Efficacy of Herbal Formulation (Containing Acacia Arabica & Butea Frondosa) In Treatment of Post-Natal Backache

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Background and Objectives: Back ache is one of the most frequently encountered problems of a lady during post partum period, patients usually present with Low Back Ache confirmed to lumbar area. Patient gives typical history of pain that was present during pregnancy and still existing, some patient may also complain of easy fatigue and white discharge per vagina. Acacia Arabica (Gond Babool) and Butea frondosa (Dhak) has been used by ancient unani scholar to treat pain and inflammation particularly in ante natal and post natal period. Hence it has been decided to conduct a clinical trial to know efficacy of this herbal formulation in Post-Natal Backache.

Method: The study was carried out on 12 patients, attending gynecological and obstetrical OPD as an open prospective clinical trial. Each patient is six grams of herbal formulation for 30 days. Effect of treatment was evaluated after observing Post and pre treatment symptoms of subjects.

Interpretation and Conclusion: The study revealed that herbal formulation containing equal quantity of Acacia Arabica (Gond Babool) and Butea frondosa (Dhak) is effective for relief post natal Backache and other associated symptoms of post natal period.

KEYWORDS
Academic Adjustment, Self Efficacy and Gender

Introduction
During pregnancy there are progressive anatomical and physiological changes occurs in body. These changes are not only confined to genitourinary system, but also all systems of body get affected.1,2

Musculoskeletal system complaints are also common in pregnancy. Virtually all pregnant ladies suffer from at least minor degree of lumbar backache during gestation. Fatigue, muscle spasm, postural strain, especially during last trimester are said to be cause behind it.3,4

It is believed that normal postural changes brought about during, as the body attempts to maintain its balance, along with the relaxation of sacroiliac joint and symphysis pubic that accompanies pregnancy, may cause backache during pregnancy. In addition to these women with weak abdominal muscle also experienced back ache because of pronounced forward protrusion of abdominal muscle during pregnancy. 5

After pregnancy Back ache is usually related to poor posture with tilting of pelvic brim, to fatigue, to poor tone of muscles of abdomen and pelvic floor, rather than position of uterus. It is commonly found with ill nourished and over worked multiparous women. There is no specific diagnostic criteria regarding its diagnosis a typical history and absence of any other pathology usually confirmed diagnosis, patients usually present with Low Back Ache confirmed to lumbar area. Patient gives typical history of pain was present during pregnancy and still existing, some patient may also complain of easy fatigue and white discharge per vagina.

Acacia Arabica (Gond Babool) and Butea frondosa (Dhak) has been used by ancient unani scholar to treat pain and inflammation particularly in Ante Natal and post natal period. Studies conducted in modern scientific world also proposed anti inflammatory, analgesic action of above said drugs.

So a pilot study is planned to evaluate efficacy of Acacia Arabica (Gond Babool) and Butea frondosa (Dhak) powder in post Natal low Back ache.

Material Methods
The study was conducted on 12 patients attending gynaecological and obstetrical OPD of Ajmal Khan Tibbiya College hospital, AMU Aligarh as an Open prospective clinical trial.

Patients in post Natal period complain of backache, easy fatigue and white discharge without any other pathological abnormality are enrolled on the basis of following inclusion and exclusion criteria after obtaining written inform consent from patient. Each patient was subjected to go through X-ray lumbo-sacral spine to rule out bony deformity of vertebral column.

Inclusion criteria
• Patients in post natal period complain of backache without any other pathological abnormality
• Patient of age group 21-45 years of age
• No abnormality detected on X ray Lumbo-sacral Spine
• TLC, DLC, ESR and USG abdomen was done to evaluate patient for any other pathology, patient whose TLC, DLC, ESR and USG abdomen normal are included
• Patient willing to take part in study

Exclusion Criteria
• Patient less than 21 and greater 45 years of age
• Any spinal abnormality like Potts Spine, osteoarthritis of spine
• Acute traumatic injury of spine
• Rupture of muscle and fascia
• Chronic cervicitis
• Pelvic Inflammatory disease
• Pelvic varicosities
• Patient on medication on same treatment
• Any other uncontrolled chronic illness like uncontrolled DM, Hypertension
• Patient of Eclampsia or history of pre eclampsia

Drugs
All patients after obtaining written informed consent were advised to take six grams of powdered formulation (containing Acacia Arabica (Gond Babool) and Butea frondosa (Sammage Dhak) in equal quantity, twice daily with a glass of milk for 30 days. Patients were evaluated on for backache and other associated symptoms like fatigue and white discharge after on 30th Day. Pre and post treatment values are considered for evaluation of effect of drug.
Therapeutic outcome:
The therapeutic outcome was assessed by objective parameters i.e. relief in pain intensity after the taking prescribed herbal formulation. And the response is based on patient satisfaction as 8

≥ 83% relief in pain intensity present at first visit is considered cured.

18-82% relief in pain intensity present at first visit is considered partially cured.

≤ 17% relief in pain intensity present at first visits considered not cured.

Observation and Results
In this study all (n=12) complaints of Low Backache; out of 12 patients 10 were also have complaints of fatigue and 09 of white discharge per vagina.

Results:
Fifteen patients were enrolled in the study, two were excluded, one denied and twelve were completed the trial.

100% of patients complain of backache. Other symptoms include white discharge and fatigue, in 75% and 83.3% of patients respectively. (Table 1) 75% of Patients respond well for pain relief. Relief in other symptoms are 77.7% for fatigue and 60% for white discharge (Table 1 and Fig 1) Out of 12 patient 7 were cured, 2 partially cured and 3 not cured. (Table 2)

Table 1
Effect of Drugs on Subjective parameters

<table>
<thead>
<tr>
<th>Subjective parameters</th>
<th>Before Treatment</th>
<th>After Treatment</th>
<th>%age cases improved</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No. Of cases</td>
<td>%age</td>
<td>No. Of cases</td>
</tr>
<tr>
<td>Low Backache</td>
<td>12</td>
<td>100</td>
<td>3</td>
</tr>
<tr>
<td>White Discharge</td>
<td>09</td>
<td>75</td>
<td>02</td>
</tr>
<tr>
<td>Fatigue</td>
<td>10</td>
<td>83.3</td>
<td>04</td>
</tr>
</tbody>
</table>

Table 2
Therapeutic outcome

<table>
<thead>
<tr>
<th>Group</th>
<th>Cured</th>
<th>Partially cured</th>
<th>Not cured</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=12</td>
<td>7</td>
<td>2</td>
<td>3</td>
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Discussion
Since time immemorial these drugs have been used by the scholars of unani medicine for above mentioned symptoms. The possible relief of symptoms of low backache; fatigue and white discharge per vagina might be due ant inflammatory, antimicrobial and analgesic effects present in these drugs.

References
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5. Bethea DC. Introductory Maternity nursing. pitman Medical publishing co.ltd 1968.