**CASE REPORT FORM**

DEPARTMENT OF PRASUTI TANTRA EVUM STREE ROGA

SDM TRUST’S AYURVEDIC MEDICAL COLLEGE, DANIGOND POST GRADUATION CENTRE, PADMA AYURVEDIC HOSPITAL AND RESEARCH CENTRE TERDAL.

**“A COMPARATIVE CLINICAL STUDY TO EVALUATE THE EFFECT OF MUSTA *CHURNA* AND *SHATAVARI CHURNA* IN THE MANAGEMENT OF *STANYA KSHAYA* W.S.R TO LACTATION FAILURE”**

# SCHOLAR: DR SREELEKHA SETHI

# GUIDE: DR SUKANYA PATIL MS (AYU)

# CO-GUIDE: DR PALLAVI R KODAGE MS (AYU)

# HISTORY AND EXAMINATION

|  |  |
| --- | --- |
| **Name :** | **Case No. :** |
| **Age : years** | **OP No. : /20** |
| **Gender: Female** | **IP No. : /20** |
| **Religion :** | **Ward No. :** |
| **Education :** | **Bed No. :** |
| **Occupation :** | **Date of Commencement :** |
| **Marital Status :** | **Date of Completion:** |
| **Socio Economic Status :** | **Diagnosis:**  **Group: A( )/B( )** |
| **Address :**  **Contact Number:** |  |

## VEDANA SAMUCCHAYA:

## PRADHANA VEDANA:

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl.No** | **Symptoms** | **Present/Absent** | **Duration** |
| 1 | Stanya kshaya (Decrease in amount of Milk) |  |  |
| 2 | Stanamlanata (Decrease in size of breast) |  |  |

1. ***ANUBANDHI* VEDANA:**
2. **GENERALISED (Physical)**
3. **PSYCHOLOGICAL: (Manasika)**

|  |  |  |  |
| --- | --- | --- | --- |
| **S.No** | **Symptoms** | **Present** | **Absent** |
| 1 | * Bhaya (Fear) |  |  |
| 2 | * Krodha (Anger) |  |  |
| 3 | * Shoka (Grief) |  |  |
| 4 | * Chinta (Anxiety) |  |  |
| 5 | * Avatsalya (Hate towards Baby) |  |  |

1. Others

## POORVA VYADHI VRITTANTA : )

1. Systemic – DM( )/HTN( )
2. Previous surgery- Yes( )/No( )
3. Psychological disorders- Yes( )/No( )
4. Others

## KAUTUMBIKA VRUTTANTA : (Family History)

Parents: DM/Congenital Abnormalities/Bleeding Disorders.

## VAYAKTIKA VRUTTANTA : (Personal History)

1. *Ahara*/Diet – Vegetarian( ), Mixed( ).

1. *Agni*/Appetite - Good( ), Moderate( ), Poor( ).
2. *Koshtha/*- Mrudu( ), Madhya( ), Krura( )
3. *Nidra*/Sleep - Sound( ), Disturbed( )
4. *Mutra/*Micturation- Day( )/ Night( )
5. *Vyasana/*Addiction – Alcohol( ),Smoking( )

Tobacco( ), Coffee( ), Tea( ), Any other( )

## RAJO – VRITTANTA : (Menstrual History)

Age of Menarche :

Menstrual cycle: Regular/Irregular

1. ***PRASAVA VRITTANTA* :**

**G P A L D**

1. **POORVA PRASAVA VRITTANTA : (Obstetric history)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sr. No | Years | Pregnancy Events | Labour Event | Method of delivery | Puerperium | Baby |
| 1. |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |
| 5. |  |  |  |  |  |  |

Baby weight - Healthy/Unhealthy

1. **PUERPERAL HISTORY :**
2. **EXAMINATION AND TREATMENT**
3. **EXAMINATION**
4. ***ASHTAVIDHA PARIKSHA*** :
5. ***Nadi-*** */min.*
6. ***Mala****- Saama( )/Niraama( )*
7. ***Mutra****-* Day( )/Night( )
8. ***Jivha****- Llipta( )/Alipta( )*
9. ***Shabda****-Prakruta( )/Vikruta( )*
10. ***Sparsha****- Prakruta( )/ Vikruta( )*
11. ***Drik*** *–Prakruti( )/Aprakruti( )*
12. ***Akruti*** *– Sthula( )/Madhyama( )/Krusha( )*

## 2.SAMANYA PARIKSHA:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **VITALS** | **0th DAY** | **15th DAY** | **30th DAY** | **45th DAY** |
| 1. **Pulse:** |  |  |  |  |
| **2. BP:** |  |  |  |  |
| **3. RR:** |  |  |  |  |
| **4. Temperature:** |  |  |  |  |

* Built - Well*( )* /Moderate*( )* / poor*( )*.
* Pallor- Conjunctiva*( )*/Skin*( )*/Nail bed*( )*/ Palm*( )*/Tongue*( )*/ Absent*( )*.
* Icterus- Present*( )*/Absent*( )*.
* Nourishment- Well*( )*/Moderate*( )*/poor*( )*.
* Weight -\_\_\_\_kg.
* Height- \_\_\_\_\_cm

***3.DASAVIDHA PARIKSHA***:

1. ***Prakruti*** – V*( )*/P*( )*/K*( )*/VP*( )*/VK*( )*/KP*( )*/SAMA*( )*
2. ***Vikruti*** *– Dosha- Dushya-*
3. ***Sara****- Pravara( )/Madhyama( )/Avara( )*
4. ***Satva****- Pravara( )/Madhyama( )/Avara( )*
5. ***Satmya****- Ekrasa( )/Sarvarasa( )*
6. ***Samhana****- Pravara( )/Madhyama( )/Avara( )*
7. ***Pramana****- Uttam( )/Madhyama( )/Heena( )*
8. ***Vyayamashakti****- Pravara( )/Madhyama( )/Avara( )*
9. ***Ahara shakti****- Abyavaran( )/Jarana( )*

*10* ***Vaya****- Bala( )/Madhyam( )/Vridha( )*

**4.** **SAMSTHANIKA PAREEKSHSA (SYSTEMIC EXAMINATION**)

* **R.S-**
* **C.V.S-**
* **C.N.S-**

**P/A-**

**5. STHANIKA PAREEKSHA (LOCAL EXAMINATION)**

Local Examination of the breast:

* **Size**: Normal/ Increased
* **Redness**: Mild/Moderate/Severe
* **Pain**: Mild/Moderate/Severe
* **Tenderness**: Mild/Moderate/Severe
* **Nodular mass**: Present/Absent
* **Secretion of Milk**: Light/Heavy/Sudden/Continuous
* **Frequency of breast** **feeding:**

**6. PRAYOGIKA PAREEKSHA (INVESTIGATION)**

* Serum prolactin level

1. **DIAGNOSIS –** STANYA KSHAYA
2. **INTERVENTION**

**GROUP ‘A’** : Patients under this group will be given *Musta Churna.*

|  |  |
| --- | --- |
| *Aushadha* | *Musta Churna* |
| *Aushadha Pramana* | *Eka Karsha*(6g BD) |
| *Aushadha Sevana Kala* | *Pragbhakta*  (starting from 5th day after the delivery) |
| *Anupana* | *Godugdha*(50ml ) |
| *Aushadha Yojana Kala* | 30 days |
| *Aushadha Yojana Vidhi* | Oral |

**GROUP ‘B’:** Patients under this group will be given *Shatavari Churna.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sample size | | 20 patients | | |
| *Aushadha* | | *Shatavari Churna* | | |
| *Aushadha Pramana* | | *Eka Karsha*(6g BD) | | |
| *Aushadha Sevana Kala* | | *Pragbhakta*  (starting from 5th day after the delivery) | | |
| *Anupana* | | *Godugdha*(50ml ) | | |
| *Aushadha Yojana Kala* | | 30 days | | |
| *Aushadha Yojana Vidhi* | | Oral |

1. **ASSESSMENT CRITERIA18:**

SUBJECTIVE PARAMETERS:

|  |  |  |
| --- | --- | --- |
| **Sr. No.** | **Particulars** | **Grading** |
| **(A)** | **MOTHER** |  |
| 1. | *Stana Mlanata*   1. *Stana Shuskatva* 2. *Stanya Alpata* 3. *Stanya Asambhava* | * If no sign present – 0 * If one sign present –1 * If two signs present –2 * If three signs present -3 |
| 2. | Breast Feeding Frequency | * 9-12 feeds/day– 0 * 6-8 feeds/day - 1 * 3-5 feeds/day- 2 * 0-2 feeds/day – 3 |
| **Sr. No.** | **Particulars** | **Grading** |
| **(B)BABY** | | |
| 1. | Sleep of Baby | * 3-4 hrs sleep – 0 * 2-3 hrs sleep - 1 * 1-2 hrs sleep – 2 |
| 2. | Cry For Demand Feed | * Demand feeds before every 3-4 hrs-0 * Demand feeds before every 2-3 hrs- 1 * Demand feeds before every 2 hrs -2 |
| 3. | Urine Frequency | * 6-7 times /day – 0 * 4-5 times/day – 1 * 2-3 times/day- 2 * 1/<1 time/day-3 |

OBJECTIVE PARAMETERS:

|  |  |  |
| --- | --- | --- |
| **Sr No** | **Particulars** | **Grading** |
| **(A)** | **MOTHER** |  |
| 1. | Milk Ejection  (evaluated by manual pressure on nipple and observation recorded on 4 point scale). | * Forceful– 0 * Stream like – 1 * Drop by drop – 2 * No ejection – 3 |
| **(B) BABY** | | |
| 1. | Body Weight | * >175 g weight gain/week – 0 * 100-175 g weight gain/week – 1 * No weight gain – 2 |

**FOLLOW-UP ASSESSMENT**:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **BT**  **0 day** | **FOLLOW UP** | | |
| **I**  **15th day** | **II**  **30th day** | **III**  **45th day** |
| ***Stana Mlanata*** |  |  |  |  |
| **Milk Ejection** |  |  |  |  |
| **Breast Feeding** |  |  |  |  |
| **Body Weight** |  |  |  |  |
| **Sleep of Baby** |  |  |  |  |
| **Cry For Demand Feed** |  |  |  |  |
| **Urine Frequency** |  |  |  |  |

## 

|  |  |
| --- | --- |
| Signature of Guide | Signature of Co-Guide |
| Dr. Sukanya Patil M.S(Ayu) | Dr. Pallavi R Kodage M.S(Ayu) |

|  |
| --- |
| Signature of P.G Scholar |
| Dr.Sreelekha Sethi |