A ROLE OF PRATAPLANKESHWARA RASA IN SUTIKA JWARA
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ABSTRACT –
Ayurveda gives importance to the care of mother and her baby at every phase of her life under antenatal care and post-natal care. A post-natal period comes just after the expulsion of placenta up to 6 weeks thus defined as Puerperium and duration called as Puerperium period. In Ayurveda, Kashyap Samhita mentions 74 Sutika diseases which includes Sutika Jwara as a Sutika Diseases in which common are 25, 10 from Dushprajata chikitsa adhyaya and 39 in Sutikopakramaniya adhyaya. In Sutikavastha, all doshas are aggravated mainly Vata Dosha due to Pravahana and Raktashaya.

KEYWORDS – Sutika, Sutika Kala, Sutika Jwara, Prataplankeshwara Rasa

INTRODUCTION –
According to Modern science Puerperium is a period following child during which the body tissues especially the pelvic organ revert back to the pre pregnant state both anatomically and physiologically. In Ayurveda the term Sutika can be used only after the expulsion of placenta [1] Mithyachara (an inappropriate physical and mental behaviour) in this period definitely results in incurable diseases. Sutika after delivery gets weakness, fatigue due to Dhatuksheenata, Balakshaya, Agnimandya, loss in blood and fluid loss during delivery so Sutika Paricharya gives her mental, emotional strength and boosts her energy [2] but if not followed it results into incurable or diseases difficult to cure [3].
In Ayurveda, Kashyap Samhita mentions 74 Sutika diseases which includes Sutika Jwara as a Sutika Diseases in which common are 25, 10 from Dushprajata chikitsa adhyaya and 39 in Sutikopakramaniya adhyaya. In Sutikavastha, all doshas are aggravated mainly Vata Dosha due to Pravahana and Raktashaya. This Vataprakopa 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. Changes in lead to Ati-Aptarpapana of mother during Sutikakala. The most common cause of Sutika Jwara (Puerperal fever) in infections like Mastitis, Urinary tract infection (UTI), vaginal infection and Endometritis (In Caesarean section) [4].

Prataplankešhwara Rasa is used in all types of Jwara especially in Sannipatika Jwara.

**SUTIKA** [5]:-

Sutayaschapi Tatra Syadapara Chenna Nirgata |
Prasutaapi Na Suta Stree Bhavatyevam Gate Satī ||

(Ka.S.11/6)

Kashyapacharya has said until and unless Aparapatana takes place stree should not be considered as Sutika. This clearly indicates that Aparapatan (expulsion of placenta) is also very important and it is also the part of delivery process.

**SUTIKA JWARA – HETU** [6] –

Vegasandharanadraukshyat
Vyayamdatyasrikshyat |
Shokadatyagnisantapat
Katvamoshnatisevanat ||
Divaswapnat Purovatad
Guruvabhishyandibhojanat |
Stanyagamad
Grahahadadajirnabadshuprajaynat ||
Jwara Sanjayate Narya Shadavidho
Hetubhedatha | (Ka.Sa.Khi.11)

Sutika Jwara is caused by following after delivery,

- Suppression of natural urges
- Dryness
- Exercise
- Post-partum haemorrhage (PPH)
- Grief
- Excessive heat or fire
- Administration of Pittaprapokaka Ahara like Abhishyandi ahara, Katu, Amla, and Lavana.
- Grahas
- Appearance of breast milk.
**PURVARUPA – Vyaktavastha**

**SAMANYA RUPA (COMMON SYMPTOMS)**[7] –
- Kshane daha (fever / hypothermia)
- Asthi sandhi ruja (arthralgia)
- Shiro ruja (headache)
- Tandra (malaise)
- Moha (confusion)
- Pralapa (delirium)
- Kasa (cough)
- Shwasa (acute respiratory distress syndrome)
- Trishna (Dehydration)
- Bhrama (hypotension)
- Stroto paka (systemic inflammatory response syndrome – SIRS)

**SAMPRAPTI**[8] –

- Sanklishta Prasuti
- Manasika Klesha

Anuchita Acharana

+ Pravatadi Sevana

\[ Mithyopchara \quad Ajirna \quad Mithyopchara \quad Bhojana \]

\[ Ajirna \quad Bhojana \quad Vishama \]

Yonidushti

\[ Tryavarta Yoni Dushti, Sutika Srava Dushti \]

Ashraya – Ashrita Bhavane Apana Vayu Vikriti

\[ Pratilomita Apana Vayu \]

Agnimandya, Amanirmiti

Sutika Jwara Nirmi

**PRATAPLANKESHWARA RASA** –

Ekenduchandranalvardhidantikalaikab

hagam Kramasho Vimishram

Sutabhragandhoshanalohashankhavan

yopalabhasma Visham Cha Pishtam ||
**Prasutivateanila dantebandhe**  
**Sadrambhsa Vallamamushya Lihyat |**  
**Vatamaye Shleshmagadershahi**  
**Syatpuramritadratrifalayutoyam ||**  
**Sashringaveradrava Esha Hanti**  
**Sasannipatam Jwaramugrarupam |**  
**Nijanupanairnijapathyayuktaha**  
**Sarvatisarangrahanivikaran ||**  
**Pratapalankeshwaranamdheya Suta**  
**Prayukto Girirajaputrya ||**

1. **Shudhha Parada** – 1 part  
2. **Shudhha Gandhaka** – 1 part  
3. **Shudhha Abhraka Bhasma** – 1 part  
4. **Shudhha Loha Bhasma** – 4 part  
5. **Shudhha Shankha Bhasma** – 8 part  
6. **Maricha Churna** – 3 part  
7. **Vanyotpala Bhasma** – 16 part  
   1) **Shudhha Vatsanabha Churna** – 1 part  

**Quantity – 250mg**  
**Time – TDS before meal**  
**Anupana – with 5ml Ardhraka Swarasa**

<table>
<thead>
<tr>
<th>DRUG</th>
<th>LATIN NAME</th>
<th>FAMILY</th>
<th>RASA</th>
<th>VIRYA</th>
<th>VIPAKA</th>
<th>GUNA</th>
<th>Doshas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parada</td>
<td>Mercury</td>
<td>–</td>
<td>Madhura</td>
<td>Ushna</td>
<td>Katu</td>
<td>Yogavahit $^a$</td>
<td>VPK</td>
</tr>
<tr>
<td>Gandhaka</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>–</td>
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<td>P</td>
</tr>
<tr>
<td>Abhraka</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>–</td>
<td>Yogavahit $^a$</td>
<td>KV</td>
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<tr>
<td>Loha</td>
<td>–</td>
<td>Kashaya</td>
<td>Ushna</td>
<td>Tikta</td>
<td>Ruksha</td>
<td>Tikshna</td>
<td>VP</td>
</tr>
<tr>
<td>Shankha</td>
<td>–</td>
<td>Madhura</td>
<td>Sheeta</td>
<td>Katu</td>
<td>–</td>
<td>–</td>
<td>P</td>
</tr>
<tr>
<td>Maricha</td>
<td>Piper nigrum</td>
<td>Piperaceae</td>
<td>Katu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Laghu Tikshna</td>
<td>VK</td>
</tr>
<tr>
<td>Vatsanabha</td>
<td>Aconitum ferox</td>
<td>Ranunculaceae</td>
<td>Madhura</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Ruksha Tikshna Vyavayi Vikashi</td>
<td></td>
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<tr>
<td>Ardhraka</td>
<td>Zinziber officinal e</td>
<td>–</td>
<td>Katu</td>
<td>Ushna</td>
<td>Madhura</td>
<td>Laghu Snigdha</td>
<td>KP</td>
</tr>
</tbody>
</table>
**ACTION OF DRUGS –**

<table>
<thead>
<tr>
<th>DRUG</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parada and Gandhaka Kajjali</td>
<td>- It is antimicrobial, Yogavahi.</td>
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<tr>
<td></td>
<td>- It is heart friendly.</td>
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<tr>
<td>Abhraka</td>
<td>It is,</td>
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<td></td>
<td>- Manovaha srotasa (mental stability)</td>
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<td></td>
<td>- Medhya</td>
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<td></td>
<td>- Rasayana</td>
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<td></td>
<td>- It reduces fever of Puerperal Sepsis.</td>
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<td>Loha</td>
<td>- Raktavardhaka (increases Hemoglobin level)</td>
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<tr>
<td></td>
<td>- Garbhashaya lekhana (shades uterus epithelium)</td>
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<td></td>
<td>- It purifies uterus by removing dirty and toxic products</td>
</tr>
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<td>Shankha</td>
<td>- It works as Deepana, Pachana, Daha shaman and Pittaghna.</td>
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<td></td>
<td>- It helps in Koshthashodhana (Purifies Gastrointestinal tract).</td>
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<td></td>
<td>- It is blood purifier.</td>
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<tr>
<td>Maricha</td>
<td>- It is Antipyretic and Anti-inflammatory.</td>
</tr>
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<td></td>
<td>- It has antioxidant and antimicrobial activity thus reduces postpartum fever.</td>
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<td>- Alone is may increases blood loss but along with Loha is stables in.</td>
</tr>
<tr>
<td>Vatsanabha</td>
<td>- It has Antipyretic and Anti-inflammatory property.</td>
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<td></td>
<td>- Mostly used in Sannipatika Jwara.</td>
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<td></td>
<td>- It reduces Joint pain, crams, dehydration caused due to fever.</td>
</tr>
<tr>
<td>Ardhraka</td>
<td>- Garbhashaya Shodhaka (cleans uterus)</td>
</tr>
<tr>
<td></td>
<td>- Reduces Strava (vaginal mucus)</td>
</tr>
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<td></td>
<td>- Shoshaka (absorption)</td>
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<td></td>
<td>- Garbhashaya Koshtha Vishuddhi</td>
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</tbody>
</table>
DISCUSSION –

Sutikaparicharya itself acts as a combining factor in preventing the Sutika Jwara. Nowadays Sutika Jwara is found in any women which is a most alarming situation globally. Modern medicine does offer potent medications for puerperal fever, which offer rapid relief of symptoms and underlying cause. One of them are harmful for health of the puerperal woman while some pass into breast milk posing serious threat to neonate. Thus Ayurveda promotes some natural medicines with eco-friendly and safe way so Prapalankeshwara Rasa helps in removing stagnated blood and purifies Garbhashaya (uterus).

CONCLUSION –

Sutika Jwara caused by several factors like Mithyaaharavihara (Unhealthy diet and lifestyle) Prapalankeshwara Rasa is positively affecting the factor and relieves Puerperal fever as well as Puerperal diseases. It also rejuvenates her Dhatus, increases energy loss happened during delivery.

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