



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

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ABSTRACT

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 gynaecological 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^{6,7} particularly in Ante Natal and post natal period. Studies conducted in modern scientific world also proposed anti inflammatory, analgesic acts 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 informed consent from patient. Each patient was subjected to go through X-ray lumbo-sacral spine to rule out bony deformity of vertebral column.

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Inclusion criteria

- Patients in post natal period complain of backache without any other pathological abnormality
- Patient of age group 21-45years 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 45years 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* (Samage 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.

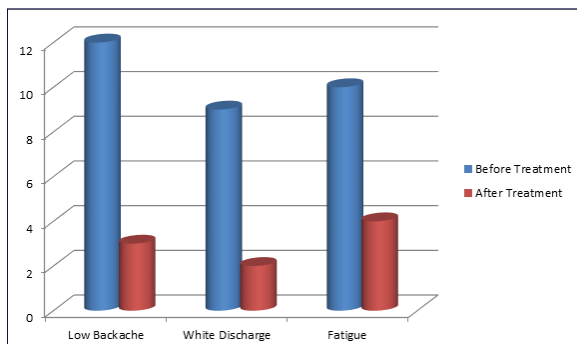
100% of patients complain of backache. Other symptoms include white discharge and fatigue, in 75% and 83.3 % of patients respectively. (Table 1) 75% of Patients respond well for pain relief. Relief in other symptoms are 77.7% for fatigue and 60% for white discharge (Table 1 and Fig 1) Out of 12 patient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

Table 1
Effect of Drugs on Subjective parameters

Subjective parameters	Before Treatment		After Treatment		No. of cases improved	%age
	No. Of cases	%age	No. Of cases	%age		
Low Backache	12	100	3	25	09	75
White Discharge	09	75	02	22.2	07	77.7
Fatigue	10	83.3	04	40	06	60

Table 2
Therapeutic outcome

Group	Cured	Partially cured	Not cured
N=12	7	2	3



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 anti inflammatory, antimicrobial and analgesic effects present in these drugs.

Butea frondosa is said to be very beneficial in post partum period particularly for back related problems and in-fact it is called as *KamarKas* (Protector of muscles of Back) also it has *mohallil* and *musakkin alam* properties which are beneficial for relieving pain.⁷ In the same manner *Acacia Arabica* Gum (*Gond Babool*) contains galactose, L-arabinose, L-rhamnose, and some aldoibouronic acids ^{9,10} studies has shown that *Acacia Arabica* has Anti-bacterial activity, ^{11,12} Haemostatic property¹³ and Antispasmodial activity.¹⁴

Conclusion

It has been concluded that the herbal formulation containing *Butea frondosa* and *Acacia Arabica* is very effective for relief of post natal low back pain. Besides relief of pain the formulation is also very effective in relieving the associated symptoms of easy fatigue and white discharge per vaginum related to post natal period. As the drug formulation is not based on synthetic products, cheaper and well tolerated by the patients, without any apparent adverse effects it may be used in treating the symptoms associated with post natal period.

Large scale clinical trials needed to prove its efficacy.

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