



# A Review On The Clinical Efficacy Of Kankshi Ointment In Episiotomy Wound

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## Abstract:

Episiotomy is a common obstetric incision performed to prevent uncontrolled perineal tears during childbirth. Proper wound healing is essential for maternal comfort and prevention of infection. *Kankshi* Ointment is an Ayurvedic topical formulation traditionally used for wound healing. This review summarizes literature and findings from an open randomized controlled clinical trial conducted on 84 postpartum women with episiotomy wounds. Participants were divided into two groups: Group A (*Kankshi* Ointment) and Group B (povidone iodine Ointment). Assessment was done using REEDA scale and pain scores for 7 days. Both groups showed significant improvement, with the control group showing slightly better results in edema and pain. No adverse effects were observed. *Kankshi* Ointment is safe and moderately effective, requiring further clinical validation.

## Keywords:

*Kankshi* ointment, episiotomy, REEDA scale, wound healing, Ayurveda.

## Introduction:

Episiotomy wounds often lead to pain, inflammation, delayed healing, and discomfort in postpartum women. Ayurveda offers several herbal formulations with proven *Shothahara*, *Vranaropana*, and *Krimighna* actions. *Kankshi* Ointment is traditionally known for wound healing. Scientific evidence, however, is limited, necessitating controlled clinical evaluation.

## Review of Literature:

Ayurvedic texts describe the importance of wound cleansing, healing, and infection prevention. Herbal ingredients commonly included in *Kangxi* formulations possess anti-inflammatory, antimicrobial, and woundhealing actions. Modern research supports improved collagen synthesis, reduced inflammation, and enhanced epithelialization through herbal ointments.

## Methodology:

Study design: Open Randomized Controlled Trial.

Sample size: 84 postpartum women.

Groups: 42 received *Kankshi* Ointment; 42 received Povidone iodine ointment.

**Kankshi ointment content:-**

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| <b>CONTENTS:Each10gm of ointment</b> |                                      |
| <b>ALUM- 2%</b>                      | <b>propyl paraben-0.02%</b>          |
| <b>Methyl paraben-0.2%</b>           | <b>cetyl alcohol-7% liq.</b>         |
| <b>cetomacrogol-10%</b>              | <b>Parafin 2%purified water –q.s</b> |

**1)GROUP A:-KANKSHI**

कांक्षीकषायाकटुकाचतिकाख्यातातथोष्णाविषदोषहन्ति।

विसर्पकण्डुतिहराचकेश्याश्चित्रापहावैव्रणरोपणाच।

नेत्ररोगप्रशमनिविषमज्वरनाशिनि।

रतिमन्दिरसंकोचकारिणीव्रणहारिणी॥

ग्राहिणीलेखनीस्निग्धारुधिरस्त्रावरोधिनी।

मुखरोगहराचैवदन्तदार्दकरीमता॥ 183 । (रसतरङ्गिणीएकादशतरङ्ग 181-183)

|                    |   |
|--------------------|---|
| <i>Name</i>        | <i>kankshi</i>                                    |
| <i>Modern name</i> | <i>Potash alum</i>                                |
| <i>Ras</i>         | <i>Kashaya, Katu, Tikta</i>                       |
| <i>Guna</i>        | <i>Snigdha</i>                                    |
| <i>Veerya</i>      | <i>Ushna</i>                                      |
| <i>Vipak</i>       | <i>Madhur</i>                                     |
| <i>Karma</i>       | <i>Kandughna, Kaphaghna, Lekhan Tridoshshamal</i> |

**APPLIED KANKSHI OINTMENT ON EPISIOTOMY WOUND:-****KANKSHI OINTMENT:-****Inclusion criteria:**

Females 22–35 years, FTND with episiotomy.

**Exclusion criteria:**

HTN, DM, anemia, blister formation, HIV/HBsAg/VDRL positive, local infection, thrombocytopenia.

**Assessment:**

REEDA scale (Redness, Edema, Ecchymosis, Discharge, Approximation) and pain score.

**Duration:** 7 days.

**Results:**

Mann–Whitney U test was used for comparison.

**P-values:**

Redness: 0.75728 (NS)

Edema: 0.00302 (Significant)

Ecchymosis: 0.48600 (NS)

Discharge: 0.63892 (NS)

Approximation: 0.39964 (NS)

Pain: 0.00335 (Significant)

**Interpretation:**

No significant difference in redness, ecchymosis, discharge, or approximation between the groups. Control ointment showed significantly better results in edema and pain reduction. Both groups improved clinically with no adverse drug reactions reported.

**Discussion:**

*Kankshi* Ointment supports wound healing through anti inflammatory and antimicrobial activity. Although the control ointment performed slightly better in some parameters, *Kankshi* ointment still showed meaningful improvement. Lack of ADRs highlights its safety. Differences may be related to formulation potency, absorption, or specific herbal concentrations.

**Conclusion:**

*Kankshi* ointment is safe and offers moderate effectiveness in episiotomy wound healing. While the Povidone iodine ointment showed superior results in certain parameters, *Kankshi* still demonstrated significant healing potential. Larger, multicenter trials are recommended for validation

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