



**ORIGINAL RESEARCH PAPER**

**Nursing**

**THE IMPACT OF ALOE VERA ON PERINEAL HEALING AFTER EPISIOTOMY IN PRIMIPAROUS WOMEN:CASE STUDY**

**KEY WORDS:** Aloe vera, ointment Episiotomy, Primiparous Women

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**Introduction:**

Episiotomy is used for enlarging the perineum. Aloe vera have been used for treating different diseases from ancient times, limited researches have been done regarding the healing of these plants. Since the effect of their ointment on episiotomy healing has not been studied, this case study is being done for determining the impact of Aloe Vera on episiotomy healing in primiparous women.

**Case history:**

A 26 year G1P0L0 with 38.5 weeks of pregnant mother admitted in the Maternity hospital on 28/11/2017 at 8:25 pm in Obstetric ward with complaints of pain in abdomen and white discharge per vagina. After examination obstetrician admitted her in labor ward for Normal Spontaneous Delivery .The findings of vaginal examination was cervical dilation is 4 cm., 30% effacement, head is engaged and station is -4 and FHS is 144 bits /mint 4 to 5 contraction at 10 min interval they lasted 20-30 sec. Her membranes were intact, temperature, pulse and respirations were normal and her blood pressure was 124/80mmof Hg, Her weight is 62 kg. Obstetrician performs Normal Spontaneous vaginal Delivery on 29/11/17 by giving left mediolateral episiotomy incision. She gave birth to a baby girl at 7:45am; the baby is well cried after birth, APGAR was 7/10, 9/10 in 1min and 5 min & the weight of baby is 3.80 kg and shifted her in PNC ward at 10 am. After delivery perineal care provided to mother and Aloe Vera ointment applied on episiotomy wound with routine PNC care.The primiparous woman used Aloe Vera every 8 hours on episiotomy for 5 days. The REEDA Scale which investigated the episiotomy healing before and five days after intervention and the result shows the positive effect of wound healing.

**Discussion:**

According to the results of case study, using Aloe Vera ointment considerable quickens the episiotomy healing 5 days postpartum compared to Betadine. No study has been done regarding the effect of Aloe vera on episiotomy wound healing but different studies have been done regarding the effect of herbal plants on episiotomy wound healing.

**Conclusion:**

According to the results, using Aloe vera ointment considerably increases the speed of episiotomy wound healing so it can be used for quickening the episiotomy healing.

Regarding limited studies about the effect of Aloe vera ointment on episiotomy healing and controversial results from available researches, the researchers propose to do more studies regarding the verification of using these ointment on episiotomy wound healing and regarding the effect of these ointment on quickening the episiotomy healing, and also regarding that none of the mothers has reported auxiliary complication from using the ointments, these ointments are used as promoter of episiotomy healing in primiparous women.

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