

A Conceptual Study on Role of Shuddha Hingu with Ghrut in Treatment of Sutika Makkal**Dr. Bhalgat Madhuri Sanjay¹****Dr. Jadhao Ekta Devidas²**

1. Professor and HOD of prasutitantra and strirog department,

2. PG scholar-DGO prasutitantra and strirog department,

Shri Vivekananda Nursing Home Trust's Ayurveda Mahavidyala, Rahuri, Ahemadnagar.

Abstract

In Ayurveda, the term sutika (puerperal woman) can be used only after expulsion of placenta. In post Natal condition, appropriate bleeding through uterus is to be expected. If this bleeding does not happen properly then causes margavarodha leading to accumulation of doshas in the uterus along with the blood. Due to this accumulation of blood, there is a tenderness in the uterus. This also affects at pakvashaya, thereby producing aadhamana and mootrasanga. This disease is known as sutika makkal. According to acharya yogaratnakara, hingu with ghruta is used for the treatment of sutika makkal. Routine analgesic drug give only symptomatic relief. So, there is need to validate the drug given in Ayurvedic classic to destroy root cause. This study tries to understand the role of hingu with ghruta in Treatment of sutika makkal shoala.

Keywords: sutika makkal, Dhatuksheenta, kukshi, pakvashaya, hingu, ghruta.

Introduction

The psychological and physical health of women is important woman goes through many stages in her life like Rajaswala, Garbhavastha, Prasavavastha and sutikavastha. Among these sutikavastha is so delicate stage. From which she's going through. In Ayurveda women after delivery is called as sutika(1). Sutika can be compared with purpureum in modern science(2). There are number of complex changes that occur during pregnancy and during sutikavastha all the organs start reverting back to its pre pregnant . sutikavastha is a physiological state but possess potential risk to mother's health as her body has undergone many anatomical and physical changes. She is vulnerable to many diseases. Ayurveda primarily being a preventive Health Science has already advised a specific dietary regimen and lifestyle regimen called sutikaparicharya(3) prevent from any potential risk to mother's health but if she fails to follow proper sutikaparicharya, then it leads to various complications. They are described as sutikarogas by different aacharyas in ancient texts, among those is sutika makkala.

Aim :- To study sutikamakkala and it's effects.

Objectives:

- 1) To study in detail about sutika makkal
- 2) To correlate sutika makkal with puerperal after pains
- 3) To study the role of shuddha Hingu

Sutika

A woman who has been just delivered a baby and after the apara pathan , ahe is called sutika. A process of Labor is set to be completed only after the expulsion of the placenta(4). Hence after delivery if the placenta is not expelled the woman cannot be called as sutika.

Sutika-kala

All Acharya's, except Charaka have given definite duration for period of sutika.

According to Acharya Sushruta(5) and Acharya Vagbhat(6), the sutika-kala is of one and half months. Bhavaprakasha(7) and Yogaratnakara(8) also mentioned the duration of one and half months or till the next menstrual cycle (i.e. punarartavadarshan). Kashyapa exceptionally said the sutika-kala for 6 months

Sutikaroga

The Women become deprived by increased demand on her of growing fetus and placenta, all the dhatus are in sluggish condition due to stress and

strain of pregnancy and delivery, and due to rakta and kleda nisruti. There is aagnjmandya and balakshaya, hence the disease developing during sutika are said to be aasadhya or krichrasadhya. Kashyapa has described sutikarogas at two places, 35 diseases(9) in dushprajata chikitsa and 64(10) diseases in sutikaprakarmaniya adhyay. Among these 99 diseases, 25 (11) have been enumerated at both the places, there in total 74 different varieties of sutikarogas have been mentioned.

Review of disease

Sutikamakala is one of a post delivery complication which has been described in sushrut (12) Ashtanaga sangraha, Madhav nidan, Bhavprakash and Yogaratnakara. The unextracted or unpurified blood, inspite the use of pungent drugs gets localized in the uterus by vayu, of a puerperal woman. The extracted blood gets retained by the vayu in the uterus. These retained bloods produce glandular structures at the site of bladder, bladder neck, flanks, infraumbilical region Causing severe pain in umbilical and bladder region, abdomen and cardiac region. This causes swelling and severe pain in pelvic region, kukshi and bladder. This pricking pain can get so severe that the woman might feel that her uterus is getting ruptured. This also affects at pakvashaya thereby producing adhmaan and mutrasang(13). This disease is known as makkal. Many times accumulation of blood causes Garbhashay vridhi.

Purpureum

This is the period after the delivery where the changes that has been occurred from conception to pregnancy are reversed to end pre pregnant level(14). The pelvic organ returns to the non gravid state, the metabolic changes of pregnancy are reversed and lactation is established. This postpartum period lasts from delivery of placenta until six weeks after delivery(15). Of course all maternal adaptations during pregnancy do not subside completely by this period of postpartum. Occasionally there may be life threatening complications specific to pregnancy and purpureum may occur.

Purpureum after pains

According to modern science purpureum afterpains is the infrequent spasmodic pain felt in the lower abdomen after delivery for variable period of

four to five days. There may be presence of blood clots or beats of placenta remain inside uterus that leads to hypertonic contraction of uterus in an attempt to expel it out. The prevalence rate is 40 to 50% of normal delivery. Afterpains are painful cramp like contraction that occur after childbirth(16), when body works hard to get recovered by presence of uterine contractions to serve the important function of clamping of open blood vessels at the placenta site so as to minimize the loss of blood after birth. To overcome such complication and adverse perinatal outcome and also to promote the healthy purpureum i.e maternal health, as to resume her normal activities as soon as possible, management of sutika a is essential, to avoid occurrence of infection and various disorders prone to this period.

Shuddha Hingu can be used for treatment of sutikamakal, described in ayurvedic texts. Reference is taken from Yogaratnakara streerog adhikar chikitsa(17).

Hingu shodhan is done by frying it in ghrita and then powdered and used for administration. By doing this, the teekshnata of Hingu is reduced.

Hingu

Botanical name – Ferula asafoetida

Family- umbelliferae

Vernacular names-
sanskrit – Hingu
English- Asafoetida
Hindi – Hing
Kannad- Hingu

Description-

Hingu is a herbaceous perennial with massive, carrot shaped root with one or more forks. Leaves are radical, long, shiny, coriaceous with pinnatifid segments and channeled petiole. Fruits are flat thin and reddish brown. Propagation is by seeds and vegetative method. Parts used are resinous exudates of the root, oleo-gum-resin, leaf, stem, root.

Chemical Constituent

The gum resin contains the coumarins 5-hydroxy umbelliprenin, 8-hydroxyumbelliprenin, 9-hydroxy umbelliprenin 8-acetoxy 5-hydroxyumbelliprenin, asofoetidin, ferocolici, asacoumarin A and B, farnesiferol A-B and C and the disulphides asadisulphide and sec-butylpropenyl disulphide. 6-17% volatile oil, this contain reason oil

and Allyl persolphide which emits a special smell 65% resin, wax(19)

Ayurvedic Properties

Rasa – Katu

Guna Laghu, Snigdha, Tikshna

Veerya- Katu

Vipaka- Ushna

Doshagnata-Kaphavatashamaka, Pittavardharaka

Rogagnata Udarshoola, Hridyashool, Pakshaghata,

Ardita, Agnimandya,

Garbhadosha, Shirashoola, Mootraghata,

Bastishoola, Vibandha etc.

Actions

Vedanasthapana, Vataharaya, Shoolprashamana, Anulomana, Pachana, Artavajnana

Effects on dosha- balances kapha and vata, increases pitta(18)

Pharmacological Activities – Plant was reported to have antispasmodic abortifacient, anti implantation, emmenagogue antibacterial, pungent anticarcinogenic, hypotensive activities.

Probable mode of action-

Hingu is having the katu rasa, laghu teekshna guna, ushna veerya is useful in vitiated. It is used to pacify vata and kapha dosha of vata and kapha dosha, it increases pitta dosha having vedana sthapana, shulahara, vatahara, anulomana properties helps in relieving abdominal pain. This pungent herb is light to digest, stimulates digestive fire and used as appetizer. Hingu is carminative, palatable. It is an amazing spice for treating stomach ailments. It has antispasmodic properties and used to overcome abdominal pain, intestinal problems and stomach upsets. It is used to boost progesterone hormone and provides smooth menstrual blood flow.

Ghrita

It is used as an Anupana with Hingu. It is pitta and vata shamanakar, it provides bala and it does shodhana of yoni marga and garbhashay. Ghrita is sheeta veerya and with ushna jala it spreads in all minute channels of body (i.e yogavahi) and shows its karya.

As Hingu is having all these qualities so it is advised with ghrita only to make it palatable and reduce its teekshnata.

Discussion

After pains is predominant feature of vata dosha, and hingu having its properties, so can be used in flatulent colic conditions of vata kapha dosha as it is vedanasthapak, vatahara, garbhashay shodhana, udarshool prashamana, aagnjmandyahara and anulomana helps in relieving pain(makkalashool)

Conclusion

By the study of fundamentals of sutikamakkal, afterpains and properties of hingu and its effect we can conclude that Hingu can be used for sutikamakkal shool after prasavastha for garbhashay shodhana.

References

- 1) P.V. Tewari -Ayurvedic Prasuti Tantra Striroga Vol. 1 Published by Chaukumbha Orientalia, Varanasi, 2nd Edition 1999, Reprint -2003, Page No. 573-576
- 2) D.C. Dutta Text Book of obstetrics, New Central, Book Agency (P) Ltd., Kolkatta, 6th Edition-2004, Page No.151-152, 145,146,147,149-150,,160,154,,436-437.
- 3) Vrddha Jivaka, Kashyapa Samhita, Sansthan introduction by Nepal Rajaguru Pandit Hemaraja Sarma with Vidyotini Hindi commentary and Hindi translation of Sanskrit commentary by Sri. Satyapala Bhisagachorya, published by Chaukhabha Sanskrit Sansthan, Varanasi, Khilasthana 11th Chapter, Shloka No. 7th-13th Page No. 305.
- 4) Kashyapa:Kashyapa Samhita.Pandit Hemaraja Sharma,Chaukhambha Sansrit Samsthana, 10th Edition 2005, Varanasi Page-305,308.
- 5) Sushruta:Sushrutha samhita: Acharya Jadhavji Trikamji, Chaukhamb Orientaila, 8thEdition,2005, Varanasi. Page-389.
- 6) Vagbhatacharya:Ashtanga Hridaya,Shastri Kashinath, Chaukhabha orientalia,9th Edition, 2005, Varanasi Page-383.
- 7) Bhavmishra, Bhavprakash Uttara Khanda, Shri Bramhashankar Mishra, Sri Rupalalji Vaishya,Chaukhambha Orientalia2005, Varanasi, Page-790.and 2009, Edition 11th page 792.
- 8)Yogaratanakar, Vaidya Laxmipati Shastri,Chaukhambha Sanskrit Samasthana, Varanasi, Uttaradha, Page-426.

- 9)Kashyapa:Kashyapa Samhita.Pandit Hemaraja Sharma, Chaukhambha Sanskrit Samsthana, 10th Edition 2005, Varanasi Page-97.
- 10)Kashyapa:Kashyapa Samhita. Pandit Hemaraja Sharma,Chaukhambha Sansrit Samsthana, 10th Edition 2005, Varanasi Page-305,308.
- 11)Professor: Premavati Tewari, Ayurvedia Prasooti tantra and Streeroga, Chaukhambha Orientalia, 2nd Edition 1999, Varanasi, Page-559.
- 12)Acharya Susruta. Susruta Samhita Nibandhasamgraha Commentary of Dalhana and Naya Chandrika Gayadasa. Chaukhamba Surabharti Prakashana Varanasi, Reprint Edition-2008 Shareera Shtana, 10 Chapter, verses: 22. pp-824.
- 13) Kaviraja Dr. Ambikadatta Shastri, Sushruta Samhita, published by Chaukhambha Sanskrit Sansthan, Varanasi, Edition Reprint 2009, Sharira Sthana 10th Chapter, 2nd and 24-25th Shloka, ,Pg. No. 104.
- 14) D.C. Dutta Text Book of obstetrics, New Central, Book Agency (P) Ltd., Kolkatta, 6th Edition-2004, Page No.151-152, 145, 146,147,149-150,,160,154,,436-437.
- 15) Sudha Salhan, Textbook of Obstetrics, Jaypee Brothers, Medical Publishers (P) LTD, 1ST Edition 2007,Page-597-599.600,601,602,603,604-611,612-623.
- 16) Cite-Farlex Partner Medical Dictionary c Farlex 2012
- 17) Vaidya Laxhmipati Shastri Yogratnakar Streerog Adhikar with Vidyotini Hindi commentary, edited by Bhisagratra Bhrama Sanskar Sastri Published by Chaukhambha Sanskrit Sansthana, 5th Edition - 1993, Page No. 426 - 427.
- 18) Anonymous. Ayurveda Pharmacopoeia of India, Part 1. 1 ed Voll. Department of Indian System of Medicine and Homeopathy, Ministry of Health and Family Welfare, New Delhi; 1999, PP-64,TP-171.
- 19) Ayurvedic Pharmacology and Therapeutic uses of medicinal plants Dravyaguna by Vaidya.V.Gogte, PP591 TP-841