

# Effectiveness of Betadine Versus Neem Extract Sitzbath on Episiotomy Wound Healing Among Post-Natal Mothers

**Mrs Ritika Janet Singh**

Assistant Professor, Dept. of OBG

PhD Scholar, Shri Venkateshwara University, Amroha Gajraula, Meerut, U.P, India

**Abstract:** *Post-partum period lasts from delivery to six weeks afterward, it is also known as fourth trimester. The post-natal mothers experience various physiological and psychological changes when she makes the transition from the pregnant woman to a mother. Episiotomy wound can cause a considerable discomfort and pain the perineum is extremely tender area and the muscles of perineum are involved in many activities. e.g sitting, walking, controlling urination and defecation. This discomfort interferes with the rest and sleep. Sitzbath is one of the oldest, cheapest and safest treatments for curing many common ailments. The technique exploits the reaction of the body to hot stimulus. Povidine - Iodine is an antiseptic solution that is usually used in Iran for episiotomy wound healing. Neem extracts is a powerful insect repellent, anti-bacterial, anti-fungal, anti-viral, anti-inflammatory, anti-diabetic and also strengthens the body's over all immune responses.*

**Materials and Methods:** *Quasi-Experimental design, two groups pre-test, post-test only design was used to assess the effectiveness of Neem extract and Betadine Sitz bath on episiotomy wound healing among post-natal mothers. The study conducted on 60 samples. Data was collected using structured interview schedule and REEDA scale assessment of episiotomy wound healing.*

**Results:** *The findings shows that the mean wound healing score in experimental group I in before betadine Sitzbath is 9.3 (SD±1.104) and after Betadine Sitzbath is 0.56 (SD±0.670) respectively. The paired t-test value is 38.870 which is significant at  $P < 0.05$  level. And the mean wound healing score in experimental group II, before Neem extract Sitzbath is 9.2 (SD±0.959) and after Neem extract Sitzbath is 0.23 (SD±0.424) respectively. The paired t-test value is 53.926 which is significant at  $P < 0.05$  level. The mean post-test wound healing score in group I is about 0.56 (SD±0.670) and group II is about 0.23 (SD±0.424) respectively. The independent t-test value 2.537 which is significant at  $p < 0.05$ . The results shows that there is a significant difference between the mean post test score of betadine Sitzbath and mean post test score of neem extract Sitzbath on episiotomy wound healing among postnatal mothers. Therefore it is clearly proved by this study that Neem Extract Sitzbath is effective more than betadine Sitz bath on episiotomy wound healing.*

**Conclusion:** *After the detailed analysis of the study findings showed that neem extract Sitzbath is more effective in episiotomy wound healing than Betadine among postnatal mothers. Regarding the association the findings revealed that there was no significant association between the level of wound healing and their selected demographic variables in experimental group-I and experimental group-II.*

**Keywords:** Betadine, Neem extract, Sitzbath, Episiotomy, Wound healing, post-natal mothers

## REFERENCES

- [1]. Bobar Lowdermilk, et al., (1995). "Maternity nursing", (4th ed.). Mosbys company. Pp 302-304.
- [2]. Daftary, (2004). "Manuel of obstetrics", (1st ed.). New Delhi: Elsevier India private ltd. Pp 204.
- [3]. Dutta, D.C., (2004). "Textbook of Obstetrics", (4th ed.). Calcutta: New central book agency. Pp 568-571
- [4]. Fraser, D.M. et al. (2003). "Myles Text Book of Midwives", (14th ed.). Edinburgh: Churchill Livingstone.
- [5]. George, B. (1995). "Nursing Theories", (4th ed.). California: A Pearson Education Company. Pp 468

- [6]. Gurumani.N,(2005).” An Introduction ToBiostatitics”, (2nd ed).Chennai: MJP Publishers. Pp 212-215.
- [7]. Jacob Annamma,(2005).” A Comprehensive Text Book of Midwifery”, (1st ed.). New Delhi: Jaypee brothers. Pp 516.
- [8]. Lewis, et.al.(2004). “Medical surgical nursing”, (7th ed.). London: Mosby company.
- [9]. Littleton.Y.(2007). ”Maternity Nursing Care”,(1sted.). Haryana: Sanat printers. Pp 352-354.
- [10]. Marriner Ann.,(202). ”Nursing theories and its Work”, (3rd ed.). Philadelphia: Mosby Publication. Pp 184.