

The Effect of Hypericum perforatum on Early Mobility after Episiotomy in Primiparous Women

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Abstract

Introduction: Episiotomy involves incising the perineal muscles in the secondary stage of labor to facilitate one. Hypericum have analgesic and anti-inflammatory properties due containing flavonoid and Hypericin and Hyprfuryn. The principal part of maternal inactivity is due to pain and inflammation of episiotomy. The present study was performed with aim to investigate hypericum on postpartum motility.

Methods: This double blind randomized clinical trial was performed on 100 women eligible for study referred To Talesh Noorani hospital in 2014. The samples were randomly allocated in two groups of placebo and Hypericum cream. The studies samples used 2 cm Hypericum cream at scars 2 hours after episiotomy. The first postpartum motility (getting out of the delivery bed without pain) was asked for hours. Data were analyzed by SPSS /19, and Mann-Whitney, Independent t test. P value less than 0.05 was considered significant.

Results: The mean time of first postpartum mobility in two groups was significant ($p < 0.001$)

Conclusion: The use of a Hypericum perforatum cream reduces pain causing faster postpartum motility.

Keywords: Episiotomy, Hypericum, Perforatum, Early Mobility

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