



A Conceptual Study On Role Of Shuddha Hingu With Ghrit In Treatment Of Sutika Makkal.

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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 ghrita 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 shoola.

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 sutikaroogas 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 aasadhy or krichrasadhy. Kashyapa has described sutikaroogas 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 sutikaroogas have been mentioned.

Review of disease

Sutikamakkala 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 adhman 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 is essential, to avoid occurrence of infection and various disorders prone to this period.

Shuddha Hingu can be used for treatment of sutikamakkal , 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 channelled 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-hydroxyum- belliprenin, 9- hydroxy umbellipernin 8- acetoxy 5 hydroxyumbel- lipernin, assofoetdin, 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

Doshaghnata-Kaphavata shamaka, Pittavardharaka

Rogaghnata Udarshoola, Hridyashool, Pakshaghata, Ardia, 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 abortfacient, 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, aagnimandyahara 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 Hindu can be used for sutikamakkal shool after prasavastha for garbhashay shodhana.

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