaya* is important for normal labour. Administration of *taila* by *Anvvaasana Basti* counteracts the *Rukshata* of *vayu* by its *snigdha guna*, *Guruta* counteracts the *Laghuta* and by its *Ushnata* it counteracts the *sheetata* which are produced due to vitiated *vayu*.<sup>23</sup> *Garbha Nishkramana Kriya* is one of the important function of *Apana vaya*.<sup>4</sup> By *Anuvasaana vasti* *vayu* moves in right direction i.e. *vatanulomana* and hence pregnant women delivers easily at proper time without any complication. Administration of *Anuvaasana Basti* improves *snigdha* property in the mother's body part like abdomen, flanks, perineal area and sacrum and lubricates the *yoni maarga* and causes *Vataanulomana* for the normal proper functioning of *Vyana vayu* and *Apana vayu* and help in the normal delivery without any complication and being *Balya*, *Brimhaneeya* and *Rasayana* they provide strength to the muscles of *yoni*.

- **PICCHU**

*Picchu* is a type of *Snehan* i.e. oleation therapy. *Picchu* is made with the cotton swap. Small tampons dipped in medicated oils are placed deeply inside the vagina and intact with cervix (yoni) for the *snehana karma* known as *Yoni Picchu*. It causes *Snehana* (unctuousness), *vishyandana* (fluidity), *mardavata* (softness) and *kledana* (moistness) as per the definition of *snehana* mentioned by *Acharya Charaka*.<sup>24</sup> So all in all the effects of *Yoni Picchu* can be explained as:

1. *Picchu* lubricates the whole vaginal canal due to its *snehana* and prevents unnecessary friction.
2. *Picchu* makes muscles soft and smooth so that their stretch ability increases by enhancing *Bala* and *Tanuta*.
3. Medicated oil of *Picchu* has properties of *Shothhara* and *Krimighana* on local application so it destroys pathogenic bacterial growth in vaginal canal.
4. It remains intact with cervix and hence helps in cervical ripening by softening the cervix.

The inevitable injuries can occur to the genital tract from the cervix down to the Perineum of varying magnitude during the birth of the baby as the fibro musculofascial structures supporting the genital organs are stretched. *Anuvaasana vasti* and *Yoni Picchu* with medicated oil is *vata shamak* and causes softness in the channels and tissues and increases the elasticity of muscles and thus facilitates easy expulsion of the fetus without obstruction.

#### **According to Modern point of view**

Main five ingredients of *Sukha Prasava Tailla* act as:-

1. Anti microbial
2. Anti oxidant
3. Anti inflammatory
4. Anti bacterial
5. Analgesics
6. Tonic
7. Lubricant

So, by using *Sukha Prasava Tailla* in the form of *Anuvaasana Basti* and *Yoni Picchu*, vaginal passage and cervix become soft. Its local use also prevents the growth of pathogenic micro-organisms present in vagina and hence reduces vaginal discharges. Muscular tone is increased and at last psychologically woman is prepared for normal labour.

CHEMICAL COMPOSITION & ACTION OF INGREDIENTS *SUKHA PRASAVA TAILLA*

S.No.	Dravya	Chemical Composition	Action
1.	Tilla Tailla	Carbohydrates, Protein, Fibers, Minerals, Phosphorus, Calcium, Vitamins (A, B, C), sesamol, glycerides of oleic and linoleic acid, solid fats consisting of glycerides of osterarin, Palmitin and myristin.	Tonic, Galactogogue, Antioxidant, Anti spasmodic, Digestive, analgesic, anti microbial.
2.	Manjistha	Tannin, cinchonim, Saponin, Glycoside, Manjistin, Xanthine, quinines, glucose, Sucrose	- Analgesic - Controls nerve irritation
3.	Amalaki	Vitamin- C, Protein, Carbohydrates, Calcium, Fat, Phosphorus, Nicotinic acid, Iron, Ascorbic acid, Carotene, Riboflavin, D- Glucose, D- Fructose, Myoinosital, D- Galacturonic acid, D- Arabinosyle, Procyanidin, Tannins, Ellagic acid, Polyphenolic compounds.	- Spasmolytic - Immunomodulator - Anti- inflammatory - Anti fungal - Anti bacterial
4.	Vibhitaka	Tannin, $\beta$ - Sitosterol, Protein, Gallic acid, Chebalazic, Oxalic acid, Glucose, Fructose, mannitol, Elagic acid, Galactose.	- Antifungal - Analgesic - Anti inflammaroty - Anti-microbial - Astringent action
5.	Haritaki	Chebulinic acid, Tannin, Chebulagic acid, Polyphenols, Gallic acid, Linoleic acid, Triterpenoid, glycosides, anthraquinone, Phosphoric acid, Succinic acid, Vitamin- C, Stearic acid, Chebulin.	- Shothara - Anti oxidant - Anti bacterial - Antianaphylactic - Tonic - Analgesics -Antifungal
6.	Twaka	Cinnamaldehyde and Eugenol, volatile oil, Tannic acid, Cinnamic acid.	- Analgesic - Astringent - Antimicrobial - Tonic.
7.	Ketaki	Aromatic oil, Phenolic and lignin compound, benzofuran derivative.	- Analgesic - Antioxident - Anti inflammatory
8.	Mustaka	$\alpha$ - cyperone, $\beta$ - selinene, cyperene, terpenes, Aromatic oil, stable oil, minerals, vitamins, Calcuim, Phosphorus, Sodium, and Carbonates.	- Analgesic - Uterine tonic - Anti spasmodic - Anti inflammatory - Provide strength to body.
9.	Lodhra	Alkaloids, Loturine, Loturidine, Glycosides,	- Anti inflammatory - Astringent



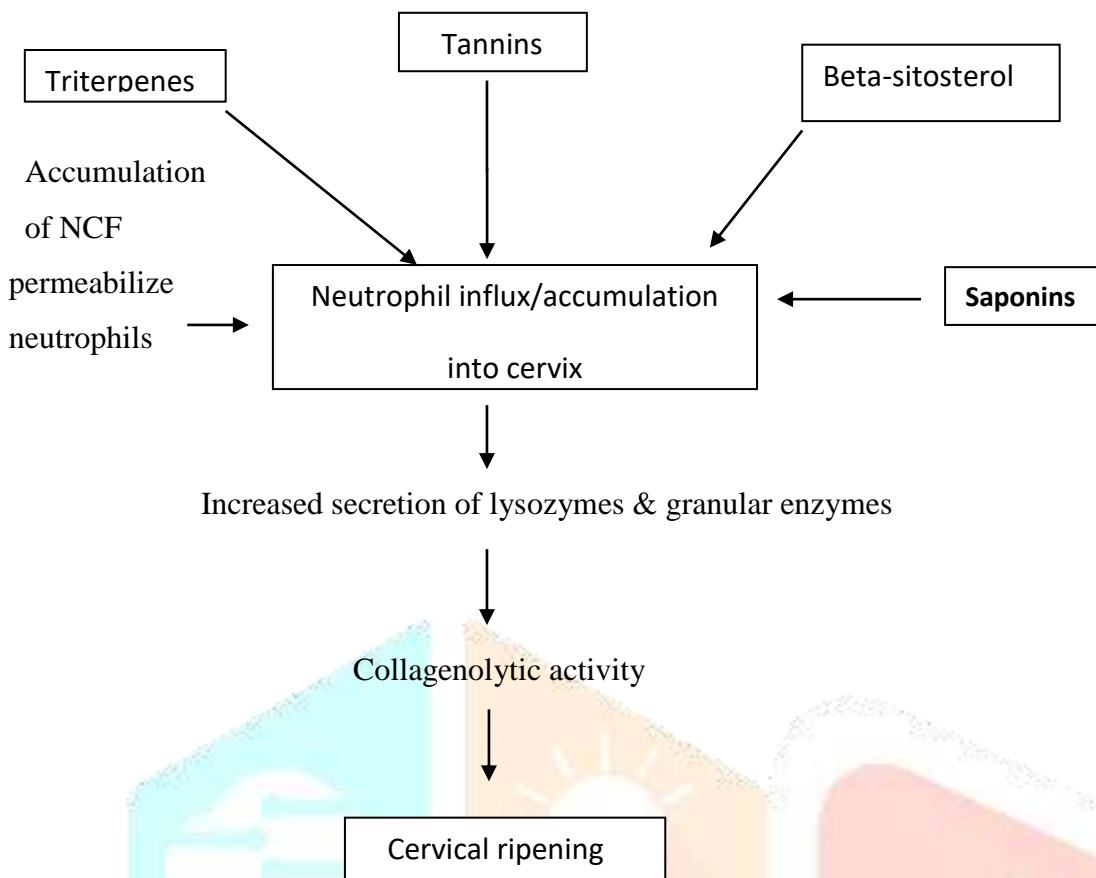
		Sodium carbonate.	- Haemostatic
10.	Vata	Tanin, Bilavonoids and theols, $\beta$ – sitosterol, $\alpha$ – D-glucose .	- Antioxidant - Antiinflammatory - Analgesic
11.	Haridra	Phenylpropanoids, Monoterpenes, Glycans, Sequiterpenes, Curcumin, Vitamin- A, Proteins, Carbohydrate	- Analgesics - Anti – inflammatory - Anti microbial - Anti oxidant.
12.	Bala	Ephedrine, Steroids, Phytosterol, Fatty acids, Mucin, Malvalic acid, Coronaric acid sitosterol	- Anti inflammatory - Analgesic - Rejuvenator - Anabolic
13.	Eranda moola	Unidentified triterpene, Germanicol ester derivative	- Anti- inflammatory
14.	Ashwagan dha moola	Anaferine, Anahygrine, Cuseohygrine	- Anti- inflammatory - Antioxidant - Antibacterial - Antispasmodic.
15.	Sariva moola	Saponin, glycosides, triterpenes phytosterols, 2 - hydroxy- 4 methoxybezaldehyde a new pregnane ester diglycoside	- Anti- inflammatory - Anti fungal - Bacteriostatic
16.	Guduchi	Cordifol, Tinosporin, beta- sitosterol	- Anti inflammatory - Antimicrobial - Antioxidant - Analgesic.

### Probable mode of action of drug

At normal term pregnancy birth is accomplished by a coordinated ripening and dilatation of cervix, accompanied by uterine contractions and descent of presenting part. Cervical ripening is the result of realignment of collagen, degradation of collagen cross linking due to proteolytic enzymes.

### Mode of action of *Tila taila*

Prostaglandins used for cervical ripening are short lived substances made from fatty acids. Prostaglandins induce pain signals, regulation of inflammation and maintenance of tissue. Also role of fatty acid in cervical ripening and parturition has been established. *Tila taila* a principle constituent of *Sukha Prasava Talla* has high percentage of polyunsaturated fatty acid (omega-6 fatty acid).<sup>25</sup> *Tila taila* containing polyunsaturated fatty acid may be assumed as the cause of slow cervical ripening with the use of *Sukha Prasava Talla*. Further local application of *Sukha Prasava Talla* in form of *yoni pichu* restores moisture of genital tract.

**Flow chart of Action of other constituents of *Sukha Prasava Talla*<sup>26</sup>****Mode of action of *Basti***

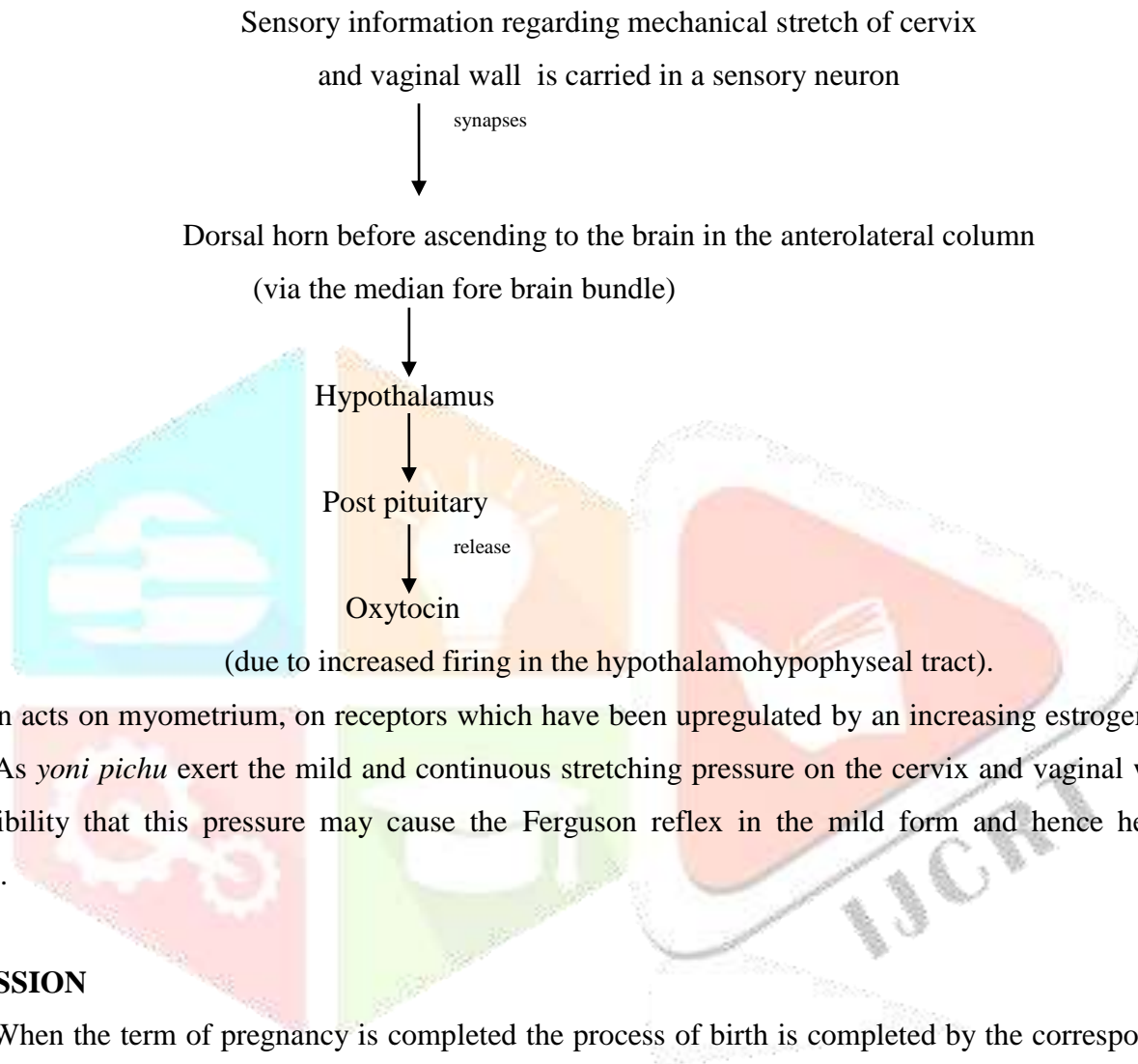
*Anuvaasana* and *matrabasti* have got a property to regulate sympathetic activity by regulating adrenaline and noradrenaline secretions and helps in the balance of ANS.<sup>27</sup> Thus use of *basti* may also affect the ANS governing myometrium & thus helps in regulating their function during labor.<sup>28</sup>

**Mode of action of *Yoni Pichu***

The cervix undergoes a continuous remodelling throughout pregnancy in human with an initial softening phase that takes place over the interval from conception to approximately 32 weeks of gestation. A second ripening phase occurs over the final weeks of pregnancy, leading to cervical dilatation as labor approaches. The mechanisms which soften the cervix and allow it to dilate at birth are not well known. Cervical ripening is accompanied by the influx of neutrophils. Neutrophil is a ready source of collagenase and cervix is dependent on collagen for its rigidity. Thus it is important to study factors controlling neutrophil influx into the cervix at term PGE and interleukin -8 (IL-8 or neutrophil chemotactic factor) works synergistically inducing neutrophil influx into tissue. Activating this type of synergy, between a vasoactive and a chemotactic agent is likely to be the physiological mechanism for inducing cervical ripening.<sup>29</sup>

## Ferguson reflex

The Ferguson reflex is an example of positive feedback and the female body's response to pressure application in the cervix or vaginal walls. Upon application of pressure, oxytocin is released and uterine contractions are stimulated (which will in turn increase oxytocin production, and hence, increase contractions even more) until the baby is delivered.



Oxytocin acts on myometrium, on receptors which have been upregulated by an increasing estrogen-progesterone ratio.<sup>30</sup> As *yoni pichu* exert the mild and continuous stretching pressure on the cervix and vaginal wall there may be possibility that this pressure may cause the Ferguson reflex in the mild form and hence help in cervical ripening.

## DISCUSSION

When the term of pregnancy is completed the process of birth is completed by the corresponding ripening and dilatation of cervix which go together with the uterine contractions and descent of presenting part. The cervical ripening is the result of rearrangement of collagen, deprivation of collagen cross linking due to proteolytic enzymes. *Tila taila* which is the main content of *Sukh-Prasava taila* has high percentage of polyunsaturated fatty acid (omega-6 fatty acid). Prostaglandins induce pain signals, regulation of inflammation and maintenance of tissue. The role of fatty acid in cervical ripening and parturition has been established. Further local application of *Sukh-Prasava taila* in form of *yoni pichu* restores moisture of genital tract. The other constituents of *Sukh-Prasava taila* increases the secretion of lysozymes and granular enzymes which increase the collagenolytic activity finally results in cervical ripening. At the other end *Anuvaasana* and *matrabasti* got the property to control sympathetic activity by regulating adrenaline and noradrenaline secretions and helps in maintaining the balance of A.N.S. which regulates myometrium and in the end ultimately helps in labor. The Ferguson reflex is an example of positive feedback and response of female body to pressure application in the cervix or vaginal walls. On application of pressure, oxytocin is released and uterine contractions are stimulated (which will in turn increase

oxytocin production, and hence, increase contractions even more) until the baby is delivered. Oxytocin acts on myometrium, on receptors which have been upregulated by an increasing estrogen-progesterone ratio. The administration of *Yoni pichu* applies a mild and continuous stretching pressure on the cervix and vaginal wall. So there may be possibility that this pressure may cause the Ferguson reflex in the mild form and consequently help in cervical ripening.

## CONCLUSION

The drug *Sukha Prasava Taila* is not independently mentioned in ayurvedic text, it is a self assessed drug selected to study conceptually its mode of action on phenomenon of labor. It may effectively help in relieving the intensity of pain, time of duration of three stages of labor and other complications which may arise during labor. It maintains the *vata dosha* in *samaya avastha* which is aggravated during labor pains and helps in comfortable labor phenomenon.

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