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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-aptarpana 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, mushtak as described in Bhaishajyaratnavali, is a safe and effective formulation indicated for sutika to protect her from sutika kaalin vyadhi (disorders in puerperium) in order to promote early recovery. This formulation is entirely different from the traditional dashmoola 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 Dhatukshaya*, 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 *Bhaishajya Ratnavali* described *Sutika dashmoola* which contains *Shalparni, Prashniparni, Brahati dvaya (Vartaki, Kantkarika), Gokshura (also known as Laghupanchamoola), Sahachara, Prasarini, Vishva, Guduchi and Musta* [2].

Laghupanchamoola: *Shalparni, Prashniparni, Brahati, Kantakarika, Gokshura* [3]

Classical categorisation of the contents of Laghupanchamoola

Shalparni: *Angamardaprashamana, snehopaga, shothahara, balya, vayahsthapanamahakashaya* (CS.Su.4). *Vidarigandhavrashyasarvdoshahar-anam.* (CS.Su.25)

Prashniparni: *Angamardaprashamana, Shothahara, Sandhaneeya mahakashaya* (CS.Su.4), *Prashniparni samgrahika vatahara deepaneeyavra-shyanam* (CS.Su.25)

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

Kantakarika: *Angamardaprashamana, shothahara, Kanthaya, Hikkanigrahana, kasaharamahakashaya*

Gokshura: *Mutravirechaneeya, Stanyajanana-mahakashaya* (CS.Su.4)

Classical Properties of Laghupanchamoola

Rasa : *Tikta, Kashaya, Madhura,*
Guna : *Laghu*
Vipaka : *Madhur,*
Veerya : *Naati-Ushnam*

Karma : *Vranhana, Grahi, Balya, Pittavatahara, Jwarahara* [3]

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[4].

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[5].

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 [6].

Chemical Constituents: Steroidal Alkaloids and Steroids.

4. Kantkarika: *Kantkari* 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 [7].

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 [8].

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 [9].

Properties and Actions

Rasa : *Tikta, Madhura,*
Guna : *Laghu, snigdha,*
Vipaka : *Katu,*
Veerya : *Ushna,*
Karma : *Kushthahara, Vatarakta, Kapha, Kandu, Vishahara* [10]

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

Chemical Constituent: Alkaloids, Volatile Oil [11].

Properties and Actions

Rasa : *Tikta*
Guna : *Guru,*
Vipaka : *Katu*
Veerya : *Ushna*
Karma : *Balsandhanakara, Vrishya, Vatahara, Vataraktahara, Kaphapahara* [12]

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 [13].

Properties and Actions

Rasa : *Katu,*
Guna : *Laghu, Snigdha,*
Vipaka : *Madhura*
Veerya : *Ushna*
Karma : *Ruchya, Amvataghni, Pachani, Kaphavata vibandhanut, Vrishya, Shothahara, arsha, Anahahara* [14]

Classical Categorisation: *Traptighna, 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 [15].

Properties and Actions

Rasa : *Tikta, kashaya*
Guna : *Guru, Snigdha*
Vipaka : *Madhura*
Veerya : *Ushna*
Karma : *Sangrahini, Balya, Agnideepani, Tridoshahara, Pandu, Kamla, Kushtha, Vata-rakta, Prameha, Kasa, Arshahara* [16].

Classical Categorisation: *Vayahsthapana, Stanyashodhana, 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 upto an elevation of 1800 m.

Chemical Constituent: Volatile Oil [17]

Properties and Action

Rasa : *Tikta, Katu, kashaya*
Guna : *Laghu, ruksha*
Vipaka : *Katu*
Veerya : *Sheeta*
Karma : *Grahi, Deepana, Pachana, Kaphapitta, Rakta, Jwara, Aruchi, Jantuhara*[18]

Classical Categorisation: *Triptighana, Lekhaniya, Kandughna, Stanyashodhana, Trashnanigrahan, Amahakashaya* (C.Su.4), *Mustasangrahakadeepaneeyapachaneeyanam* (C.Su. 25)

Discussion: In *Sutika* there is *Vataprakopa* 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 *Dosha Dhatu 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, antibactirial 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 changes. *Sutika dashmoola* described in *Bhaishajya Ratnavali* is safe, economic, very effective and can be progressively used during *Sutika kala* for well being of *Sutika*.

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