After-birth sensations (pain)

Randomised controlled trial

**A study to assess effect of San-Yin-Jiao (SP-6) acupressure on after pains among multi parous women in a selected hospital in Mangalore**
Kurian, L. R., Paul, S., & Fernandes, P. (2022). A Study to Assess Effect of San-Yin-Jiao (SP-6) Acupressure on after Pains among Multi Parous Women in a Selected Hospital in Mangalore. International Journal of Innovative Science and Research Technology, 7(3), March 2022.

**Conclusion**: The study concluded that acupressure to the SP-6 meridian can be an effective non invasive nursing intervention for alleviation of afterpains with effects lasting 2 hours post treatment. SP-6 acupressure is a simple set of non-invasive technique applied for 10minutes and can be integrated into the clinical practice as an inexpensive and easy-to-learn nursing intervention for women experiencing after pains. Complementary and alternative therapies offer an alternative to pharmacological management for afterpains