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AUSHADHIKALPAS USEFUL IN SUTIKAROGA CHIKITSA W.S.R. TO BHAISHAJYARATNAVALI.

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Abstract: Woman is the single creation of the nature who has potency of making new era. The caring of women is prior responsibility of the society. During pregnancy various types of physiological and anatomical changes takes place in the body of a pregnant woman. According to Ayurveda the word “Sutika” represents to a woman who gives birth to a baby along with placenta, i.e., a woman is called Sutika after the expulsion of placenta. Sutikakala (duration of puerperium) is the period following childbirth during which all body tissues revert approximately to a pre-pregnant state. Duration of this period varies according to different ayurveda classics. After delivery the woman become extremely debilitated physically and mentally. Sutika body cannot withstand if the doshas get vitiated, as there is severe agnimandya and vataprakopa. It will lead to various sutika-rogas. In our day-to-day life, we see many mothers complaining of increase in their physical problems like backache, anaemia, joint-pain and many other infections after puerperium. Frequent post-partum morbidity and its association with adverse perinatal outcome suggest the need for postpartum care in developing countries for both mother and baby. Hence properly guided Sutika Paricharya i.e. care of Aahar and Vihar of Sutika with logical use of classical referenced medicine would be the proper solution to avoid Sutika Roga in order to promote early recovery of mother. This review aims to collect information of various herbal and herbo-mineral Aushadhikalpas which are used in the management of sutikaroga from an Rasashastra classic i.e., Bhaishajyaratnavali.

Keywords : Sutika, Ayurveda, Sutikaroga, Rasashastra

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Introduction:

Woman is a single creation of the nature who has potency of making new era. The caring of a woman is a prior responsibility of society. The main aim of Ayurveda is swasthya rakshana and vikarprashaman.¹ Ayurveda has given care to the stree (woman) at every phase of her life in respect of Rajaswala Paricharya (menstrual care), Garbhini Paricharya (antenatal care), Sutika Paricharya (postnatal care). During pregnancy various types of physiological and anatomical changes takes place in the body of pregnant woman. According to Ayurveda the word “Sutika” represents to a woman who gives birth to a baby along with placenta, i.e., a woman is called Sutika after the expulsion of placenta.² “Sutikakala”(duration of puerperium) is the period following child birth during which all body tissues revert back approximately to pre-pregnant state. Duration of this period varies according to different Ayurveda classics. After delivery the woman become extremely debilitated physically and mentally. Sutika body cannot withstand if the doshas get vitiated, as there is severe agnimandya and vataprakopa. It will lead to various “Sutikarogas”. In our day-to-day life, we see many mothers complaining of

increase in their physical problems like backache, anaemia, joint pain and many other infections after puerperium. Frequent postpartum morbidity and its association with adverse perinatal outcome suggests the need for postpartum care in developing countries for both mother and baby. Hence properly guided sutika paricharya, i.e., care of Aahar and Vihar of sutika with logical use of classical referenced medicine would be the proper solution to avoid Sutika roga in order to promote early recovery of mother.³ Bhaishajya Ratnavali is a compiled book of Ayurveda Pharmaceutics that is from Chakradatta, Rasendrasangraha, Charak Samhita etc. Bhaishajya Ratnavali is the most popular reference book among the practioners and students of Ayurveda. This article reviews various herbal and herbomineral aushadhikalpas effective in Sutikaroga from Prakaranam 69 of Bhaishajya Ratnavali by Kaviraj Ambikadatta Shastri Sutika Roga chikitsa Prakaranam. These Aushadhikalpas are useful in the management of Sutika Roga.

Aim and Objectives :

1. To review herbal and herbomineral Aushadhikalpas from Sutikaroga chikitsa Prakaranam of Bhaishajya Ratnavali.

2. To review the terms Sutika and Sutikakal.

3. To review general principal of treatment of Sutikakal problems.

Materials:

Definition:

Sutika: A woman who has just given birth to a child followed by expulsion of placenta is called as Sutika.⁴

Sutikakal: According to different samhitas.^{5,6}

Sr. no.	Samhita	Sutikakal
1	Charaka samhita	Not specified
2	Sushruta samhita	11/2 month or until next rajodarshan.
3	Ashtang Sangraha	11/2 month or until next rajodarshan and in case of mudha garbha 4 months.
4	Ashtang Hriday	11/2 month or until next rajodarshan.
5	Kashyap samhita	6 months as all the dhatus will resume to their original pre-pregnant state by this time.
6	Bhavaprakash	11/2 month or until next rajodarshan.
7	Yogaratanakar	11/2 month or until next rajodarshan.

Acharyas opines that Sutikakal is until the next rajodarshan. Puerperial period begins as soon as the placenta is expelled out and it lasts for approximately 6 weeks. This period is divided into :⁷

1 Immediate – within 24 hours

2 early – upto 7days

3 Remote – upto 6 weeks

During puerperium if the proper care of woman is not taken

then the woman become extremely debilitated physically and mentally. Her body cannot withstand if the doshas get vitiated as there is severe Agnimandya and Vataprakopa which leads to various Sutika rogas. Bhaishajya Ratnavali a popular book of Ayurveda pharmaceuticals has compiled various herbal and herbomineral Aushadhikalpas for the treatment of Sutikarogas in

Prakaranam (chapter) 69, Sutikaroga Chikitsa Prakaranam. It has been mentioned that during the treatment of Sutikaroga vatashamak chikitsa should be implemented.⁸

The Aushadhikalpas mentioned in chapter 69 of Bhaishajya Ratnavali by Ambikadatta Shastri is enlisted below:⁹

- Kwath kalpas :

Sahachar Kwath

Dashamool Kwath

Amrutadi Kwath

Sahachar Kwath-1

Sahachar Kwath-2

Sutikadashamoolam

Devadarvyadi Kwath

Vajrakanjikam (Kshirpak)

- Other Kalpas :

Bhadrotkatadyavaleha

Saubhagyashunthipak-1

Saubhagyashunthipak-2

Brihat Saubhagyashunthipak

Panchajirak Guda

Jeerakadi Modak

Jirakadyarishta

- Rasaushadhis : Sutikavinod Ras

Brihat Sutikavinod Ras

Sutikari Ras

Sutikaghna Ras

Sutikahar Ras

Rasashardul

Maharasashardul

Mahabhnavati-1

Mahabhnavati-2

Sutikari Ras-2

Sutikantak Ras

Sutikahar Ras-2

Brihat Sutikavallabh Ras

Lakshminarayan Ras

Sutikabharan Ras

- Ghrita taila : Bhadrotkatadya

Ghrit

Dhatkyadi Tailam

Sutikadashamool Taila

Pathyapathya in Sutikarogas¹⁰

First 7 days: Langhan, Mridusweda, Garbhakoshthashuddhi, Abhyanga, Tailapan, Katu, Tikshna, Ushna padarth sevan, Deepan Pachan padarth sevan, Madya, Puran Shali, Sathi Chaval(Old unpolished rice), Kulthi (Horse gram), Rason (garlic), Shigru (drumsticks), Vartaku (brinjal), Balmoolakam (raddish), Parval (pointed guard), Matulung (Citron fruit), Tambul, Dadim (Punica granatum fruit), Kaphavatanashak Padart sevan.

After 7 Days: Bruhan padarth sevan

After 12 Days: Mansa can be included in the diet of Sutika.

General principal of treatment of

Sutikaroga:

- A etiological factor should be avoided.
- Properly guided Aahar and Vihar should be adopted.
- Sutika should be treated with Abhyanga with medicated oil or Til taila, ghrít and oil should be added in her regimen.
- Vatashamak and Kaphashamak chikitsa should be given to Sutika.
- Sutika should take sufficient rest and sleep which helps to suppress the vatadosha and to restore the health.
- Woman who is diseased due o difficult labour should be given Snehana and Swedana which suppresses the Vayu.
- Logical use of Ayurvedic Aushadhikalpas in proper dose and with proper Anupana should be given.

Discussion:

The Sutikakal (Puerperial period) is a very crucial phase in a woman's life. Ignorance

about proper care, excessive concern about the child, and an inability to cope with motherhood may lead to various Sutikarogas. The Ayurveda describes Sutika Paricharya i.e., a complete health regimen for the postnatal woman. Properly followed Sutika Paricharya and proper treatment of Sutikarogas helps the body to combat with the stress felt during pregnancy and labour and Sutikarogas also.

Conclusion :

Bhaishajya Ratnavali has described effective Aushadhikalpas for the treatment of Sutikarogas. These Aushadhikalpas can be easily formulated or market preparations of these kalpas can also be used. Logical use of these kalpas with proper Matra (dose) and Anupana and guided Sutika Paricharya can combat the Sutikarogas and restores the health of Sutika (puerperal woman).

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