

Study Effect Of Chaturbij Churna In Sutika Awastha In First Week**1. Dr. Mangesh G. Mundhe , 2. Dr.Dhate R.H., 3. Dr. Gunale Ravindra,**

1) (Professor and H.O.D), Dept. of Prasutitantra Streerog ,

2) (Professor and H.O.D), Dept. of Shalakyatantra ,

3) (Asso. professor and H.O.D.) , Dept of Panchakarma,

Dhanwantari A yurved Medical College and Hospital, Udgir, Dist Latur.

Abstract-

The Journey of female from women to mother is the happiest lifetime events. This happiness is gained only after undergoing tremendous physical exertion during labour. The women mental and physical health is affected extremely. After delivery she has an extra responsibility of feeding and taking care of baby which is possible only she is strong and fit. Ayurveda gives importance to care of women at every stage of life specially in antenatal and post partum period. The post partum starts immediately after the separation of placenta and extending up to six weeks called puerperal period .In ayurvedic classics is named as sutika and period is sutika awastha and management advised with sutika paricharya. It helps the women to regain her lost vitality and helps her body to revert back to prepregnant state.As during this period she restores her health and strength.

Keywords- Sutika , chaturbij churna , Dhatukshaya ,paricharya

Introduction-

Ayurveda regards the woman as she is the foundation of society. So care about her is very essential. In sutika awastha the mother becomes very tired after delivery due to exertion of labour pain and excretion of moisture (kleda) and blood. Hence need to given extra care. There is need of proper ayurvedic treatment which not only improves her physiological condition but also protect her from the upcoming diseases. The first week after delivery is very crucial so minor ailment can lot of harm to sutika so important. There is dramatic alteration in women body. The process of labour is initiated and controlled by vata. The fully stretched uterus is suddenly vacated thus filling the cavity with vatadosha through out body .If negligancy can causes various vata ailments during sutika awastha or in future life .Due to vitiation of vata dosha after delivery digestive power as well as immunity and strength of mother will be weak and woman is in compromised state. Expulsion of foetus ,loss of fluid and blood and exhaustion during labour all these cause dhatukshaya agnimandya causes loss of body immunity called bala. So gives more attention to this period for mother

and healthy child. In this study we flash on garbhashaya shodhan agnivardan , shulprashman, stanyavardan properties of chatur bij churna.

Aim and Objectives-**Aims-**

- 1.-To study the efficacy of chaturbij churna in sutika awastha
- 2.To evaluate the effect of chatubij churna in sutika regarding her physical mental and functional condition.

Objectives –

1. To provide more effective safe and side effect free management to sutika.
- 2.To study the properties of chatubij churna in sutika awastha.

Materials and Method-**Materials-**

- 1.The test drug chaturbij churna is prepared from idea contened in Bhawaprakasha
- 2.diagnosed patient of sutika.

Ingredients

- 1.Methika (Trigonella Foenum-graeceum Linn)-karma-Vatanuloman, Deepan Pachan, stamban, stanyajanan, Agnivardan, Ballya.
- 2.Chandrasura (Lepidium Sativam Linn)- Karma-Garbhashaya sanshodhan, Ballya, vatanuloman, Shulprashaman, Agnivardan, Stanyajanan, pachan.

- 3.Kalajaji (Nigella sativum Linn)-Karma-Garbhashyashudhikrut, aratevpravartak, Sanyavardan, anulomak, grahi, medhyam, vatanuloman, ruchym, mutral, ballya, Deepan, pachan, krimighnya, chaksushya.
- 4.Yavani (prachysparnum ammami)-Karma-shothhar, vatanuloman, shulprashman Deepan, pachan, anulomak, jantughana, krimighana, u darshulher.

The seeds of these dravya should be dried and processed for taking in the fine powder form . Dose-in chaturbij churna ingredients are ushna tikshna virya so as per bala and prakruti dose is reduced 3gm per day i.e 1gm t.i.d. with Anupan koshnajala.

Methods-

The present research work was carried out in following manner

- 1.selection of patient i.e sutika.
- 2.Administration orally at pragbhuta kala.
- 3.Observation of patient i.e sutika.

Selection of patients- ‘sutika’(after expulsion of placenta) consider as patients were conducted on 50 patients single blind study at vd.G.S.Gune ayurved Mahavidyalaya Rugnalaya Ahmednager.

Inclusive criteria-

- 1.Samayk sutika i.e patient having normal delivery (F T N D) .
- 2.Sutika selected without any parity.
- 3.The women who will delivered without any significant surgical procedure.
- 4.Womens with any previous and present infection up to delivery.

Exclusive criteria-

- 1.Women with delivery by any surgical procedure i.e L.S.C.S
- 2.Women having any complication during delivery.
- 3.Women having toexiamia ,sever anemia during pregnancy.

Withdrawal criteria –

If any woman develops any complication she was withdrawn from the trial.

Administration of drug –

For (50 Sutika)- Chaturbij churna capsules 1gms

t.i.d. with anupan kshonjala at prabhukta kala was applied from 2nd day to 8th days for 7 days.

Observation and Results-

During treatment and after completion of treatment following parameters observed in CRF.

- 1.Garbhashaya Rhasa (Involution of uterus).
- 2.Yonigat raktastrava (Appearance and changing in lochia)
- 3.udarshula
- 4.katishula
- 5.Stanyajanan (Lactation)

Score for assessment of parameters-

1.Garbhashya Rhasa- Abdominal Examination(P/A)

Day	2	3	4	5	6	7	8
Involution of uterus below the umbilicus in c.m.							
Pain in abdomen							

2.Pain in Abdomen (Udarshula)-

0-No pain , 1-mild pain, 2-moderate pain, 3-severe.

3.Yonigat Raktstrava- Quantity-

Day	2	3	4	5	6	7	8
No of pads used							

Consistency- 1-Thin 2-Thick

Colour-1-Lochia Rubra, 2-Lochiaserosa, 3-Lochia Alba

4-Katishula-By V.A.S Method (Visual Analogue Method)

0-No pain, 1to3-Mild pain, 4to 6-Moderate pain, 7to10-Severe pain (unbearable pain)

5.Stanyajanan-

0-Absent, 1-alpa, 2-madhyam, 3-Prakrut

Observation and Results

1.Garbhashya Rhasa (Involution of uterus)-Table.1 (A)

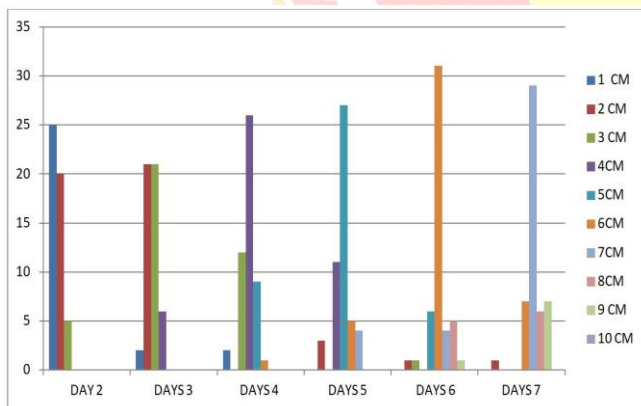
Garbhashya Rhasa	Mean		P value	% Effect	Results	
	B.T	A.T				
			45.08	0.00	80.4	significant
	1.6	8.1				

Observations are quantitative we have used wilcoxon signed Rank test from above table we can observe

that P-value is less than 0.05 hence we conclude that effect of treatment is significant in Garbhashya Rhasa.

Table 1(B)- Inulation Of Uterus Below The Umbilicus

Sr. No	Day	1 cm	2 cm	3 cm	4 cm	5 cm	6 cm	7 cm	8 cm	9 cm	10 cm
1	2	25	20	05	00	00	00	00	00	00	00
2	3	02	01	02	06	00	00	00	00	00	00
3	4	00	00	01	02	00	01	00	00	00	00
4	5	00	03	00	01	02	07	00	00	00	00
5	6	00	01	01	00	06	03	04	05	01	00
6	7	00	01	00	00	00	07	02	09	06	00
7	8	00	00	01	00	00	01	06	09	04	09



2.Udershula (Pain in Abdomen)-

Udershula	Median	W.S.R.T	P value	Effect %	Result	
	B.T 1	A.T 0	-6.651 a	0.00 0	100 %	significa nt

On ording scale used by W.S.R.T observe that P-value is less than 0.05 hence we conclude that the effect of treatment is significant in Uded shula.

3.Yonishula-

Yonis hula	Me dia n	W.S. R.T	P- val ue	Eff ect %	Result s	
	B.T 1	A. T 0	- 6.379 a	0.0 00	97.0 %	signifi cant

On oridenory scale used by W.S.R.T. observe that P-value is less than 0.05 hence we conclude that effect of treatment is significant yonishula.

4.Yonigat Rakatstrava-

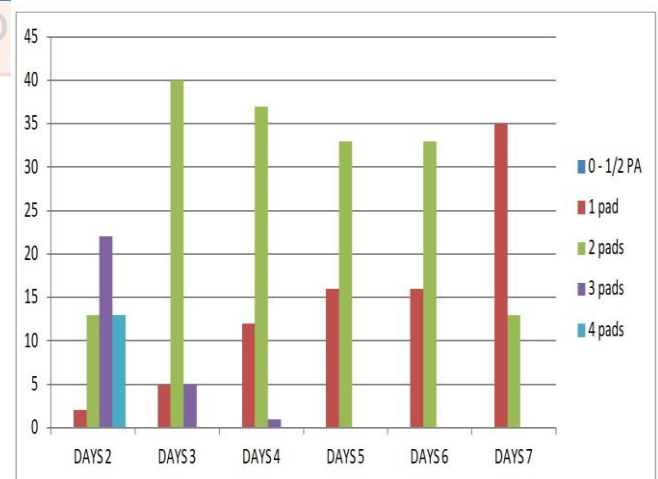
Table-4 (A)- Analysis of yonigatraktastrava

Yonigat raktastrava (PadS)	Media n	W.S. R.T	P- val ue	Effe ct %	Result	
	B. T 3	B. T 1	- 6.148a	0.0 00	65.8 %	signific ant

Using w.s.r. test P-value is less than 0.05 hence we conclude that result is significant in yonigatraktrastrava.

Table 4 (B)-NO OF PADS USED PER DAY

Sr. No	Day	0pd. 1/2p	1 pads	2 pads	3 pads	4 pads
1	2	00 pt	02 pt	13 pt	22 pt	13 pt
2	3	00 pt	05 pt	40 pt	05 pt	00 pt
3	4	00 pt	12 pt	37 pt	01 pt	00 pt
4	5	01 pt	16 pt	33	00	00
5	6	02 pt	16 pt	33	00	00
6	7	02 pt	35 pt	13	00	00
7	8	02 pt	46 pt	02	00	00



5.Katishula-Visual Analogous scale (VAS Method)-

katis hula	Mean		Std. Dev.		Mean rank		z-va lu e	p-va lu e	Resu lit
	B. T	A .T	B. T	A .T	B. T	A .T			
	2.08	1.59	0.83	0.67	8.23	6.50			

Using VAS method VAS score is 2.08 before treatment and 1.59 after treatment. The mean rank reduced significantly after treatment as compare to before treatment so it is show very high decrease in the pain score with p value<0.001

5. Stanyajanan- (Lactation)-

Stanyaja nan	Median		W.S.R .T	P- val ue	Effe ct %	Result
	B. T	A. T				
	1	0				

On ordinary scale used by w.s.r.t. test observe that P-value is less than 0.05 hence we conclude that effect of drug in stanyajanan is highly significant.

Discussion-

Chaturbij churna in sutika aswastha is described by yogratnakar specially in first 10 days. It is very crucial period to sutika physically and mentally. The ingredients of chaturbij churna having laghu tikshna snigdha guna and tikshna ushna virya becomes vatanuloman, garbhashya sansodhan, shulprashaman, ballya agnivardan and stanyajanan properties.

- 1.Garbhashya rahas(involution of uterus) –Avarage garbhashya rahas is 1.25cm/d. But 1pt.3cm rahas on 8th day due to anemia and 1pt.having 6cm rahas due to multiparity. Most of pt. having normal rahas due shodhan and ushna virya action.
- 2.Udgershula-There was gradual reduction of udgershula after treatment started. most of pt. showed relief from udgershula on 8th day which is occurs due to retraction of uterus due to shodan and shulghana action of chaturbij churna uterus well contracted and shul reduced. None of pt .need analgesics and antispasmodic drug.
- 3.Yonigat Rakstrava-Chaturbij churna having tikta

ushna virya drug and the action of garbhashya sanshodhan and vatanuloman to extract kleda from uterus properly. Due to krimighan and jantughan action it avoids strava dusti. 4.katishula-Before treatment 14 pt.reported mild pain i.e it comes in Grade 1st , 16pt.reported moderate pain i.e in 2nd Grade and 20 pt reported severi.e in Grade 3rd .After treatment sever pain reduced completely only 13pt. having mild pain 37 pt. get complect relif due to vatashamaka vedanastapan shulhar action and snigdha guna and ushna vriya. 5.Stanyajanan- All ingredients of chaturbij churna having stanyajanan properties. Mainly Methikamodak and chanshura used in sutika. After using chaturbij churna most of pt.improved their stanya as prakruta .No sutika having alpa or absent stanya on 8th day of observation.

Conclusion-

Different procedure followed including Ahara vihara and Aushedhi according to ayurved samhita by different Acharya to purpose of the stree it self is sutika paricharya. It is retuning or process of rejuvenation done for the purpose of swastha rakshan. It is paricharya to followed in order to protect herself and her infant also too.

Chaturbij churna given in sutika to prevent from other diseases and also keep healthy. It helps in Garbhashya Rahas angamarda yonishula katishula udershula shulprashman and mainly in lactation (stanyajanan).

Statistical analysis clearly indicates that there are strong evidences of chaturbij churna being very effective in treatment of sutika aswastha. Results showed significant improvement of sutika from symptoms.

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