

Effectiveness of Neem Extract Sitz Bath versus Betadine Sitz Bath on Episiotomy Wound Healing among Postnatal Mothers

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Abstract: A comparative study was aimed to assess the effectiveness of neem extract sitz bath versus betadine sitz bath on episiotomy wound healing among postnatal mothers at aravindhyan hospital. The data was collected from 40 postnatal mothers (20 each for experimental group I and Experimental Group II) according to the inclusion criteria, by non probability, non - purposive sampling method. The healing of episiotomy wound was assessed based on the reeda scale in both experimental groups I and II. Data was analyzed by using descriptive and inferential statistics. Finally the results proved that the healing of episiotomy wound was effective more with application of neem extract oil sitz bath compared to betadine sitz bath.

Keywords: Effectiveness, Betadine solution, Neem extract, sitz bath, wound healing, postnatal mothers

1. Introduction

“Turn your wounds into wisdom”

oprah winffery (2009)

WHO (2011) reported that the number of normal delivery rate is being high 72.3% per 1000 live birth. The risk of perineal infection ranges from 2.8% to higher than 18%. The risk of infection can be as high as 20%. Most of the maternal death in Asia is due to high population density, poverty, low female literacy, infection due to episiotomy and poor health services.

Mc Guines (2008) stated that the use of episiotomy wound is an important aspect of postnatal care. The application of water externally to the body for the therapeutic effect is a practice called hydrotherapy or water therapy. One of the most popular methods of using hydrotherapy is the sitz bath, originating in German. A sitz bath is a natural method of soaking in very warm water which stimulate the lymphatic circulation and remove toxins.

Swathi Rawatta (2011) recommended that medicated sitz bath with herbs like neem is to reduce the growth of bacteria and enhancing pelvic circulation, reduces itching, smoothening to vaginal tissues and helps in episiotomy wound healing.

So the researcher felt to make a comparative study to assess the effectiveness of neem extract and betadine sitz bath on episiotomy wound healing.

2. Objectives

- To assess the rate of wound healing on episiotomy after providing neem extract sitz bath among postnatal mothers in experimental group I.
- To assess the rate of wound healing on episiotomy after providing betadine sitz bath among postnatal mothers in experimental group II.

- To compare the effectiveness of neem extract sitz bath versus betadine sitz bath on episiotomy wound healing among postnatal mothers in both experimental I and Experimental Group II
- To determine the association between effectiveness of neem extract sitz bath versus betadine sitz bath on episiotomy wound healing with selected variables of postnatal mothers in Experimental group I and II.

3. Research Methodology

Experimental approach, a sub type of quantitative approach and post test only two group experimental research study design was adopted for both the two groups

Setting of the Study:

The study was conducted in Aravindhyan hospital, Coimbatore.

Sample and Sampling Technique:

The sample size was 40 postnatal mothers (20 each for Experimental Group I and Experimental Group II) with episiotomy were selected by non probability, non purposive sampling technique.

Tools for Data collection:

The tool was prepared on the basis of the objectives of the study.

Section A: Distribution of demographic variables such as age, religion education, residence, parity, type of episiotomy wound, perineal tear, and reason for episiotomy

Section B: Consist of reeda scale comprising of 5 areas of assessment such as episiotomy wound redness, edema, ecchymosis, discharge and approximation of wound.

Scoring Key: Each scale has minimum wound healing and was given a score of zero and for maximum wound healing a score of 3 was given.

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Data Analysis:

Descriptive and inferential statistics were used for analyzing the data.

Frequency and percentage distribution of socio demographic characteristics were done.

“t test” was used to determine the significance in wound healing between neem extract sitz bath and betadine sitz bath

Chi square test was used to find the association between the variables and episiotomy wound healing.

4. Major findings of the study

- The mean value of the neem extract sitz bath in experimental group I is reducing from 11.25 to 2.6 and the betadine sitz bath in the experimental group II is reducing from 11.90 to 5.7 during the three days of treatment.
- The mean difference of neem extract sitz bath in experimental group I is 8.65 and in betadine sitz bath in experimental group II is 6.2
- The obtained “t” value for neem extract sitz bath in experimental group I and the betadine sitz bath in Experimental group on day I is 1.86 at 38 degree of freedom and significant at (P< 0.05) level
- The obtained “t” value for neem extract sitz bath in experimental group I and the betadine sitz bath in Experimental group on day 2 is 8.15 at 38 degree of freedom and significant at (P< 0.05) level
- The obtained “t” value for neem extract sitz bath in experimental group I and the betadine sitz bath in Experimental group on day 3 is 13.23 at 38 degree of freedom and significant at (P< 0.05) level

5. Conclusion

The study shows that neem extract sitz bath is more effective in healing of episiotomy wound than betadine sitz bath. Further research studies can be conducted enhancing the healing and relief of pain of episiotomy wound in the field of effectiveness of warm, moist compress, sitz bath, dry heat and various and various antibiotic ointment application.

References

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