



Effect Of Aloe Vera Extract On Episiotomy Wound Among Postnatal Mothers

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Abstract: An interventional study was conducted to assess the effectiveness of aloe vera extract on episiotomy wound among postnatal mothers. Quasi experimental one group post test design was used to conduct the study. 46 mothers were selected as samples conveniently. Aloe vera extract was applied two times a day for a period of 5 days during the postnatal period and ongoing assessment was done using Modified Southampton Wound Healing scale. The wound regeneration was interpreted on the 5th postnatal day using Modified Bates Jensen wound score continuum. The result shows that there is a significant effect in the progress of wound healing. Hence, it is concluded that aloe vera extract is found to be effective in faster wound healing.

Index Terms - *Aloe vera extract, Episiotomy wound, Postnatal mothers, Wound healing, Nursing intervention.*

Introduction Pregnancy is a creative and productive period in the life of women, and the mother plays a major role in delivering the fetus. To safely deliver a baby, an incision is often made in the perineum to create sufficient passage during the second stage of labour, a process called an Episiotomy. It is estimated that 65 to 80% of mothers who deliver vaginally will have an episiotomy. The process of wound healing continues to be a problem for many postnatal mothers, leading to the exploration of alternative and complementary medicine. The gel extracted from "Aloe vera" heals wounds at a faster rate due to its active components such as vitamins, enzymes, minerals, sugars, fatty acids, and amino acids.

Statement of the Problem Effect of aloe vera extract on episiotomy wound among postnatal mothers in a Netaji Subhash Chandra Bose Medical College Jabalpur

The main objective of this study is to assess the episiotomy wound before and after the application of aloe vera extract.

Methodology A quantitative research approach and a quasi experimental one group post test only design were adopted for this study. The setting was the Netaji Subhash Chandra Bose Medical College Jabalpur. A convenient sample of 46 postnatal mothers who had undergone vaginal delivery with episiotomy were selected. Aloe vera extract was prepared using aseptic techniques and applied to the episiotomy wound twice a day (morning and evening) for a period of five days. The condition of the episiotomy wound was assessed using the Modified Southampton Wound Healing scale. Wound regeneration was assessed on the fifth day using the Modified Bates-Jensen wound score continuum.

Results and Discussion The baseline demographic data revealed that 63% of the mothers were multigravida and 59% belonged to the 19-22 years age group. Data analysis on the progress of wound healing showed that the mean score of mothers during the initial assessment (Day 1) was 10.15. This score decreased significantly to 0.65 on Day 5. A paired 't' test was calculated, and the 't' value was 18.277 (significant at the 0.01 level), proving that the intervention had a positive difference in wound healing. Furthermore, all the mothers achieved complete wound regeneration at the time of discharge, with no adverse reactions or wound infections observed.

Conclusion As aloe vera is cost-effective, widely available, and highly effective in accelerating wound healing and promoting comfort, the nurse midwife should adapt this intervention in her clinical practice to care for postnatal mothers with episiotomy wounds.

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