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Management of *Sutika Makkal Shoola* with *Yavakshar*

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ABSTRACT

Woman is one of the most beautiful creations of God and is bestowed with the precious blessing of achieving motherhood, which is the most wonderful period in her life. After delivery, her body takes time to revert back to the pre-pregnant state. This is the puerperal period or *sutika avastha* as described in Ayurveda. *Sutika Makkal* is a post-delivery complication mainly seen in women who do not follow *sutika paricharya*. It is the *apana vayu* that is responsible for natural propulsion of *artava* and *mala*. Whereas, vitiated *apana vayu* moves in a way opposite to its normal downward direction causing retention of vitiated *rakta* inside the uterus which is responsible for this type of pain. *Yavakshar* has been quoted in *Ashtang Sangraha* for the effective management of *Makkala Shoola*. Due to its *vatakapashamaka* and *shoolahara* properties, it can prove to be an excellent remedy for treating *Sutika Makkal Shoola*.

Key Words *Sutika Makkal, Post-Partum Pain, Yavakshar, Hordeum Vulgare, Shoolahara*

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INTRODUCTION

In *Ayurveda*, a woman is termed as *sutika* just after the delivery of fetus and expulsion of the placenta. *Prasuta* becomes lethargic and weak due to labor pains and blood loss. *Sutika* is vulnerable to a number of pathological conditions due to *dhatu kshaya* and *shunyata* of *sharira*. These conditions are either incurable or cured with difficulty. Acharya *Kashyap* has mentioned 74 diseases of *Sutika* and *Sutika Makkal* is one of them¹.

Sutika Makkal is a disease of uterine origin,

which occurs due to retention of vitiated blood.

This retained blood produces glandular structure in any of these sites- infraumbilical region, flanks, bladder or bladder neck (hypogastric region) and is characterized by spasmodic pain in abdomen especially in umbilical (*nabhi*), hypogastric (*basti*) and large bowel region (*parshwa*)². According to nature of pain, site of pain, sign and symptoms during puerperal period, *Sutika Makkal* resembles with Post-partum pain. Postpartum pain is defined as significant pain experienced by a puerperal woman in various

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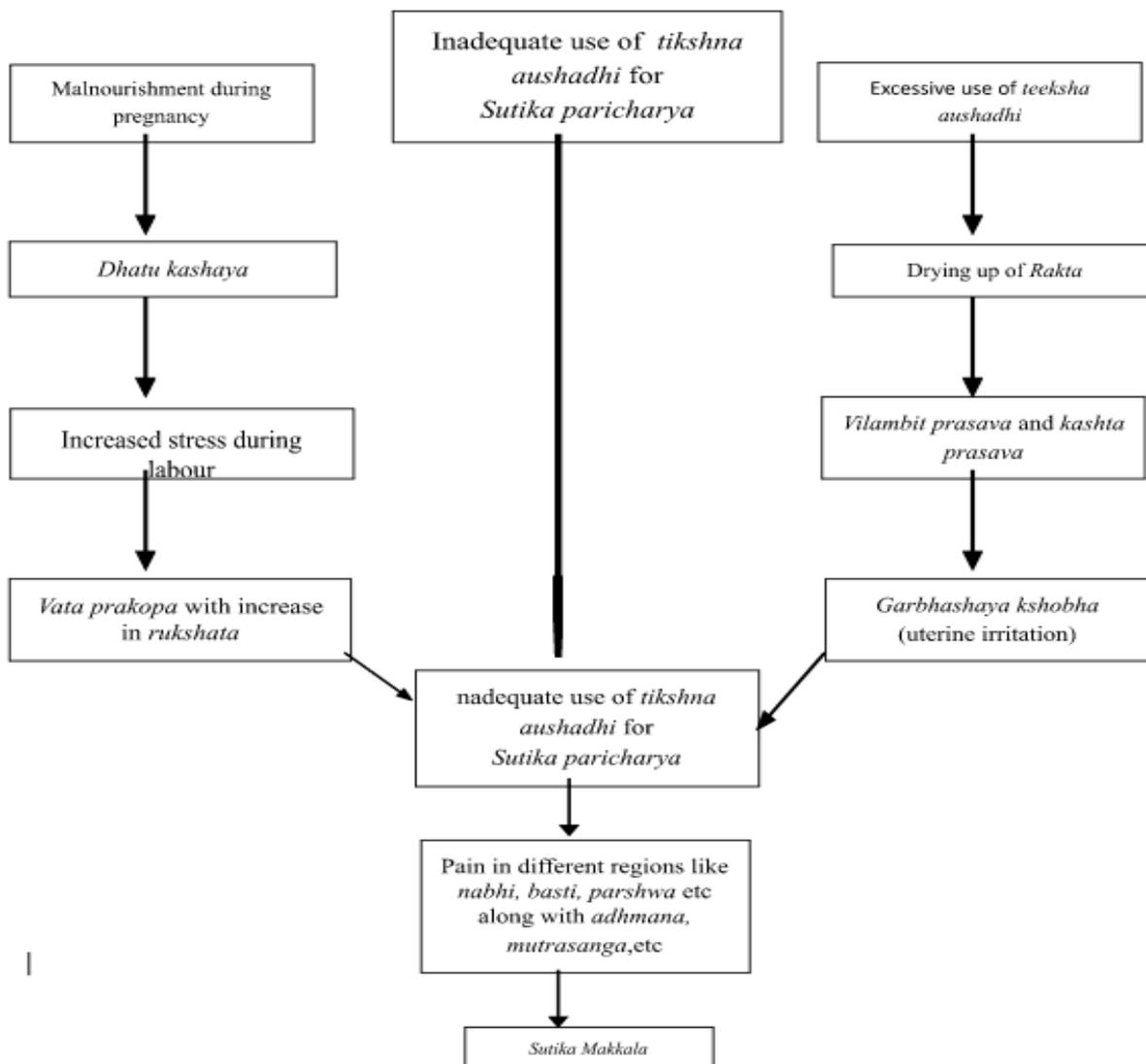
sites of the body after childbirth. It may be caused due to after pains (vigorous tonic contractions of postpartum uterus), backache, pain in bladder, headache, pain in perineum and breast pain.

Vitiated *vata* is mainly responsible for all the diseases during *sutika kala*, hence, *vata shamaka* drugs have been recommended for the treatment of *Sutika Makkal*. *Yavakshar* has been mentioned in *Ashtang Sangraha Sharir Sthan*, for the effective management of *Makkala Shoola* ³. Due to its *vata kaphashamaka* and

Shoolahara properties, it helps to treat *Sutika Makkal Shoola*.

ETIOPATHOGENESIS OF SUTIKA MAKKAL⁴-

Unpurified and unexcreted blood, inspite of use of pungent drugs or when the drugs were not used by *prasuta* having dry body, gets localized by *Apana vata* in the uterus. The retained blood produces glandular structure in any of these sites- in fraumblical region, flanks and hypogastric region, flatulence and retention of urine.



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Thus, it can be concluded that the main cause behind this type of pain is vitiated *apana vayu* which may be treated with oral administration of *yavakshar* with its effective ayurvedic and pharmacological properties.

DISCUSSION

By virtue of properties of *yavakshar* like *katu rasa*

and *ushna virya*, it pacifies the vitiated *vata* which is chiefly responsible for *makkal shoola* and *aadhmana* associated with it. It has *sara guna*, which helps to relieve *mutra sanga*. It also helps to alleviate *udara arti*, which is also observed in *makkal shoola* due to *granthi* formation in areas of *nabhi, basti* and *parshwa* (Table 1).

Table 1 Properties of *Yavakshara* as per Ayurvedic literature

Different texts	Rasa	Guna	Virya	Vipaka	Karma	Rogaghata
<i>Sushruta Samhita</i> ⁵	-	<i>Sara</i>	-	-	<i>Pachana</i>	<i>Gulma, grahani dosha</i>
<i>Dhanvantari Nighantu</i> ⁶	<i>Katu</i>	<i>Ruksha, Tikshna, Sara</i>	<i>Ushna</i>	-	<i>Vatakaphashamak, hridya, deepana</i>	<i>Udara arti, aama, shoola, vishadoshahara</i>

Probable mode of action by various constituents of *yava* which helps to cure *Sutika Makkal* has been described as follows-

1. It contains a variety of flavonoids. Flavonoids are highly diversified plant pigments, low molecular weight compounds which are composed of a 3-ring

structure with various substitutions. They have various biological activities including anti-inflammatory and anti-oxidant properties which will ultimately lower down pain and its perception in post-partum women (Table 2).

Table 2 Pharmacological properties of chemical constituents of *Yava*

S. No.	Chemical constituents	Pharmacological actions
1.	Luteolin, Orientin, Catechin ⁸	Anti-inflammatory property
2.	Procyanidine-B3, Procyanidine-C2 ⁹	Antioxidant property
3.	Saponarin ¹⁰	Improves blood pressure
4.	Caffeic acid, p-coumaric acid ¹¹	Anti-oxidant property
5.	2''-o-glucosyl isovitexin (2-o-GIV) ¹²	Anti-oxidant activity
6.	Gramine ¹³	Antibacterial property

2. It has luteolin, orientin, catechin, saponarin, procyanidine-B3 and procyanidine-C2. It also contains phenolics like caffeic acid, p-coumaric acid and ferulic acid & alkaloids like hordenine.

3. The basic structure of flavonoids is shared by tocopherols (vit-E) which can be related to its anti-oxidant properties. Its structure helps in inhibition of mast cell secretion.

4. Flavonoid consumption, especially saponarin, has been observed to significantly improve blood pressure. So, they can regulate B.P. in post partum

patients.

5. Phenolics like caffeic acid prevent oxidative stress. So, the free radicles that are generated after the painful stimulation are acted upon by the anti-oxidants and have a negative effect on nociception (reaction to pain) of a patient.

CONCLUSION

Women after vaginal delivery undergoes a variety of changes so as return to pre-pregnant state and is referred to as *Sutika* in Ayurveda. During puerperial

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period, she may suffer from diseases of *Sutika* and *Sutika Makkala* is one of them. *Makkala* is a *shoola pradhana vyadhi* and listed as one among the 74 diseases of *Sutika* by *Acharya Kashyap*. It is characterized as a severe spasmodic pain of uterine origin and pain of head, bladder and abdomen due to vitiated *vata* and retention of blood in uterus after expulsion of placenta. *Sutika Makkal* can be correlated with Postpartum pain according to its signs and symptoms. *Yavakshar* has been mentioned for the effective management of *Makkala Shoola* due to its *vatakaphashamaka*, *shoolahara*, *vatakaphaghna*, *shoolahara*, *vedanasthapak* and *shophaghna* properties. Also, modern researches have shown evidences for *yava* having pharmacological properties like anti-inflammatory and anti-oxidant due to chemical constituents like luteolin, orientin, procyanidine B3 and procyanadine C-2. It also has phenolics like caffiec acid and p-coumaric acid which have negative effect on nociception of patient. All these chemical constituents with their chemical properties may aid in mimimizing the postpartum pain. So, analgesics and antibiotics may be avoided in lactating mothers and *yavakshar* can be used instead to provide relief in post-partum pain.

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