

## PREVENTIVE ASPECT OF GOMAY IN SUTIKAROG OF SUTIKA- AVASTHA

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### ABSTRACT

In the journey of life, to maintain its continuity, woman plays a very pivotal role. She undergoes through various stages of life - girl, woman, wife and mother. Among these, motherhood is very joyous moment in every woman's life. And this is possible when her health is taken care of during *sutika avastha* (postnatal period). In Ayurveda, the mother who has just given birth to a baby is termed as *Sutika* and the care in the form of special dietary, lifestyle regimen and *sthanik upkramas* is termed as *Sutika paricharya*. *Sutika paricharya* is to be followed to avoid *sutikarog* due to *yonidushti* and to regain health of the mother. *Sutika awastha* lasts for 6 weeks. If *Sutika paricharya* gets neglected, various *sutikarog* can occur as it is said about 64 types of diseases can occur. In Ayurveda, *yonidhupan* i.e fumigation of *yonipradesh* using fumes of medicinal herbs is advised to prevent *yonidushti*. But *dhupan* of these medicinal herbs should not be given directly; it should be given on slowly burning *Gomay* (cow dung cakes) after *snehan* of *yonis*. Without using *Gomay* (cow dung cakes) the medicines doesn't get proper medical properties as *Gomay* has antimicrobial and disinfectant properties. Hence it is a small attempt to enlighten the preventive aspect of *Gomay* in *Sutikarog* of *Sutika awastha*.

**Keywords:** *Sutika awastha*, *Yonidushti*, *Gomay* (cow dung cakes)

### INTRODUCTION

Ayurveda regards the woman as she is the foundation of the society. In Ayurveda, the mother who has just given birth to a baby is termed as *Sutika* and the care in the form of special dietary, lifestyle regimen and *sthanik upkramas* is termed as *Sutika paricharya*. But, one thing which we need to clarify is that

*Sutika* is not the diseased individual. If *sutika paricharya* gets neglected, *Sutika* may get entangled with serious diseases which may turn out to be difficult to cure or rather become incurable. As all the *dhatus* of *Sutika* become unsteady due to development of foetus, she needs extra care and precautions in

order to follow *Sutika paricharya*. Mismanagement of labour, severe labour pains, faulty dietary habits, and improper hygiene causes *yonidushti*<sup>1</sup> which is the root cause of *Sutikarog*. To avoid these *Sutikarog*, *sthanik chikitsa* like *yonidhupan* is advised in *Ayurveda*. *Yonidhupan* means fumigation of *yonis* using fumes of medicinal herbs to prevent *yonidushti*. But *dhupan* of medicinal herbs like *Kushta*, *Guggul*, *Agaru* should not be given directly; it should be given on slowly burning *Gomay* (cow dung cakes) after *snehan* of *yonis*.<sup>2</sup> Without using *Gomay* (cow dung cakes) the medicines doesn't get proper medical properties as *Gomay* has antimicrobial and disinfectant properties.

#### AIM & OBJECTIVES:

To study preventive aspect of *Gomay* in *Sutikarog* of *Sutika awastha*.

#### LITERATURE REVIEW:

##### GOMAY:

*Gomay* or Cow dung is accepted as a purifier and plays an important role in order to preserve environment. Though it is used as a fuel but effectively can also be used as a disinfectant. It is also a one of the component of *Panchagavya* along with cow urine, milk, *ghrita* and curd. A number of formulations which has been mentioned in *Ayurveda* describe the use of *Panchagavya* components either alone or in combination with drugs of herbal, animal or mineral origin. Most of *ayurvedic* medicines are to be prepared on slowly burning *Gomay*. Without using *Gomay* the medicines don't get proper medicinal properties. *Gomay* provides increased resistance to illness and also has antiseptic

properties. As it is not only free from bacteria, but also it does a good job of killing it.<sup>3</sup> Also Cow dung possesses complex degrading substances and may possess antibacterial properties as per FAO (Food and Agriculture Organization of the United Nations).<sup>4</sup> Useful drug like *Prataplankeshwar ras* has *Gomay* as a one of the major content to prevent *Sutika jwar*.

It has been studied that *Gomay* showed the positive response in mycelia growth of plant pathogenic fungi. It has been found as effective as Penicillin and Streptomycin as per studies. As per reports of Previous researches several genera of bacteria were identified in the study (*Bacillus* and *Pseudomonas*) are known for properties against bacteria and fungi.<sup>5</sup> By knowing these facts, *ayurveda* advised *sutikagar* should be painted with *Gomay*.

##### SUTIKA:

*Sutika* is the female who has just delivered a child and placenta has been removed (*Aparapatan*).<sup>6</sup> After the placental extraction only the process called *Prasav* gets completed and the female is termed as *Sutika*.

##### SUTIKAKALA:

All *Acharyas* has mentioned definite period as *Sutikakala*. *Acharya Sushruta* and *Acharya Vagbhata* has given time period of 1 ½ months until menstrual cycle resumes again. *Acharya Kashyapa* has mentioned *Sutikakala* upto 6 months and *Acharya Bhavprakash* upto 4 months. *Acharya Charaka* has mentioned schedule of 5-7 days for *Sutika* in which he has mentioned the management of early puerperium including *Snehapan*, *Abhyanga*

etc. He has pointed out that early puerperium (*Sadya Prasutakala*) is the time period in which *Sutika* needs extra special care until she returns to her normal physiology progressively.<sup>7</sup>

#### **PEURPERIUM:**

Peurperium is the period following childbirth during which the body tissues, specially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically. The retrogressive changes are mostly confined to the reproductive organs with the exception of the mammary glands which in fact show features of activity. The woman is termed as Puerpera.<sup>8</sup>

Duration: Peurperium begins as soon as placenta is expelled and lasts for approximately 6 weeks when the uterus becomes regressed almost to the non pregnant size. The period is arbitrarily divided into – a) immediate – within 24 hours, b) early- upto 7 days and c) remote – upto 6 weeks.

#### **SUTIKA ROG:**

According to *Yogratnakar* due to *Mithyopchar*, following faulty dietary regimen and not following *Sutika Paricharya* properly lead to various *Sutikaroga* which becomes fatal. She may prone for *Sutika Jwara*, *Shotha*, *Sutika Makkal*, *Vidradhi*, *Yonikshtha* etc.

*Kashyapa* has mentioned 64 disorders for which *Sutika* may fall for, if the *Sutika Paricharya* has not followed properly. But mostly all this disorders or *Sutikarog* has a root cause i.e. *Yonidushti*. Due to *Yonidushti* only pathophysiology progressed into various other ailments. Hence most important think to take care into account is *Yonidusti*. Prevention

should be taken to reduce the chances of *Yonidushti*.

#### **YONIDHUPAN:**

*Yonidhupan* is the practical procedure in which fumigation of vagina is performed by giving the disinfected and medicated smoke. *Dhupan* is one among *upakrama* of *sthanik chikitsa*. It is mainly advised for “*Rakshoghna*” i.e. to prevent *yonidushti*.

**Site of *Yonidhupan*-** *Bhaya yoni* (outer surface of vagina)

**Time limit of *Yoni dhuphan*-** 3 to 5 minutes

#### **Procedure:**

1. A chair having hole in the middle is used for this procedure.
2. Patient is asked to sit on this chair after voiding the urine.
3. *Snehan* of *bahya yoni* should be done before *dhupan* with the help of *Ghrut*.
4. The *dhupan dravyas* are lit in *dhupan* apparatus containing slowly burning, gomay which is placed just below the chair.
5. The smoke coming from the *gomay* and *dhupan* drugsmust reach upto the expected genitalia for fumigation.
6. Otherwise even *Nadi Dhupan* can be done by giving fumigation to the expected genital organs.
7. We should be very careful while performing this procedure because the temperature rises and there may be danger of burn of the genital organs from the fumes of the smoke.

#### **DISCUSSION**

*Yonidushti* has been found as a root cause of *Sutikarog*.<sup>9</sup> Hence foremost important thing is to prevent *Yonidushti* during *Sutika Avastha*.

To follow *Sutika Paricharya* mandatory is one of the most important things. As mentioned above *Gomay* included as one of the component of *Panchagavya* possess antibacterial and antifungal properties as effective as Penicillin and Streptomycin as per data provided by previous studies. Streptomycin is an aminoglycoside, works by killing sensitive bacteria by stopping the production of essential proteins needed by the bacteria to survive. Penicillin antibiotics were among the first medications to be effective against many bacterial infections caused by staphylococci and Streptococci. *Dhupan* with the help of *Gomaya bhasma* at *Yoni* will reduce the chances of *Yonidushti* as it will act as an antibacterial and antifungal. *Sutika Paricharya* itself consist of *Yonisarankashan* i.e. protection from *Yonidushti*. During 2- 10th day *dhupan* with the help of *Gomay* can be utilized as one of the measure in *Sutika Paricharya*. It will prevent growth of bacteria leading to fewer chances of vaginal infections, cervical infections and vulval infections. It will eventually decrease the chances of *Sutikaroga*.

#### **Action of Dhupan:**

When *dhupan dravyas* are put on slowly burning *gomay*, medicated fumes are produced. This fumes of *gomay* and *dhupan dravyas* reach into *tryavarta yoni*. This helps in reducing *kleda* achieving *rakshoghna* action by their property. This makes the *strava* sterile, thus decrease in ph of *yonis* which helps to inhibit growth of micro organisms which ultimately prevents *yonis dushti*. Thus *yonidhupan* achieves antimicrobial, analgesic, anti-inflammatory action.

#### **CONCLUSION**

Without using *Gomay* the medicines don't get proper medicinal properties thus *Gomay* can be used effectively to prevent *Yonidushti* which is a root cause of *Sutika Rog* during *Sutika Awastha*.

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