ROLE OF SUTIKA DASHMOOLA IN MANAGEMENT OF SUTIKA

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Abstract: In Ayurveda term “Sutika” is used for a woman who has just delivered a baby with expulsion of complete placenta. Sutika is not a diseased condition rather it is a physiological condition in the fertile period of a woman. According to Acharya Charak Sutika is said to be ‘Shoonya Sharira’ after delivery due to exertion of labour, loss of Kleda and Rakta. There is also profuse Dhatu kshaya due to development of foetus. These changes lead to Ati-apta rpana of sutika during sutika kala and causes Vata vriddhi which is responsible for several types of health problems such as stanyadusti, anaemia, prolapse of uterus and puerperal sepsis etc. So there is a need for proper management which not only improves her physiological condition but also protect her from upcoming diseases. Sutika Dashmool is a combination of laghupanchmool, sahachar, prasarini, vishva, guduchi, mustak as described in Bhaishajyaratna, is a safe and effective formulation indicated for sutika to protect her from sutika kala vyadhi (disorders in puerperium) in order to promote early recovery. This formulation is entirely different from the traditional dashmool containing other drugs viz. sahachar, prasarini, vishva and guduchi. The present paper aims to explore the therapeutic efficacy of lesser known formulation as Sutika Dashmool of Bhaishajyaratnavali. Keywords: Sutika, Sutika dashmoola, Prolapse of uterus, Puerperal sepsis.

Introduction: The speciality of giving birth to a child, made a woman special for her creating point of view in the life. After delivery of a baby with its placenta, the mother is known as Sutika. The period for which she is called sutika is termed as Sutika kala. Due to expulsion of fetus, loss of fluid and blood during labour causes vitiation of Vata and Dhatu kshaya, decrease in digestive power and strength [1]. All these factors are responsible for loss of body immunity so that even a minor ailment can cause a lot of harm to her body. Sutika needs a proper management and care with specific diet, life style and medication in sutika kala. In this context Bhaishaja Ratnavali described Sutika dashmool which contains Shalparni, Prashniparni, Brahati dvaya (Vartaki, Kantkari), Gokshura (also known as Laghupanchamool), Sahachara, Prasarini, Vishva, Guduchi and Musta [2].

Classical categorisation of the contents of Laghupanchamool

Shalparni: Angamardaprashamana, snehopaga, shothahara, balya, vayuhapthamahakashaaya (CS.Su.4), Vidarigandhavrasvasteeravdubharam, (CS.Su.25)

Prashniparni: Angamardaprashamana, Shothahara, Sandhaneeya mahakashaaya (CS.Su.4), Prashniparni samghrakha vatahara deepaneeyayavra-shyanam (CS.Su.25)

Vartaki: Angamardaprashamana, Shothahara, Kanthaya, Hikkanigrahnamahakashaaya (CS.Su.4)

Kantkari: Angamardaprashamana, shothahara, Kanthaya, Hikkanigrahana, kasaharamahakashaaya

Gokshura: Mutravirechaneeya, Stanyajarana mahakashaaya (CS.Su.4)

Classical Properties of Laghupanchamool

Rasa : Tikta, Kashaya, Madhura, Guna : Laghu Vipaka : Madhur, Veerya : Naati-Ushnam
1. **Shalparni**: Shalparni consists of dried root of Desmodium gangeticum DC. (Fam. Fabaceae), a nearly erect under shrub, 0.6 -1.2 m high, growing wild almost throughout India in the plains and Western Ghats, and upto 1500 m in the north upto Sikkim region

   **Chemical Constituents**: Alkaloids.

2. **Prashniparni**: Prashniparni consists of dried whole plant of *Uraria picta* Desv. (Fam. Fabaceae), an erect, under shrub upto 90 cm high, distributed throughout the country.

   **Chemical Constituents**: Isoflavones, triterpines, steroids.

3. **Brahati**: Brahati consists of dried root of *Solanum indicum* Linn. (Fam. Solanaceae); a very prickly, much branched perennial under shrub, upto 1.8 m high, mostly found throughout warmer parts of the country up to the height of 1500 m.

   **Chemical Constituents**: Steroidal Alkaloids and Steroids.

4. **Kantkarika**: Kantkarika consists of mature, dried whole plant of *Solanum surattense* Burm.f., Syn. *Solanum xanthocarpum* Schrad. & Wendl, (Fam. Solanaceae), perennial, very prickly diffused herb of waste land, found throughout India.

   **Chemical Constituents**: Glucoalkaloids and sterols.

5. **Gokshura**: Gokshura consists of root of *Tribulus terrestris* Linn. (Fam. Zygophyllaceae): an annual prostrate herb, rarely perennial common weed of the pasture lands, road sides and other waste land, chiefly growing in hot, dry and sandy regions throughout India and up to 3,000 m in Kashmir.

   **Chemical Constituents**: Alkaloids and saponins.

**Sahachara**: Sahachara consists of dried whole plant of *Barleria prionitis* Linn. (Fam. Acanthaceae); a bushy, prickly undershrub, 0.6-1.5 m high, found throughout hotter parts of the country and also cultivated as a hedge plant.

**Chemical Constituent**: Alkaloids, β-Sitosterol, Potassium.

**Prasarini**: Prasarini consists of dried whole plant of *Paederia foetida* Linn.(Fam. Rubiaceae); an extensive foetid perennial climber, found in most of the parts of country.

**Chemical Constituent**: Alkaloids, Volatile Oil.

**Properties and Actions**

**Rasa**: Tikta, Guná: Guru, Vipaka: Katu, Veerya: Ushna

Karma: Balsandhanakara, Vrishya, Vatahara, Vataraktahara, Kaphapahara

**Vishva (Shunthi)**: Shunthi consists of dried rhizome of *Zingiber officinale* Roxb. (Fam. Zingiberaceae), widely cultivated in India, rhizomes dug in January-February, buds and roots removed, soaked overnight-in water, decorticated, and some times treated with lime and dried.

**Chemical Constituents**: Essential oil, pungent constituents (gingerol and shogaol), resinous matter and starch.

**Properties and Actions**

**Rasa**: Katu, Guná: Laghu, Snigdha, Vipaka: Madhura, Veerya: Ushna

Karma: Ruchya, Amvataghi, Pachani, Kaphavata vibandhanut, Vrishya, Shothahara, arsha, Anahahara

**Classical Categorisation**: Trupighna, Arshoghna, Deepaneeya, Shulaprashamana, Trishnanigrahana Mahakashaya (CS.Su.4)

**Guduchi**: Guduchi consists of dried, matured pieces of stem of *Tinospora cordifolia* (Willd.) Miers. (Fam. Menispermaceae), a perennial climber found throughout tropical India. Drug collected during summer preferably in the month of May and drug is used in fresh form also.

**Chemical Constituents**: Terpenoids and alkaloids.

**Properties and Actions**

**Rasa**: Tikta, Kashaya

**Guna**: Guru, Snigdha

**Vipaka**: Madhura

**Veerya**: Ushna

Karma: Sangrahini, Balya, Agnideepani, Tridoshahara, Pandu, Kamla, Kushtka, Vatarakta, Premeha, Kasa, Arshahara

**Classical Categorisation**: Vayadhathapana, Stanyakshodhana, Dahaprashamana, Trishnanigrahana, Traptighana Mahakashaya (C.Su.4)
Mustaka: Musta consists of dried rhizome of Cyperus rotundus Linn. (Fam. Cyperaceae); occurring throughout the country, common in waste grounds, gardens and roadsides, grows up to an elevation of 1800 m.

Chemical Constituent: Volatile Oil

Properties and Action
Rasa: Tikta, Katu, kashaya
Guna: Laghu, ruksha
Vipaka: Katu
Vreya: Sheeta
Karma: Grahi, Deepana, Pachana, Kaphapitta, Rakta, Jvara, Aruchi, Jantuha

Classical Categorisation: Triptighana, Lekhaniya, Kundughna, Stanyashodhana, Trasmanigrahan, Amahakashaya (C.Su.4), Mustasangrahakadeepaneeyapachaneeyanam (C.Su. 25)

Discussion: In Sutika there is Vataparakopa with Dhatukshaya which leads to Dosavaisamya and daurbalya. Laghupanchmoola have Vatashamak, Brinhana and Balya properties. So it may pacify Vatadi Doshas, inhance Dhatu poshana and improve the physical strength of Sutika. The mutrala effect of Gokshura favours regaining normal diuresis during Sutika kala, normalizes the frequency of micturition and helps in getting the sensation of urge of micturition. It is also believe to be useful for kidney, bladder, urinary tract and urogenital related condition where it is said to act as diuretic. Early evacuation of bladder decreases the chances of atonicity of uterus, constipation and help in perfect involution of uterus. Due to Dhatukshaya, Sutika gets prone to many infections because of low immunity. Guduchi being a Rasayana may help to improve immune system by inhancing Doshajat samyata and Dhatu poshana. Shunthi due to its Deepana-Pachana and Vatahara properties may facilitate Dhatu poshana. Shunthi is well known drug which is generally supplemented to sutika to cope up the puerperal disorders. Mustaka has anti-inflammatory, antipyretic, anti diarrhoeal, antibacterial and Deepana-Pachana properties which help to improve the physiological status of Sutika.

Conclusion: Antioxidant and Antiinflammatory property of Sutika dashmool may help to improve stress and inflammatory conditions. Sutika dashmool described in Bhaishajya Ratnavali is safe, economic, very effective and can be progressively used during Sutika kala for well being of Sutika.

References