Efficacy of Sahacharadi Kwatha in Sutikavastha.

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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 condition 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 can’t 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’. In ‘Sutikavastha’, all doshas are aggravated mainly vata dosha due to pravahana and raktashaya. This vataprapok leads to agnimandya (loss of appetite). Though Sutikavastha is not a diseased state but due to agnimandya, vataprapok and dhatukshaya, she is prone to develop disease earlier or later in the life.

In Kashyapala 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. So to avoid this and prevent disease, ‘Vathahari kriya’ is mentioned.

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 :
Reference – Yogaratnakara sutikaroga.

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Name of drug</th>
<th>Rasa</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Dosghnata</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sahachara</td>
<td>Tikta, Madhura</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kaphavata shamaka</td>
<td>Vedanasthapana, Raktashuddhikar, Mutral</td>
</tr>
<tr>
<td>2.</td>
<td>Daruharidra</td>
<td>Tikta, Madhura</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kaphapitta shamaka</td>
<td>Garbhashaya shaithiyanasakha</td>
</tr>
<tr>
<td>3.</td>
<td>Vetas (Bambusa arundinacear)</td>
<td>Sheeta Madhura</td>
<td>Kaphapitta shamaka</td>
<td>Garbhashaya shodhana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Kulatha (Dolces biflarus)</td>
<td>Kashaya</td>
<td>Ushna</td>
<td>Amla</td>
<td>Kaphavata shamaka</td>
<td>Garbhashaya shodhana</td>
</tr>
<tr>
<td>5.</td>
<td>Devadaru (Cedrus deodara)</td>
<td>Tikta</td>
<td>Ushna</td>
<td>Katu</td>
<td>Vatashamana</td>
<td>Garbhashaya Shodhana, Stanashodhana</td>
</tr>
<tr>
<td>6.</td>
<td>Hingu (Fenela)</td>
<td>Katu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Kaphavata</td>
<td>Deepan, Pachana,</td>
</tr>
</tbody>
</table>
Inclusion criteria:
- Ftnd irrespective of parity and gravida.

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. Stany (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:

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

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


[7]. Charangdhara samhita, Charangdhara Samhita with dipika hindi commentary by Brahmanand Tripathi, reprint edition, Chaukhamba Surbharati prakashan.
