

International Journal of Research in Indian Medicine

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-Aptarparpana* of mother during *Sutika-kala*. 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]. *Prataplankeshwara 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 Sati //

(*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

Vyayamdatyasrikshayat /

Shokadatyagnisantapat

Katvamloshnatisevanat //

Divaswapnat

Purovatad

Gurvabhishyandibhojanat /

Stanyagamad

Grahabadhadajirnadadushprajaynat //

Jwara Sanjayate Narya Shadavidho

Hetubhedataha /

(*Ka.Sa.Khi.11*)

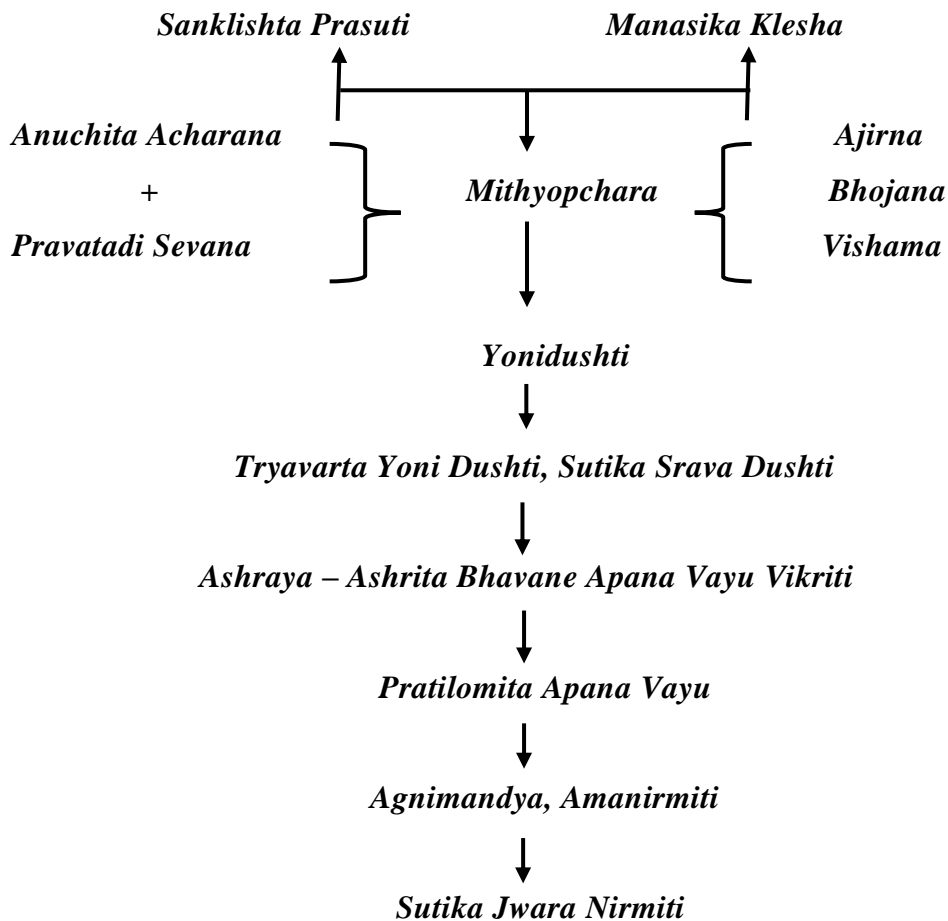
Sutika Jwara is caused by following after delivery,

- Suppression of natural urges
- Dryness
- Exercise
- Post-partum haemorrhage (PPH)
- Grief
- Excessive heat or fire
- Administration of *Pittaprakopaka 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] –

PRATAPLANKESHWARA RASA –
Ekenduchandranalvardhidantikalaikab
hagam Kramasho Vimishram /

Sutabhragandhoshanalohashankhavan
yopalabhasma Visham Cha Pishtam //

Prasutivateaniladantebandhe
Sadrambhisa Vallamamushya Lihyat /
Vatamaye Shleshmagadershasi
Syatpuramritardratrifalayutoyam //
Sashringaveradrava Esha Hanti
Sasannipatam Jwaramugrarupam /
Nijanupanaairnijapathyayuktaha
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*

DRUG	LATIN NAME	FAMILY	RASA	VIRYA	VIPAKA	GUNA	Dosham
<i>Parada</i>	Mercury	–	<i>Madhura Katu Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Yogava hi</i>	<i>VPK</i>
<i>Gandhaka</i>	–	–	–	–	–	–	<i>P</i>
<i>Abhraka</i>	–	–	–	–	–	<i>Yogava hi</i>	<i>KV</i>
<i>Loha</i>	–	–	<i>Kashaya</i>	<i>Ushna</i>	<i>Tikta</i>	<i>Ruksha Tikshna</i>	<i>VP</i>
<i>Shankha</i>	–	–	<i>Madhura</i>	<i>Sheeta</i>	<i>Katu</i>	–	<i>P</i>
<i>Maricha</i>	<i>Piper nigrum</i>	<i>Piperaceae</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu Tikshna</i>	<i>VK</i>
<i>Vatsanabha</i>	<i>Aconitum ferox</i>	<i>Ranunculaceae</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Ruksha Laghu Tikshna Vyavayi Vikashi</i>	
<i>Ardhraka</i>	<i>Zinziber officinale</i>		<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Laghu Snigdha</i>	<i>KP</i>

ACTION OF DRUGS –

DRUG	Action
Parada and Gandhaka Kajjali	<ul style="list-style-type: none"> • It is antimicrobial, <i>Yogavahi</i>. • It is heart friendly.
Abhraka ^[9]	<p>It is,</p> <ul style="list-style-type: none"> • <i>Manovaha srotasa</i> (mental stability) • <i>Medhya</i> • <i>Rasayana</i> • It reduces fever of Puerperal Sepsis.
Loha	<ul style="list-style-type: none"> • <i>Raktavardhaka</i> (increases Hemoglobin level) • <i>Garbhashaya lekhana</i> (shades uterus epithelium) • It purifies uterus by removing dirty and toxic products
Shankha	<ul style="list-style-type: none"> • It works as <i>Deepana</i>, <i>Pachana</i>, <i>Daha shaman</i> and <i>Pittaghna</i>. • It helps in <i>Koshthashodhana</i> (Purifies Gastrointestinal tract). • It is blood purifier.
Maricha ^[10]	<ul style="list-style-type: none"> • It is Antipyretic and Anti-inflammatory. • It has antioxidant and antimicrobial activity thus reduces postpartum fever. • Alone is may increases blood loss but along with <i>Loha</i> is stables in.
Vatsanabha ^[11]	<ul style="list-style-type: none"> • It has Antipyretic and Anti-inflammatory property. • Mostly used in <i>Sannipatika Jwara</i>. • It reduces Joint pain, cramps, dehydration caused due to fever.
Ardhraka	<ul style="list-style-type: none"> • <i>Garbhashaya Shodhaka</i> (cleans uterus) • Reduces <i>Strava</i> (vaginal mucus) • <i>Shoshaka</i> (absorption) • <i>Garbhashaya Koshtha Vishuddhi</i>

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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Cite this article:

A ROLE OF PRATAPLANKESHWARA RASA IN SUTIKA JWARA

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Ayurline: International Journal of Research In Indian Medicine 2020; 4 (1) :01-07