

Efficacy of Sahacharadi Kwatha in Sutikavastha.

Vd. Rutuja S. Gaikwad.

Assistant Professor, Streeroga Prasutitantra Dept., R.A.Podar Medical(Ayu.) College, Worli, Mumbai- 18.

Abstract: After delivery women is very weak due to extreme fatigue, because of straining and loss of blood. In Ayurveda, after delivery women is termed as 'Sutika' and the stage of life is 'Sutikavastha'. If proper daily regimen is not followed, she became more prone to diseases that becomes difficult to treat or incurable. To maintain her normal conditions by subsiding vata dosha and increasing Agni, the drug 'sahacharadi kwath' is used. To assess effect of Sahacharadi kwatha in sutikavastha, 30 PNC patients were selected for the study and findings were recorded on certain days of puerperium.

Owing to its deepana, paachana and vataghna property, Sahacharadi Kwatha is useful remedy in Sutika.

Keywords: Sutika, Sahacharadi kwatha, Vataghna, puerperium, involution, lactation.

I. Introduction

Women plays a multifactorial role in her lifetime from birth to death; a role of daughter, wife and an affectionate mother. While performing all these roles she cant pay attention towards her health. This is why it becomes necessary to pay specific attention to prevent and cure diseases in women. Puerperium is a period of confinement following childbirth. In Ayurveda, this period is termed as 'Sutikavastha' and women is 'Sutika'.¹ In 'Sutikavastha, all doshas are aggravated mainly vata dosha due to pravahana and raktashaya. This vataprakop leads to agnimandya (loss of appetite). Though Sutikavastha is not a diseased state but due to agnimandya, vataprakopa and dhatukshaya, she is prone to develop disease earlier or later in the life.

In Kashayapa samhita grantha, Sutikavastha is described as- The old cloth seized with dirt all around gets cleansed with great difficulty even by experts (due to tattered state of cloth), similarly the body of puerperal women being greatly troubled and due to strength of doshas get cured with very difficulty.² So to avoid this and prevent disease, 'Vatahari kriya' is mentioned.³ 'Sahacharadi kwatha' is mentioned in 'Yogaratanakara' grantha is used as a preventive measure.⁴ All the drugs contributing in this decoction are vatashamaka and sutikavastha is vatapradhana. So it proved better remedy to prevent sutikaroga as for healthy motherhood.

II. Aim and Objectives

Aim:

To study efficacy of Sahacharadi kwatha in sutikavastha.

Objectives:

- 1) To study efficacy of Sahacharadi kwatha in sutikavastha.
- 2) To observe side effects if any during course of treatment.

Materials and methods:

For the study 30 PNC patients were selected on their PNC day one. After detailed history, general physical examination done. Every patients thoroughly investigated. A written informed consent was taken from each patient and approval of institutional ethical committee was taken prior to clinical study.

Sahacharadi kwath :

Referance – Yogaratnakara sutikaroga.

Characteristics of drugs in kwatha -

Sr. no.	Name of drug	Rasa	Veerya	Vipaka	Doshghnata	Action
1.	Sahachara (Barleria prionitis)	Tikta, Madhura	Ushna	Katu	Kaphavata shamaka	Vedanasthapana, Raktashuddhikar, Mutral
2.	Daruharidra (Berberis aristata)	Tikta, Madhura	Ushna	Katu	Kaphapitta shamaka	Garbhashaya shaithilyanashaka
3.	Vetas (Bambusa arandinacear)	Madhura, Kashaya	Sheeta	Madhura	Kaphapitta shamaka	Garbhashaya shodhana
4.	Kulatha (Dolces biflarus)	Kashaya	Ushna	Amla	Kaphavata shamaka	Garbhashaya shodhana
5.	Devadaru (Cedrus deodara)	Tikta	Ushna	Katu	Vatashamana	Garbhashaya Shodhana, Stanyashodhana
6.	Hingu (Fenela)	Katu	Ushna	Katu	Kaphavata	Deepan, Pachana,

	narthere)				Shamaka	Vatanulomana
7.	Saindhava	Lavana	Ushna	Madhura	Kaphavata shamaka	Deepan, Pachana

Inclusion criteria:

- Ftnd irrespective of parity and grvida.

Exclusion criteria:

1. Caesarean section, retained placenta, Shock , uterine inversion, PPH
2. Marked anaemia
3. Endocrine disorders, systemic disorders.

Criteria of assessment:

Following criteria are assessed –

1. Uterine Involution.
2. Stanya (Lactation)
3. Udarshool (abdominal pain)
4. Agnimandya (loss of appetite)
5. Yonigata strava (lochia) pramana
6. Yonigata strava (lochia) gandha
7. Weakness
8. Analysis of bowel
9. Analysis of Katishool (backache)

Observations and Result:

Z test was applied to assess effectiveness of given drug and result was as follows-

Sr. no.	Criteria	P sample	P population	Z calculated	P value	Remark
1.	Uterine involution	0.966	0.85	1.78	0.036	Significant
2.	Stanya (lactation)	1	0.85	1.78	0.037	Significant
3.	Udarshool (abdominal pain)	1	0.9	1.83	0.033	Significant
4.	Agnimandya (loss of appetite)	1	0.9	1.83	0.033	Significant
5.	Yonigata strava (lochia) pramana	0.866	0.7	1.99	0.023	Significant
6.	Yonigata strava (lochia) gandha	0.867	0.7	1.99	0.023	Significant
7.	Weakness	1	0.9	1.82	0.033	Significant
8.	Analysis of bowel	1	0.85	2.05	0.019	Significant
9.	Analysis of Katishool (backache)	1	0.9	1.82	0.033	Significant

Summary and conclusion:

Daily observations, parameters based on patient’s experiences, associated sign and symptoms, local examinations were recorded daily for seven days, and follow up was done on 15th day.

After applying statistical test following conclusion can be drawn from the study-

- Sahacharadi kwatha helps in proper involution of uterus.
- Kwatha helps in proper shodhana. There was no case of secondary post partum haemorrhage.
- This kwath increases appetite by deepana, paachana activity.
- Also helps in wound healing.
- Sahacharadi kwatha helps to maintain body physiology.
- Also useful in constipation.
- Also helps in reducing katishool .
- There was no side effect of drug found during treatment.

Thus Sahacharadi kwatha is cheap, effective and easy remedy for sutika.

References

- [1]. Vridhajivaka, Kashyap Samhita with Vidyotini Hindi Commentary by D.S. Bahishjyarnamani, 8th Edition Chauckhamba Prakashan, Khilasthana, chapter 11 verse no. 6.
- [2]. Vridhajivaka, Kashyap Samhita with Vidyotini Hindi Commentary by D.S. Bahishjyarnamani, 8th Edition Chauckhamba Prakashan, Khilasthana, chapter 11, pg no 308.
- [3]. BhaavMishra, 'Bhāv Prakasha' Part-1 Vidyotini Hindi commentary by Bramhasankara Misra & Rupalalji Vaisya, Ninth edition, Coukhambha Sanskrit Sansthan, madhyama khanda sutrasthana 35 .
- [4]. Sushrutaacharya, Sushrut samhita with Nibandhsangraha commentary of Sri Dalhanaacharya edited by yadavji trikamji acharaya, eighth edition, Chaukhamba Orientalia,
- [5]. Caharakaacharya, Charak Samhita, with hindi commentary 'Vaidya manorama' by Acharya Vidyadhar Shukla and Prof. Ravi Dutt Tripathi, Second edition, Chaukhamba Sanskrit Pratishthan.
- [6]. Vagbhataacharya, Ashtang Hrudaya with commentaries Sarvang Sundara of Arundatta and Ayurvedarasayana of Hemadri, Reprint edition, Krishnadas Academy.
- [7]. Sharangdharaacharya, Sharangdhar Samhita with dipika hindi commentary by Brahmanand Tripathi, reprint edition, Chaukhamba Surbharati prakashan.
- [8]. Dr. Premvati. V. Tewari, Ayurvediya Prasuti Tantram Evam Stree Roga, second edition, Chaukhamba orientalia.
- [9]. Priyavatt Sharma, Dravya guna Vidnyan, part II, chaukhambha Bharati Academy.