

VAJRA KANJIKA – ITS BENEFITS ON SUTIKA

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ABSTRACT

A woman immediately after giving birth to a child is called *Sutika*. Various *Acharya's* have mentioned *Sutika Kala* as a very important period because the mother is prone to many complications following the delivery, where a lot of *Rakta* and *Kleda* are lost in the process of delivery leaving her vulnerable for various disorders. As we know *Vata* fills the *Rikta Sthana* and causes various disorders, in a similar way *Sutika* is very much prone to *Vata* disorders. Mainly we come across disorders like inadequacy of breast milk and *Sutika Makkala* (pain). *Sthanya* is very important in the growth and development of the newborn. It enhances the immunity of the child. Breast milk is babies specific hence one should adopt measures to improve lactation instead of depending on supplementary feeds. Another important condition is *Sutika Makkala* which is caused due to vitiation of *Vata*, and shows symptoms like severe discomfort, pain below the umbilical and bladder region, abdomen and cardiac region. At times the pain is so severe that a prickly sensation with a possibility of tearing of bowel or its perforation. These are associated with flatulence and retention of urine. In these above conditions, *Vajra Kanjika* is of utmost benefit. We get the reference of *Vajrakanjika* in *Yogaratanakara* in *Ksheera Dosha Chikitsa Adhyaya*. *Vajra Kanjika* contains the drugs like *Pip-pali*, *Pippali mula*, *Chavya*, *Shunti*, *Yawanika*, both *Jeeraka's*, both *Haridra's*, *Vida* and *Souvarchala Lavana*. It is indicated in *Amavata*, it is *Vrishya*, suppresses *Kapha* and *Vata*, increases appetite, cures *Makkala Shula* and increases the quantity of milk.

In this article, an attempt is made to understand the probable mode of action of *Vajra Kanjika* in *Sutika*, *Sutika Makkala* and *Sthanya kshaya*.

Keywords: *Vajra Kanjika*, *Sutika*, *Sutika Roga*, *Makkala*, *Sthanya Dosha*.

INTRODUCTION

Ayurveda always emphasizes two aspects *Swathasya Swasthya Rakshanam* that is protecting the health of a healthy individual so that they would not fall prey to diseases along with maintaining good health and *Aaturasya Vikara Prashamanam* that is if unhealthy curing the disease and restoring the health of the individual¹. But mainly it aims to maintain the health in all conditions, for the same reason it has various *Paricharyas* like *Dinacharya*, *Ratricharya*, *Rutucharya*. Considering the physiological changes, vulnerability and phases the woman goes through at different phases of life *Acharya's* have mentioned special *Paricharyas* for women like *Rajaswala Paricharya*, *Garbhadana Samskara*, *Garbhini Paricharya* and *Sutika Paricharya* to maintain the health of the women during those physiological changes. *Acharya Kashyapa* says that mothers one leg is in *Ihaloka* and another leg is in *Yamaloka* stating the vulnerability of the woman who is about to deliver the child hence utmost care to be taken during and after the delivery². Those who have followed proper *Garbhini Paricharya* will not face any difficulties during labor³. A woman who delivered recently is

called *Sutika* and for her *Sutika paricharya* is mentioned to restore the optimal health, failing which she is prone to various *Sutika Rogas* which in turn hamper the health and also hamper the growth and development of the newborn. The women who had difficulties in labour are also prone to various *Sutika Roga*⁴.

AIM AND OBJECTIVE

1. To review the literature mentioned in various *Ayurveda Samhita's* regarding *Vajra kanjika*
2. To show the clinical significance of *Vajra Kanjika* in *Sutika*, *Sutika Roga*

MATERIALS AND METHODS

Material: Relevant literature is referred in *Samhita's*, *Samgraha Granthas* and Contemporary literature

Methodology: Review study

Sutika & Sutika kala

After delivering the *Garbha* and *Apara* the woman is considered as *Sutika*⁵. It's a period during which the delivered mother returns to her pre-pregnant stage. Various physiological changes occur during this time to recuperate the woman and restore her health which was altered during the process of labour.

Table 1:

<i>Samhita</i>	Duration
<i>Sushruta Samhita</i>	1 ½ months ⁶
<i>Asthanga Samgraha</i>	1 ½ months ⁷
<i>Asthanga Hridaya</i>	1 ½ month, <i>Punarartava Darshana</i> ⁸
<i>Kashyapa Samhita</i>	6 months ⁹
<i>Bhava Prakasha</i>	1 ½ months/4 months / <i>Punarartava Darshana</i> ¹⁰

Physiological changes & Benefits of *Sutika Paricharya*

These are the following changes that occur in the delivered woman.

Immediately after delivery

1. During *Garbha Vriddhi* there is *Kshapita* and *Shithilata* of *Sarva Sharira Dhatu* making her weaker and more tired.
2. *Pravahana Vedana* – due to bearing down efforts and the process of labour the woman had gone through various pain stimuli.

3. *Kelda Rakta Nisruti* –there is the expulsion of various body fluids and blood.
4. *Vishesha Shunya Shareera* –because of the above condition she becomes exhausted and filled with a feeling of emptiness, in such empty spaces *Vata* will take advantage and tries to fill those spaces making them vulnerable for various *Vata Vyadhi*'s, *Avarana* related disorders¹¹.

Later phase after delivery

Just as the *Ahara Rasa* in *Garbhini* nourishes *Garbha*, *Sthana*, Mother, likewise after the delivery the *Ahara Rasa* reaches the breasts forming Breast milk and the remaining *Ahara Rasa* is transformed to blood circulating the whole-body including *Yoni* and later when the *Yoni* is nourished and then blood gets accumulated and discharged periodically in the form of menstruation which is mentioned as *Punarartava Darshana*¹². Once there is the onset of menstruation it completes the *Sutika* period, and the normal activities can be resumed. The above said physiological changes are well tackled and normal health is restored only by following various regimens told under *Sutika Paricharya*. These are the benefits of following proper *Sutika Paricharya* – the above-mentioned conditions will be corrected, and the woman becomes *Punarnavi Bhavati*¹³ that is proper nourishment and restoration of her optimal health.

Various regimens have been told during this period in terms of *Pathya Ahara* that is food and nutrition according to *Desha*, *Kala*, *Jati*, *Satmya*, gender of the born child, personal hygiene lifestyle, improving the psychological condition, *Raksha Karma*, taking care of a newborn, promoting lactation. Failing to follow the proper regimen the *Sutika* will be prone to various disorders.

Sutika Roga

Acharya Kashyapa mentioned 74 *Sutika Roga* (*Sutikopakramaniya Adhyaya 64* and *Dushprajata Chikitsa Adhyaya 35*)^{14, 15} that afflict the *Sutika* who fails to follow the proper regimen. A few of these diseases like *Shula*, *Visuchika*, *Makkala*, *Sthana Roga* hampering the process of lactation can be seen as an immediate squeal and some diseases like *Yoni Dosha*, *Vata Vyadhi* etc. can be seen as a late squeal.

As *Vata* is the main factor which is responsible for causing various disorders *Vatahara* line of treatment should be adopted. *Vajra Kanjika* is mentioned by various authors for its efficacy on *Sutika* related disorders. **Vajra kanjika**^{16, 17, 18, and 19} – it is herbal preparation containing the following ingredients listed in Table: 2, its *Rasa Panchaka* in Table: 3, its *Phala Shruti* in Table: 4 according to various *Acharya*'s respectively.

Table 2: INGREDIENTS

	<i>Yoga Ratnakara</i>	<i>Bhaishajya Ratnavali</i>	<i>Chakradatta</i>	<i>Basava Rajeeyam</i>
<i>Pippali</i>	+	+	+	+
<i>Pippali Mulam</i>	+	+	+	+
<i>Chavya</i>	+	+	+	+
<i>Shunti</i>	+	+	+	+
<i>Yawanika</i>	+	+	+	+
<i>Jeeraka</i>	+	+	+	+
<i>Krishna Jeeraka</i>	+	+	+	+
<i>Haridra</i>	+	+	+	+
<i>Daruharidra</i>	+	+	+	+
<i>Vida Lavana</i>	+	+	+	+
<i>Souvarchala Lavana</i>	+	+	+	+
<i>Aranala</i>	+	+	+	+

Table 3: RASA PANCHAKA OF INGREDIENTS

Name	Botanical Name	Family	Rasa	Guna	Veerya	Vipaka	Karma	Chemical Composition	Pharmacological activity
<i>Pippali</i> ²⁰	Piper Longum	Piperaceae	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Shleshma Hara, Deepana, Vrishya, Rasayana.</i>	Piperine, Piperamide, Piperamine, Pipene.	Antimicrobial, Antioxidant, Anti-inflammatory, Hepatoprotective, Digestive, Immunomodulatory, Analgesic, Acts On Metabolism, Antidepressant Activity, Anti Spasmodic, Cholagogue, To Check PPH
<i>Pippali Mula</i> ²¹	Piper Longum	Piperaceae	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Hara, Bhedana, Deepana Pachana.</i>	Piperine, beta-sitosterol, essential oil, cepharadiones.	Antimicrobial, Antioxidant, Anti-inflammatory, Hepatoprotective, Digestive, Immunomodulatory, Analgesic, Acts On Metabolism, Antidepressant Activity, Anti Spasmodic.
<i>Chavya</i> ²²	Piper Chaba	Piperaceae	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vatahara, Deepana, Pachana.</i>	Piperine, Piplartine, retrofractamide A,B,C,D.	Muscle relaxant, Analgesic, Acts On Metabolism.
<i>Shunti</i> ²³	Zingiber Officinale	Scitami-nae	<i>Katu</i>	<i>Guru, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata Kapha Hara, Deepana Bhedana.</i>	Gingerol, Zingerone, Zingerber-	Anti-Inflammatory, Antibacterial, Antifungal,

								enre, Essential Oils, Aspartic Acid, Threonine, Serine, Glycine, Cysteine, Valine, Isoleucine, Leucine, Arginine.	Analgesic, Hepatoprotective, Antioxidant, Antidepressant, Antipyretic, Antisertoninergic, Inhibition Of Prostaglandin Release
<i>Yawanika</i> ²⁴	Carum copticum	Umbelliferae	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Hara, Deepana, Pachana.</i>	Camphene, Carvacrol, Thymine, Thymol.	Antimicrobial, Antibiotic, Diuretic, Antiseptic, Anticholinergic, Antifungal, Stimulant, Tonic, Antispasmodic, Carminative,
<i>Jeeraka</i> ²⁵	Cuminum Cyminum	Umbelliferae	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vata Hara Deepana Pachana, Grahi, Vrishya, Garbhashaya Shodhaka, Balya.</i>	Cuminal, Safranal, Mycene, Cumino-side, Aminoacids, Phospholipids.	Antimicrobial, Antispasmodic, Stomachic, Anti-Inflammatory, Analgesic, Carminative, Antiseptic, Anti-Fungal, Stimulant, Lactagogue.
<i>Krishna Jeeraka</i> ⁶	Carum Carvi	Umbelliferae	<i>Katu</i>	<i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Hara, Medhya, Grahi, Garbhashaya Vishodhaka.</i>	Cuminaldehyde, Carvone, Menthone, Carveol, Limonene, Abscisic Acid.	Antispasmodic, Antibacterial, Larvicidal, Antifungal, Antiseptic, Stomachic, Carminative, Stimulant, Tonic,

									Diuretic, Reduces Breast Swelling.
<i>Haridra</i> ²⁷	Curcuma Longa	Zinzeberaceae /Scitamineae	<i>Tikta, Katu</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha, Vata Hara, Lekhana, Varnya, Vishaghna.</i>	Curcuminoids, Phytosterols, Fatty Acids, Polysaccharides, Essential Oil.	Antibacterial, Cholegauge, Antifungal, Anti-inflammatory, Antihistaminic, Antihepatotoxic.
<i>Daru Haridra</i> ²⁸	Berberis Aristata	Berberidaceae	<i>Tikta, Kashayam</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pitta Hara, Chedana.</i>	Berberine, Berbamine, Aromoline, Palmatine.	Antifatigue, Antipyretic, Local Anesthetic, Anti-inflammatory, Antibacterial.
<i>Vida Lavana</i> ²⁹	Ammonium Salt		<i>Lavana</i>	<i>Sakshara, Tikshna, Sukshma, Vyavayi</i>	<i>Ushna</i>		<i>Deepana, Shulahara, Rochana, Vatanulomana.</i>	Minerals	Antioxidant property
<i>Souvarchala Lavana</i> ³⁰	Sochal Salt		<i>Lavana</i>	<i>Laghu, Sukshma, Vishada</i>	<i>Ushna</i>		<i>Shula, Vibandha Hara, Gulma Hara, Hridaya, Udgara Shuddhi.</i>	Minerals	Antioxidant property

Table 4: PHALA SHRUTI BY VARIOUS ACHARYAS:

<i>Yogaratanakara</i>	<i>Bhaisajya Ratnavali</i>	<i>Chakradatta</i>	<i>Basava Rajeeyam</i>
<i>Amavata Hara</i>	<i>Amadosha Hara</i>	<i>Amavata Hara</i>	<i>Amavata Hara</i>
<i>Vrishyam</i>	<i>Vrishyam</i>	<i>Vrishyam</i>	<i>Vrishyam</i>
<i>Kaphaghnam</i>	<i>Kaphaghnam</i>	<i>Kaphaghnam</i>	<i>Kaphaghnam</i>
<i>Agni Vivardhana</i>	<i>Vahni Deepana</i>	<i>Vahni Deepana,</i>	<i>Agni Deepana</i>
<i>Prasuta Sukha Mashnute</i>	-	<i>Streenam Agni Vivardhana</i>	<i>Sutika Roga Shamaka</i>
<i>Makkala Shula Shaman</i>	<i>Makkala Shula Shamana</i>	<i>Makkalashula Shamana</i>	<i>Shulaghna</i>
<i>Param Ksheera Vardhanam</i>	<i>Param Ksheera Abhivardhanam</i>	<i>Param Ksheera Abhivardhanam</i>	<i>Ksheera Vardhanam</i>
<i>Vata Nashanam</i>	-	-	-

Table 5: METHOD OF PREPARATION

Drug	Quantity
<i>Pippali</i>	1 part
<i>Pippali mula</i>	1 part
<i>Chavya</i>	1 part
<i>Shunti</i>	1 part
<i>Yawanika</i>	1 part
<i>Jeeraka dvaya</i>	1 part each
<i>Haridradvaya</i>	1 part each
<i>Vida Lavana</i>	1 part
<i>Souvarchala Lavana</i>	1 part

The above-mentioned drugs in Table: 5 with equal quantity are made into a paste and cooked in *Aranala*³¹ and consumed. It can also be prepared in the form of *Ksheerapaka*^{32, 33, 34} and consumed based on *Agnibala* of *Sutika*.

DISCUSSION

During pregnancy there are progressive anatomical and physiological changes not only confined to the genital organs but also to all systems of the body³⁵ and during labour woman is exhausted due to bearing down efforts, straining, loss of the body fluids, blood, energy making her more vulnerable to infections. After the birth of the child, all the changes during pregnancy will revert to a pre-pregnant state³⁶, hence there are various biochemical and metabolic changes happening in the body and this is the time she is vulnerable and prone to various infections and diseases if not taken adequate care. Also, if the woman had faced difficulties and complications during labour and not followed the regimen properly then she is prone to various *Vata* related disorders because of *Shunya Shareera*, *Nisruta Rakta Dhatu*. Because of *Kshapita* and *Shithila* of *Shareera* there could be *Jatharagni Mandhya* and *Dhatwagni Mandhyata* leading to impairment in the metabolism. *Agni mandhyata* leads to *Ama Utpatti*, whatever food consumed will not be aiding for nourishment instead will aid in disease pathology. Though the baby is delivered it is still dependent on its mother for its survival, nourishment through lactation. Whatever food consumed by the mother is intended for own nourishment and breast nourishment for proper lactation, but because of imbalance in the

Agni, this process cannot happen normally. In such cases, *Vajra Kanjika* is very much beneficial in curing and preventing *Sutika* related diseases. Most of its ingredients are having *Ushna Virya*, *Laghu Ruksha Guna* and *Kapha Vata Shamana*, *Vrishya*, *Deepana*, *Pachana*, *Garbhashaya Shodhaka* properties hence acting of conditions like *Agni Deepana*, *Ama Dosha*, *Shula*, *Sthanya Kshaya* and *Dushti*.

1. *Agni Deepana Karma, Ama Pachana*: As the body is trying to revert to its pre-pregnant state due to various chemical changes occurring in the body there could be impairment in the metabolic and biochemical process. Most ingredients in *Vajra Kanjika* having characteristic features like *Ushna Virya*, *Laghu*, *Ruksha Guna* and *Kapha Vata Shamana*, *Deepana*, *Pachana* and their various chemical components have shown properties like Carminative, Stimulant, Digestive, Stomachic, Cholagogue, Hepatoprotective, aids in metabolism helps in normalizing the *Agni* and eliminating the root cause for various disorders during *Sutikavastha*.
2. *Rakshoghna Karma* – Maternal injuries following the childbirth process are quite common and contribute significantly to maternal morbidity and even to death, effective management not only minimize the morbidity but prevent many a gynaecological problem from developing later in life³⁷. *Vajra Kanjika* contents are having properties like Antiseptic Antibacterial, Antifungal, Anthelmintic, Antipyretic, Anti-inflammatory action will help in preventing and curing the infections also aiding better would healing and boosting the immunity.

3. *Shula Hara, Makkala Shula* - This is a condition wherein there is severe pain in the abdomen below umbilicus due to accumulation of collected blood after delivery due to improper usage of cleansing articles. There is a pricking type of pain in *Pakwashaya, Basti, and Murdha* region causing discomfort to the female³⁸. This can be understood as After pain characterized by infrequent, spasmodic pain felt in lower abdomen after delivery for a variable period of 2-4 days and there is the presence of blood clots or bits of the afterbirths leading to hypertonic contractions of the uterus in an attempt to expel the out. Modern practices prescribe Analgesics and Antispasmodics to relieve the pain³⁹. *Vajra Kanjika* helps in controlling *Makkala Shula* as the drugs are having properties like *Lekhana, Bhedana* helping in the escape of collected blood and further doing *Garbhashaya Shodhana*. Also, with the property of *Vata hara* action, the vitiated *Vata* is pacified and automatically the *Shula* is relieved. Also, various chemical components present in this formulation have shown Analgesic, Antispasmodic, Muscle relaxant Anti-inflammatory activity.
4. *Sthanya Vardhanam* - Due to the formation of *Ama* and or improper *Garbhini Paricharya* there might be a problem in Mammogenesis, Lactogenesis and due to difficult labour and improper *Sutika Paricharya* there is a chance of impairment in Galactokinesis and Galactopoiesis causing *Sthanya Kshaya* or *Dushti*. Breast milk is baby specific; hence one should adopt the measures to enhance proper lactation. The above-mentioned drug is having properties like *Amahara, Agni Vardhana* helping proper assimilation and metabolism further helping in the proper formation of *Rasa Dhatu* leading to adequate *Ksheera Pravrutti*, also by its Lactagogue property found in its various chemical components.
5. *Vrishya* – During *Sutikavastha* all the attention will be directed to the baby and the mother feels left out, tired, less cared and also though all the systems are reverting to pre-pregnant state, her shape and tonicity of the body take more time to

revert back or sometimes it might not revert making the mother prone for psychological illness. *Vajra Kanjika* contains drugs having Antioxidant, Immunomodulatory, Anti-fatigue, Antidepressant, CNS stimulant, a tonic property which helps in the overall well-being of the mother and also preventing from the affliction of various psychological disorders like Post-partum Blues and Depression.

CONCLUSION

Vajra Kanjika as the name suggests helps in clearing all the adamant or stubborn conditions causing disturbance to a *Sutika*. It is beneficial in various *Sutika Rogas*. Especially it clears the *Ama*, obstruction to the channels are relieved further promoting normal transportation of *Ahara rasa* which later nourishes the *Sarva Shareera Dhatu*. Based on its *Guna, Karma* and pharmacological studies it is analyzed that *Vajra Kanjika* helps *Sutika* in combating physical ailments like *Agni Mandhya, Ajeerna, Makkala Shula* etc., preventing psychological ailments like *Unmada* etc., post-partum blues and depression and helping the Newborn by providing adequate lactation. Overall aiding the process of *Punarnavikarana* of the mother by promoting and restoring optimal health. There is a scope for further research regarding this formulation to understand its clinical application and efficacy.

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