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CONCEPTUAL STUDY OF THE EFFICACY OF DASHAMULA AS AN ANALGESIC IN SUTIKA AWASTHA

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ABSTRACT

Background: *Ayurveda*, the Indian system of medicine practiced today has its roots in the Vedic thinking; it is one of the Indian traditional system which comprise of herbal medicine. According to *Acharya Charaka* the *Sharir* of S*utika* is S*hoonya* due to exertion of labour pains and loss of K*leda* and *Rakta* as well as there is a profuse *Dhatukshaya* due to development of foetus, various physiological changes occurs thus her body is prone to several diseases. In *Sutika Awastha* day to day activities are hampered because of pain. So, there is a need of proper *Ayurvedic* treatment to alleviate pain, improve her physiological condition and protect her from upcoming diseases. **Aim**: The present study was aimed to assess the efficacy of *Dashamula* as an Analgesic in *Sutika Awastha.* **Materials & Methods**: The present study is done, to analyze the effect of *Dashamula* as an analgesic property in *Sutika Awastha*. Study is performed with the help of various previous research papers published, from the authentic texts of *Samhitas* as well as from authentic *Ayurvedic* and Modern books. **Conclusion:** In *sutika* there is *Vataprakopa* with *Dhatukshay* which leads to *Doshavaishamya* and *Daurbalya.* Normal delivery with episiotomy pain is due to the inflammatory changes occurring in the wound. Due to prostaglandin secretion inflammation occurs that cause pain. *Dashamula* has *Tridoshahara* property and thus pacifies*, Vatadi Doshas,* enhances *Dhatu Poshan* and improve the *p*hysical strength of *Sutika. Dashamula* has analgesic, anti-inflammatory, anti-pyretic*,* hepatoprotective, anti-carcinogenic, anti-tussive, anti-histaminic, immunomodulatory, anti-ulcerative and diuretic property. An early evacuation of bladder decreases the chance o*f* atonicity of uterus, constipation and

thus helpful in involution of uterus. Anti-oxidant property *h*elps to improve the mental stress and other inflammatory changes. Thus*, Dashamula c*an work *e*ffectively as an analgesic in S*utika Awastha.*

Keywords: Analgesic, Anti-inflammatory action, *Dashamula*, Episiotomy, *Sutika, Vata dosha*

INTRODUCTION

Ayurveda has given care to the *Stree* (women) at every juncture of her life in the aspect of *Rajaswalacharya* (menstrual care), *Garbhini Paricharya* (antenatal care) and *Sutika Paricharya* (post-natal care). A woman who has just given birth to a baby along with placenta is called as *SUTIKA* in *Ayurveda* and PUERPERAL WOMEN in Modern Science. Thus, the word puerperal means to give birth to a child and puerperium is the period from termination of labour to complete involution of the uterus usually as 42 days or 6 weeks. Puerperal stage is depicted upto 7 days as per modern as well as *Ayurveda*.

Ayurveda, as usual being explicit, describes this condition as *Sutika Avastha. Sutika* is not a *Rogi,* the *Paricharya* depicted in S*amhitas* is explained to S*utika* in *Prasavottar Kaal* is like *Dinacharaya, Ritucharya* as explained for *Swastha*. There are ample of changes occurring in *Garbhavastha* and *Prasavavastha*. A S*utika's Sharir* is thought to be S*hoonya Sharir* after delivery due to exertion of labour pains and excretion of *Kleda* (moisture) and R*akta* (blood). The Traditional Indian medicines has mentioned a number of therapeutic cures for common ailments using specific plant or their combinations which are free from side effects commonly associated with modern system of medicines. The Ayurvedic formulation *DASHAMULA KWATHA* has been cited in the S*amhitas* of *Sushruta, Sharangdhar,* [1]*Chakradatta* and [2]Bhavprakash; combination of these roots of 10 plants is the standard remedy for the treatment of "S*utikaruja*".

According to *Siddhant* of *Ayurveda*, pain is mainly due to *Vata Dosha* and for *Vata* vitiation these *Ayurvedic* remedy plays an important role. In S*utika Awastha* due to predominance of *Vata Dosha,* changes in *Dosha* as well as Dhatu causes pain. In *Prasav Awastha* due to sudden elimination of fetus, there is imbalance of all *Doshas* and D*hatus* as well as uterine involution also causes pain. Pain because of episiotomy is due to the inflammatory changes occurring in the wound. Due to prostaglandins secretion inflammation occurs that causes pain. *Dashamula* being *Ushna Guna* property and *Tikta, Kashay, Madhur Rasatmak* is *Vatashamak* and as *Sutika Kaal* explicit *Vaat* predominance thus it pacifies *Ruja* (pain).

Aim:- To study the concept of efficacy of *Dashamula* as an analgesic in S*utika Awastha*.

Objectives:-

- Conceptual study of *Sutika*
- Conceptual study of *Dashamula*

Previous Work Done: -

- Study on role of *Amritastaka kwatha* & *Dashamula kwatha* in *sutika paricharya.*
- Role of *Soothika Dashamula* in *soothika Avastha*.
- *Soothik Awasthet Dashamula Kwatha Upayog.*
- Analgesic effect of *Dashamula* an Ayurvedic preparation vs Diclofenac sodium in animal models.
- Different Ayurvedic dosage forms of *Dashamula* possess varied anti-inflammatory activity.
- Experimental evaluation of analgesic, anti-inflammatory and anti- platelet potential of *Dashamula.*
- Clinical study of *Sutika-Dashamula kwatha* in wellbeing of *Sutika*

Materials And Method:-

For the conceptual study classical books, modern books, publishes article as well as internet source has been referred. Collection of the material was carried out by concise manner from these sources.

[3]A woman who has just given birth to a child followed by expulsion of the placenta is called as S*utika* in Ayurveda and puerperal women in modern science. Thus, the word puerperal means to give birth to a child and puerperium is the period from the termination of labour to complete involution of the uterus usually as 42 days or 6 weeks. According to *Acharya*

C*harak, Sutika* is said to be S*hoonya Sharir* after delivery due to exertion of labour, loss of *Kleda* and *Rakta* this *Dhatukshay* causes loss of body immunity. There is also profuse D*hatu Kshay* due to development of foetus. These changes lead to *Ati-tarpana* of S*utika* during S*utika Kala* and cause V*ata Vriddhi* which is responsible for several types of health problems ; thus alleviation of *Vata* is the first aim achieved by administration of *Vatashamaka* and *Brimhana Dravya* and second aim of *Agnivardhan* is achieved by administrating *Deepaniya Dravyas* and the third is to achieve the immunity with the help of *Rasayan Dravya.*

Sutika kala differs from 5-7 days to 6 months according to various *Acharyas*, and upto 6 weeks according modern. Due to vitiation of *Vaat* after delivery, digestive power as well as immunity and strength of mother will be weak and the lady is in compromised state , therefore care and management causing *Vata* balance and increasing body strength of *Sutika* should be done Changes occurring in following components in *Sutika kala*:

- **Muscles –** During, puerperium, the number of fibers is not decreased but there is substantial reduction of myometrial cell size. Withdrawal of the steroid hormones, oestrogen, progesterone, may lead to increase in activity of the uterine collagenase and the release of proteolytic enzymes.
- **Blood vessels –** The changes of the blood vessels are pronounced at the placental site. The arteries are constricted by contraction of its wall and thickening of the intima followed by thrombosis. New blood vessels grow inside thrombi.
- **Endometrium –** The superficial part containing the degenerated decidua blood cells and bits of fetal membranes becomes necrotic and is cast off in the lochia. By the 10th day regeneration of the epithelium is completed. By 16th day Endometrium restored, at about 6 weeks the endometrium of placental site is restored.
- **Involution of Uterus –** Following delivery, uterine fundus is about 13 cm above symphysis pubis. After 1st 24 hours height of uterus steadily reduces by 1.25 cm, the uterus becomes a pelvic organ by 14 days time.
- **Lochia –** it is the vaginal discharge for the first fortnight during puerperium, this discharge originates from uterus body, cervix and vagina. It has got a peculiar offensive fishy smell.

Following are the regimens which alleviates S*utika Avastha Shula*:-

Vatanulomana; Pachan; Agnideepan; Raktavardhan; Stanyavardhan; Yonisanrakshaka; Garbhashay Shodhak; Dhatupushti; Balya

[4]Contents of *Dashamula*:-

- *Bilva*

Latin name: Aegle marmelos Corr.
Family: Rutaceae
Guna: Laghu, Ruksha
Rasa: Kashay Madhur, Tikta
Virya Ushna
Vipaka: Katu
Doshaghnata: Kaphavatashamak
***Karma:** Grahi, Agnivardhak, Pachak, Balakaarak*
Chemical constituent: Marmalosin, tannins, mucilage, fatty oil and sugar
Marmelosin is antioxidant, anti-proliferative, works on apoptotic cancer and can modulate both oxidative stress and inflammation effectively. It is anti-bacterial, antiviral, antidiarrheal, gastroprotective, anti-ulcerative, hepatoprotective, anti-diabetic, cardioprotective and radioprotective effects. It is helpful in wound contracting ability and thus wound closure.
Therapeutic uses: V*atavyadhi, Shotha, Shula, Agnimandya, Chardi, Mutrakruccha*

- ***Agnimantha***

Latin name: Clerodendrum phlomidis Linn
Family: Verbenaceae
Guna: Laghu, Ruksha
Rasa: Kashay, Katu, Tikta
Virya: Ushna
Vipaka: Katu
Doshaghnata: Kaphavatashamak
Karma: Shothahara, Vedanasthapan, Deepan, Pachan, Anuloman, Rakta Shodhak
Chemical constituent: Sterol – It shows inhibition in the formation of nitric oxide, pro inflammatory cyto-

kines, prostaglandin production, induction of anti-inflammatory cytokines and down regulation of expression of COX-2, 5-LOX, TNF-ALPHA, IL-1 BETA, and I NOS.

Therapeutic uses: S*hotha, Pandu, Vibhandha, Agnimandya, Adhman, Gulma, Mutrakrrucha, Vatavikar, Arsha, Vatavikar*

- ***Shyonak***

Latin name: Oroxylum indicum Vent.
Family: Bignoniaceae
Guna: Laghu, Ruksha
Rasa: Kashay, Tikta
Virya: Shita
Vipaka: Katu
Doshaghnata: Kaphapittashamak
Karma: *Shothahara, Vedanasthapan, Vranaropan, Mutrala, Jwaraghna*

Chemical constituent: Flavonoids and Tannins – It shows significant anti-inflammatory activity, anti-mutagenesis, antibiosis, anti-cancer, coughing and can acts as prophylactic agent against CHIKV as well as has anti-allergic therapeutic.

Therapeutic uses: *Udar Roga, Shotha, Kasa, Basti rog, Kasa, Aruchi*

- ***Patala***

Latin name: Stereospermum chelonoides Linn.
Family: Bignoniaceae
Guna: Laghu, Ruksha
Rasa: Kashay, Madhur, Tikta, Katu
Virya: Ushna
Vipaka: Katu
Doshaghnata: Tridoshahara
Karma: *Vedanastahpan, Vranaropan, Shothahara, Mutrala, Daha Prashaman*

Chemical constituent: Gum and bitter substance- It possesses anti-inflammatory activity, potent analgesic, anti-pyretic activity, anti – ulcerative and gastro-protective activity

Therapeutic uses: S*hwas, Shotha, Arsha, Trisha, Amlapitta, Raktavikar, Mutravikar, Vrana Ruja*

- ***Gambhari***

Latin name: Gmelina Arborea Roxb.
Family: Verbenaceae
Guna: Guru Sara, Snigdha
Rasa: Kashay, Madhur, amla
Virya: Shita
Vipaka: Madhur
Doshaghnata: Vatapittahara
Karma: *Shothahara, Vedanasthapan, Balya, Snehan, Daha Prashaman*

Chemical constituent: Butyric acid, alkaloid, saccharine, resin, tartaric acid – It has anti-inflammatory and anti-nociceptive property

Therapeutic Uses: S*hopha, Jwara, Daha, Trshna, Raktadosa, Shula, Shosha*

- ***Shalparni***

Latin name: Desmodium Gangeticum DC.
Family: Fabaceaea
Guna: Guru
Rasa: Madhur, Tikta
Virya: Ushna
Vipaka: Madhur
Doshaghnata: Tridoshahara
Karma: Deepan, Snehan, Shothahara, Mutrala

Chemical constituent: Alkaloids - It inhibits production of pro-inflammatory cytokines – necrosis factor alpha and interleukin-6 as well as shows anti-inflammatory and anti-nociceptive activity.

Therapeutic uses: J*war, Shopha, Kasahara, Shwas, Mudhagarbha*

- ***Prishniparni***

Latin name: Uraria Picta Desv.
Family: Fabaceae
Guna: Laghu, Snigdha
Rasa: Madhur, Tikta
Virya: Ushna
Vipaka: Madhur
Doshaghnata: Tridoshahara
Karma: *Deepan, Mutrala, Snehan, Shothahara*

Chemical constituent: Isoflavanones, triterpines steroids - It has wound healing and anti-microbial activities

Therapeutic uses: D*aha, Jwar, Shwas, Vataroga, Vran*

- ***Kantakari***

Latin name: Solanum Surattense Burm.
Family: Solanaceae
Guna: Laghu, Ruksha

Rasa: Tikta, Katu
Virya: Ushna
Vipaka: Katu
Doshaghnata: Shothahara
Karma: Vedanasthapan, Shothahara, Mutrala, Jwaraghna
Chemical constituent: Glycoalkaloids, steroids – It has antihelmintic, antipyretic, laxative, anti-inflammatory, anti-asthmatic property
Therapeutic Uses: A*ruchi, Shwas, Jwar, Parshwashula*

- ***Brihati***

Latin name: Solanum indicum Linn.
Family: Solanaceae
Guna: Laghu
Rasa: Tikta, Katu
Virya: Ushna
Vipaka: Katu
Doshaghnata: Kaphavatahara
Karma: *Grahi, Pachan, Shulahara, Mala, Arochaknash, Agnimandyahara*
Chemical constituent: Steroidal alkaloids, steroid – It help control metabolism, inflammation, immune functions, salt and water balance, the ability to withstand illness and injury.
Therapeutic Uses: S*hula, Shwas, Jwara, Agnimandya*

- ***Gokshur***

Latin name: Tribulus terrestris Linn.
Family: Zygophyllaceae
Guna: Guru, Snigdha
Rasa: Madhur
Virya: Shita
Vipaka: Madhur
Doshaghnata: Vatahara
Karma: *Shothahara, Vedanasthapan, Vatashamak, Anuloman, Hridya, Balya*
Chemical constituent: Alkaloids and saponin – It has diuretic, aphrodisiac, anti-urolithic, immunomodulatory, anti-diabetic, absorption enhancing, hypolipidemic, cardiotonic, CNS, hepatoprotective, anti-inflammatory, analgesic, anti-spasmodic, anti-cancer, antibacterial, anthelmintic, larvicidal and anticarcinogenic activity.
Therapeutic Uses: *Vataroga, Shularoga, Shwas, Mutrakrricha*

Thermodynamics of *Dashamula*:

Rasa	*Tikta, Kashay, Madhur*
Veerya	*Ushna*
Vipak	*Katu*
Doshaghnata	*Tridoshahara*
Guna	*Laghu, Ruksha*

***Samprapti Vighatan*:-**

Dhatukshay due to growing foetus — Due to exertion of labour pain and loss of *Kleda*

↓ ↓

Shoonya Sharir

↓

Sutika Ruja

↓

Dashamula- Tridoshahara, Balya

↓

Alleviates Sutika Shula and enhances immunity

DISCUSSION

In *Sutika* there is *Vataprakopa* with *Dhatukshay* which leads to *Doshavaishamya* and *Daurbalya.* Normal delivery with episiotomy pain is due to the inflammatory changes occurring in the wound. Due to prostaglandin secretion inflammation occurs that cause pain. *Dashamula* has *Tridoshahara* property and thus pacifies*, Vatadi Doshas,* enhances *dhatu Poshan* and improve the *p*hysical strength of *Sutika. Dashamula* has analgesic, anti-inflammatory, antipyretic*,* hepatoprotective, anti-carcinogenic, antitussive, anti-histaminic, immunomodulatory, anti-

ulcerative and diuretic property. An early evacuation of bladder decreases the chance o*f* atonicity of uterus, constipation and thus helpful in involution of uterus. Antioxidant property *h*elps to improve the mental stress and other inflammatory changes. Thus*, Dashamula c*an work *e*ffectively as an analgesic in S*utika Awastha.*

CONCLUSION

Study is going on at Bharati *Ayurved* Hospital. Result will be published on completion of study.

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