

## Role of Ajmoda Siddha Yavagu In Sutika Paricharya

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### Abstract :

Among This Sutika Paricharya Is Delicate Situation Because Women Become Extremely Debilitated Physically & Mentally After The delivery, Due To Development Of Fetus, Instability Of Body Tissue, Exertion because of Labour Pain & loss of Moisture & Blood. Therefore She Become Very Weak. It Has Been Clearly Stated In Kashyap Samhita That During Sutika Awastha All Three Dosha Are In Prakupit Awastha. Mithyachar Means Inappropriate Physical & Mental Behavior In This Period Definately will Result In Incurable Disease. So There Is Need Of Proper Ayurvedic Treatment & Care Which Not Only Improves Her Physiological Health But Also Protect Her From Diseases .

**Key words** - Sutika Paricharya , ajmoda siddha yavagu , Sutika Awastha

### Introduction :

The Sutika Term Is Used For Women Has Delivered Baby & In Whom Placenta Expulsion Is Completed. According To Acharya Charak The Sharir of Sutika Is Shoonyasharir Due To Loss Of Cled, Rakta, Profuse Dhatukshay Which Produce Agnimandya.

### After The Delivery Mother Suffer From

- 1) Pravahjanya Vaatprakop
- 2) Dhatukshyjanya Agnimandya
- 3) Kledjanya Dhatukshya
- 4) Aashayriktata Janya Vaatprakop
- 5) Dourbalya
- 6) Aangshool, Katishool

Due to vitiation of vata after delivery, digestive power as well as immunity and strength of mother become weak and lady remains in a compromised state where a minor ailment can cause a lot of harm to the body. So, alleviation of vata should be the first aim which can be obtained by following sutika paricharya . Sutika pparicharya or post natal care is the maintain maternal and infant health preventing any complication & to establish infant feeding. It also helps to attain sama dosha, sama dhatu, sama agni & sama mala of the mother. It increases maternal and fetal health status.

### Aim & objectives :

- ❖ To study the sutika Paricharya .
- ❖ To study the Ajmoda siddha yavagu in Sutika Paricharya

### Material & methods :

This is single case study . for this study 23 Yrs female primi gravida Patient selected from IPD of dept. of SRPT at our institute Yashwant Ayurvedic Medical Collage & Hospital Kodoli. Patient suffered full term normal delivery at today morning (23-09-2021 , 5:30 am) She delivers male baby weight around 2.37 kg , APGAR score – within normal limit .

Patient c/o	–
Yonigat strav	+++
Katishool	+++
Angashool	+++

no any stanya pravrutti is there , she have no any mala or mutra vega (9 :30 am 23-09-2021)

### Investigation :

Hb	- 11.5 %
WBC	- 5900 (76/22/01/01/00)
BSL	- 98 mg /dl
Urine	- Normal
HIV	- Non reactive

### Drug Details :

Ajnomda churna urchased from GMP approved pharmacy .Deepaniya yavagu were prepared by 1 part of tandul and 6 part of ajmoda siddha jal ajmoda siddha jal were prepared by aaushadh siddha paniya kalpna. with 5gm ajmoda churna and 320 ml water till half remains. By using this jal yavagu were prepared by 20 gm tandul (rice)and 120 ml water.

### Drug administration details :

**Dose** - 80 to 100 gm (Approximately ¼ th of daily eating rice)

**Duration** - For 7 Days. ( From 4th day of delivery as told by aacharya kashyap)

**Follow Up** - Day 1<sup>st</sup> , Day 3<sup>rd</sup> , Day – 5<sup>th</sup> , Day -7<sup>th</sup>

### Results & Observation :

Sr. No.	A SUBJECTIVES PARAMETERS	Following grades were made according to the severity of symptoms				
	Observation	Assessment Criteria	Day 1 <sup>st</sup>	Day 3 <sup>rd</sup>	Day 5 <sup>th</sup>	Day 7 <sup>th</sup>
1	Yonigat strav matra	Alpa				+
		Madhyam		++	++	
		Adhik	+++			
2	Vat prakop lakshne					
	1.aanah	present	++	+	+	
		Absent				+
	2.katishool	No pain				
		Pain with tolerance		++	++	
		Pain with intolerance	+++			
	3. angashool	present	+++	++	++	
		Absent				+
3	kshudhaprachiti	Taking food 1 times a day	+			
		Taking food 2time in a day		+		
		Taking food 3 to 4 time in a day			+	+
4	malpravrutti	defecated		+	+	+
		Not defecated	+			
5	stanyapravrutti	Uttam			++	++
		Madhyam		+		
		Alpa	+			

### Observation on Day 7<sup>th</sup>

1	Yonigat strav matra	Alpa
	aanah	Absent
	katishool	Pain with tolerance
	angashool	Absent
2	kshudhaprachiti	Taking food 3 to 4 times a day
3	malpravrutti	No any constipation
4	stanyapravrutti	Uttam
5	Mutrpravrutri	Normal

### Discussion :

According To Aacharya Charak The Sharir of Sutika Is Shoonnyasharir Due to Loss of kled, rakta, profuse dhatukshay Which produce agnimandya, After The Devivery Mother Suffer From Pravahjanya Vaatprakop, Dhatukshyajanya Agnimandya, Kledjanya Dhatukshya, Aashayriktata Janya Vaatprakop , Dourbalya ,Aangshool, Katishool that's why Our Main Accchivment Through Sutika Paricharya Are

- 1) Vatshaman
- 2) Garbhay Shodhan
- 3) Aagnidipan
- 4) Aam Pachan
- 5) Dhatuparipurnatva
- 6) Stanyavrudhi

For this study we used ajmoda siddha yavagu , yavagu is the upkalpana of kwath kalpana Yavagu is the upkalpana of kwath kalpana. Its properties are grahini, balya truptikarak, &vat shamak .In The Management Of Parichary Aacharya Kashyap Has mentionthe Deepaniya Yavagu By Use of Deepaniya Yavagu For Seven Days It as Lead To Cure The Vaat Prakop & Dhatuagnimandya Therefore Saptadhatutarpan Will Occur. Yavagu were prepared by using ajmoda. Which is also deepaniya drug selected from deepaniya gun Because of Its Tikshna Gun, Katu Ras, Katu Vipak , And Ushna Virya it Act as a Kaphvat Shamak, Deepek, Pachak, Aanahhar and Shoolaghna.

**Conclusion :**

- ❖ Sutika paricharya helps to replenish those lost which suffered during pregnancy and attain pre pregnancy state again .
- ❖ Ajmoda siddha yavagu is effective in sutika paricharya

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## Clinical study of Yastimadhu Ghruta Basti In The Management of Parikartika

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**Abstract :**

The Parikartika can be correlated with fissure in ano which defined in modern text. A Tear of skin of lower part of the anal canal<sup>20</sup> and sign, symptoms are sharp cutting pain (shool), burning pains(daha), bleeding mainly a bright red streak of fresh blood on stool, severe pains during and after defecation and anal spasm and if this tear fail to heal it gradually develops into chronic fibrosed fissure in ano with sentinel tag. Symptomatic modern treatment cannot give permanent result .The suggested conservative treatment in modern science is laxative and local application of analgesic and anesthetic ointments and surgical procedures includes anal dilatation , sphinctrectomy, fissurectomy etc . Which has its own limitations ,complication recurrence and now a days fissure in ano is a big challenge due to high recurrence rate and progressively increasing fissure frequency in society . Perfection of Ayurvedic treatment is according to dosha , sthana , avastha, samprapti bhanga ,stananurup ballya rasayan gives better result than symptomatic treatment .Yastimadhu ghruta Basti is extensively used in Ayurvedic practice in various conditions as well as in parikartika also hence it is considered as choice of drug in the study.

**Key words** – Parikartika ,Yastimadhu ghruta, fissure in ano.

**Introduction :**

Parikartika is very common and painful condition .Ayurveda describes fissure as Parikartika. This word refers to the cutting or burning nature of pain. Additionally bleeding is another vital sign of the disease. An anal fissure is either acute or chronic. The upper