

**CLINICAL STUDY ON EFFICACY OF PANCHAJEERAKA GUDA IN
SUTIKA PARICHARYA**¹Wahi Meenu²Attri Vishavender

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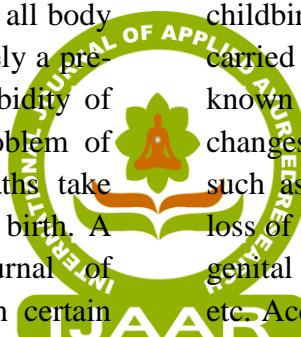
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ABSTRACT :

Women get exhausted by labor pains and constant bearing down efforts. If proper daily regimen is not followed, she becomes prone to many diseases that become difficult to treat or incurable. Therefore, the present study was carried out to evaluate the role of Panchjeeraka guda in sutika paricharya. The treatment was conducted for duration of 45 days and response to the treatment was recorded by parameters, the result revealed that this ayurvedic drug is very beneficial for easy recovery in sutika

Key words: Sutika; Panchajeeraka guda; Stanya; Deepana; Pacana; Vataghna; Puerperium

INTRODUCTION: Puerperium is period following childbirth during which all body tissues revert back to approximately a pre-pregnant state. Mortality and morbidity of mother are most challenging problem of our country. Most maternal deaths take place during 6 weeks after child birth. A recent survey by British Journal of Obstetrics & Gynaecology (2004) in certain villages in India mentions incidence of maternal morbidity as 52.6%. Of this 17.7%, is during labour and 42.9% during puerperium. Frequent post-partum morbidity and its association with adverse perinatal outcome suggest the need for post-partum care in developing country for both mother and baby. Recently, the International Conference on Population and Development (I.C.P.D) defined the reproductive health as a "State of complete physical, mental and social well being and not merely absence of disease or infirmity in all matters relating to the reproductive system and to its functions and processes. This implies that people should be able to have satisfying and safe sex life and they should have the capacity to reproduce and

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women can go through pregnancy and childbirth safely and reproduction is carried to a successful outcome. It is well known that certain psycho-somatic changes take place during puerperium, such as, loss of weight, loss of strength, loss of blood, loss of body- fluid, lacerated genital tract, constipation, mental stress etc. According to Ayurveda, most of these changes lead to ati- apatarpana (excessive emaciation) of mother during puerperium. The general resistance or immunity of mother is also reduced due to childbirth process. The uterus also provides an ideal environment for the growth of organisms. Thus, puerperal sepsis is most common ailment in this stage.

The diet, habits and medicines Ayurveda offers for women after delivery help a great deal in reducing post-delivery complications. The danger of risk factors can be partially reduced by facilitating early recovery process. So, aim here is to promote early recovery. Thus, postnatal care in Ayurveda aims at : prevention of infection and incidence of excessive bleeding, relief in body pains and

weakness, supporting the process of involution of uterus , enhancing the production of breast milk , correcting digestive troubles, over all repair and toning up of muscles.

AIMS AND OBJECTIVES:

To evaluate the role of Panchajeeraka guda in Sutika Paricharya.

MATERIALS AND METHODS: The present single blind clinical study was conducted at PG Dept. of Prasuti Tantra of N.K.J. Ayurvedic medical college and PG centre, Bidar. 30 patients with Full term normal vaginal delivery were selected Siddharudha Charitable Hospital and Guru Nanak Hospital, Bidar.

CRITERIA FOR SELECTION OF PATIENTS:

Inclusive criteria: Full term normal delivery.

Exclusive criteria:

Cesarean section.

Post partum haemorrhage.

Puerperal shock.

Puerperal sepsis.

Toxaemia of pregnancy.

Patient with Full term vaginal delivery with Intrauterine death

INVESTIGATIONS:

Complete blood count, Urine - routine examination.

All the tests were done on both 1st and 45th day of study

Preparation of Panchjeeraka Guda

DRUG NAME	LATIN NAME
Jeeraka	Cuminum sativum
Hapusha	Juniperus communis
Dhanayak	Coriandrum sativum
Shatahva	Anethum sowa
Badar	Zizyphus jujube
Yavani	Trachyspermum ammi
Rajika	Brassica juncea
Hingupatrika	Gardenia gummifera
Kasamarda	Cassia occidentalis
Pippali	Piper longum
Pippalimula	Piper longum (root)
Ajmoda	Carum roxburghianum
Kasheruka	Scirpus grossus
Nagar	Zingiber officinale
Kushta	Saussurea lappa
Chitraka	Plumbago zeylanica
Goghrita (cow's ghee)	Butyrum departum
Guda	Jiggery
Godhugda	Cow's milk

All raw drugs collected from Local market and dried well in a well-ventilated room. Then sukhsha Churna of the drugs were prepared and placed in vessels. Then half of this drug was fried in Goghrita. Guda

paka is done by adding milk. When jaggery started sticking to spoon, strings were seen when little quantity of boiling jaggery was taken between fingers, pressed and released, and become lump without

spreading then fried drug and ghee were added. When the mixture becomes cool then prakshepa of remaining drug is added. This is then made to dry in heat. When the moisture content disappeared, the drug was packed for distributing to patients

Dose: 5gms B.D

Anupana: Lukewarm Milk

Kala: after meal

All patients taken in study were screened according to selection criteria and registered for study

RESULTS:

Sr.N o	Symptoms	B.T Mean±S. E	Followu p	A.T Mean±S. E	d. f	t.valu e	p.valu e	Remark	Efficacy %
1.	JATHARAGNI	2.53±0.19	7 th day	1.73±0.18	14	5.53	P<0.0 1	H.S	31.58%
			15 th day	0.67±0.25	14	7.30	P<0.0 1	H.S	73.68%
			30 th day	0.47±0.24	14	7.75	P<0.0 1	H.S	81.58%
			45 th day	0.33±0.23	14	8.40	P<0.0 1	H.S	86.84%
2.	PUREESHA AVARODHA	1.4±0.13	7 th day	1±0.14	14	3.06	P<0.0 1	H.S	28.57%
			15 th day	0.53±0.13	14	5.25	P<0.0 1	H.S	61.94%
			30 th day	0.47±0.17	14	5.14	P<0.0 1	H.S	66.67%
			45 th day	0.2±0.14	14	6.87	P<0.0 1	H.S	85.71%
3.	LACTATION	1.53±0.13	7 th day	1.2±0.14	14	2.65	P<0.0 5	.S	21.74%
			15 th day	0.6±0.19	14	4.53	P<0.0 1	H.S	60.87%

OVERALL ASSESSMENT OF RESULT:

Cure : 100% relief from symptoms.

Maximum Improvement: 75-99% Improvement in signs and symptoms

Minimum Improvement: 50-74% Improvement in signs and symptoms.

Mild Improvement: 25-49% Improvement in signs and symptoms.

No Improvement: Less than 25% improvement in signs and symptoms

			30 th day	0.53±0.17	14	5.12	P<0.0 1	H.S	65.22%
			45 th day	0.27±0.12	14	8.23	P<0.0 1	H.S	82.61%
4.	SLEEP	1.67±0.16	7 th day	1.27±0.12	14	3.06	P<0.0 1	H.S	24%
			15 th day	1±0.14	14	3.57	P<0.0 1	H.S	40%
			30 th day	0.8±0.11	14	4.03	P<0.0 1	H.S	52%
			45 th day	0.4±0.13	14	5.10	P<0.0 1	H.S	76%
5.	PAIN ABDOMEN	2.73±0.12	7 th day	1.87±0.13	14	9.54	P<0.0 1	H.S	31.71%
			15 th day	0.93±0.15	14	16.84	P<0.0 1	H.S	65.85%
			30 th day	0.93±0.15	14	16.84	P<0.0 1	H.S	65.85%
			45 th day	0.47±0.20	14	10.99	P<0.0 1	H.S	82.93%
6.	VITAPACHEDANA VRANA (Episiotomy wound)	2.67±0.13	7 th day	1.8±0.14	14	9.54	P<0.0 1	H.S	32.5%
			15 th day	1±0.17	14	13.23	P<0.0 1	H.S	62.5%
			30 th day	0.87±0.17	14	12.44	P<0.0 1	H.S	67.5%
			45 th day	0.47±0.19	14	11	P<0.0 1	H.S	82.5%

Sr.no.	Symptoms	BT MEAN±S.E	Followup	AT MEAN±S.E	d.f	t.value	p.value	Remarks	Efficacy
1.	FUNDAL HEIGHT ABOVE PUBIC SYMPHYSIS	13.34±0.13	7 th day	7.56±0.06	14	53.93	P<0.001	H.S	43.38%
2.	ABDOMINAL GIRTH	74.6±1.14	7 th day	74.57±1.15	14	1	-	N.S	0.04%
			15 th day	74.05±1.10	14	2.97	P<0.01	HS	0.73%
			30 th day	73.53±0.99	14	4.07	P<0.01	HS	1.43%
			45 th day	72.17±0.97	14	7.36	P<0.01	HS	3.26%
3.	LOCHIAL DISCHARGE	2.6±0.13	7 th day	1.73±0.15	14	6.5	P<0.01	H.S	33.33%
			15 th day	0.87±0.19	14	9.54	P<0.01	H.S	66.67%
			30 th day	0.8±0.17	14	10.31	P<0.01	H.S	69.23%
			45 th day	0.4±0.19	14	11	P<0.01	H.S	84.62%
4.	CHANGE IN WEIGHT	49.93±1.16	7 th day	48.73±1.09	14	6	P<0.01	HS	2.40%
			15 th day	48±1.13	14	6.12	P<0.01	HS	3.87%
			30 th day	49.93±1.17	14	0	-	N.S	0%
			45 th day	51.67±1.16	14	9.54	P<0.01	HS	3.47%
5.	DEPRESSION AND ANXIETY	1.53±0.13	7 th day	1.13±0.19	14	2.45	P<0.05	S	26.09%
			15 th day	0.73±0.18	14	4	P<0.01	H.S	52.17%
			30 th day	0.53±0.17	14	5.12	P<0.01	H.S	65.22%
			45 th day	0.33±0.13	14	6.87	P<0.01	H.S	78.26%

DISCUSSION: All Acharyas in Ayurveda have advised specific management of Sutika after expulsion of placenta. In today's fast life, there is a lot of change in normal woman's daily routine work. So many women show diseases caused by mismanagement during labor and also

during post natal care. Diseases like prolapsed of uterus, low backache, leucorrhoea are common and an inability to cope with motherhood may lead to post natal disorders and even depression. If in post natal care, Sutika paricharya i.e. proper advice and treatment is given,

majority of these diseases can be prevented. The Ayurvedic system of medicine describes Sutika Paricharya - a complete health regimen for the post natal woman.

Possible mode of action of Panchajeeraka Guda :

In Sutika Kala, the main aim is to pacify the aggravated Vata dosha, to restore the dhatu kshaya due to loss of blood, to revert the organs to pre pregnant state and proper Stanya Pravruti. Most of drugs in Panchajeeraka Guda are having Vata - kaphahara properties that help to restore the equilibrium state of doshas. Drugs like Jeeraka, Dhanyaka, Ajmoda, Chitraka, Pippali, Pippalamula, Rajika acts as Deepana Pachana, thus increase the digestive power and acts as Vata anulomaka resulting in relief from Constipation. Shatahvah, Kasheruka have lactiferous properties. Drugs like Jeeraka, Hapusha, Chitraka are Garbhashaya Shodaka that help in proper involution and checks Lochial discharge. Drugs like Nagar, Pippali, Pippalamula Godugda, Guda have Rasayana properties that help women to regain her lost strength and increases immunity power. With proper nourishment of dhatus, Depression like symptoms also reduced. Guda which is the main content of drug is rich in minerals, iron and glucose. Godugda is having proteins, minerals, lactulose and all elements necessary for growth and nutrition of various tissues of body. Calcium, phosphorous and Vitamin D strengthen the body. Goghrita possesses Brmhana (anabolic) quality so increase in body weight was noticed.

CONCLUSION:

In Sutika kala, there is aggravation of Vata Dosha and Dhatukshaya occurs.

➤ Women in Sutika kala if not cared properly becomes prone to large number of remote and late complications.

➤ With proper care in Sutika kala, Shareerika and Mansika rogas can be prevented. So, in this stage special care should be given.

➤ In the present study 30 patients were given Panchajeeraka Guda compound in a dose of 5gm BD with milk for 45 days

➤ Most of drugs in Panchajeeraka Guda are having Vata - kaphahara properties that help to restore the equilibrium state of doshas.

➤ In the present clinical trial study, the drug was found very effective.

➤ The present study was conducted with limited time, limited facilities and limited number of patients. A study of larger group with of patients may help to comprehend the mode of action of the trial drug.

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