

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***“Role of *devdarvyarishta* in *sutika*.”**NileshYuvarajBediskar¹S.M. Yennawar (P.G. Scholar) ²

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Abstract:

In this 21st century women's life is not stable. This changed life style in turns of *Ahara* and *Vihara*; vitiates *VataDosha*. After delivery i.e. *Sutika Kala* is also dominated by *VataDosha* so by combined effect of these *Sutika* is prone to many *SutikaVyadhies*. As prevention is better than cure *Devdarvyarishtawas* used. Finally statistical analysis reveals that *Devdarvyarishta* has provided better relief in *Sutika* .

Keywords

Sutika, Ahara, Vihara,
VataDosha, Devadarvyarishtacomparative

clinical trial, statistical analysis, result,
discussion, conclusion, references.

Introduction:

SutikaAwastha, the post delivery period. At least once experienced by most of the women in their lifetime, in this time physical and physiological changes occurs in women's body. During this time period *Sutika* may have to face some *Vyadhis* called *SutikaVyadhi*. *Ayurveda* prescribes numerous drugs to establish healthy status of the woman after delivery *Devdarvyarishtais* used for treatment or prevention of the *SutikaVyadhi* in *Samhitas*. Hence this study was conducted.

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Aim:-**To Evaluate Role of*Devdarvyarishta* In *Sutika*.**Objectives:-**

- 1) To clinically assess the *Sutika* according to *Ayurveda* and Modern science.
- 2) To provide an cost effective therapy with least side effects.
- 3) To re-evaluate the ancient treatment with aids of modern and scientific methods.

Study Design:-Open randomized controlled trial.**Materials And Methods:-**This study was conducted on 20 *sutika* in to 2 groups randomly.**Inclusion Criteria:-**

- *Sutika* of age - 18 to 30 years.
- *Sutika* with *Prakrut Prasava*.
- *Sutika* with no any systemic disorders.

EXCLUSION CRITERIA :-

- *Sutika* having Hemoglobin percentage less than 8gm%.
- Age below 18 years and above 30 years.
- Patients suffering from major systemic disorders.

PLAN OF STUDY :-

	Group A (Trial Group)	Group B
Drug name	<i>Devdarvyarishta</i>	No medication
Dose & time of administration	20 ml <i>Bhojanottar</i> .twice per day	-
Duration	7 days.	7 days.
Follow up	3 rd & 7 th days.	3 rd & 7 th days.
Number of patients	10	10.

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***Criteria for assessment:-**

Improvement in the patient was assessed mainly on the basis of-

- *YonigatRaktastrava*,
- *UdarShool*.
- *Jwar*

before and after treatment.

Gradation of symptoms:-

Symptoms	Grade 0	Grade 1	Grade 2	Grade 3
<i>YonigatRaktastrava</i>	No RaktaStrav	Up to 1 pads/ day	Up to 2 pads/ day	3 or More than 3pads/ day
<i>Udarshool</i>	No pain on touch	Pain after more pressure	Pain after slight pressure	Patient does not allow palpation
<i>Jwar</i>	Normal body temp.	Up to 99 degree f.	Up to 100 degree f.	Above 100 degree f.

OBSERVATIONS-

Sutika are- *YonigatRaktastrava* (100%),
Udarshool(100%), *Jwar* (20%).

OBSERVATIONS:-On 1st day.

Group A- *Pradhanlakshnas* observed in
*Sutika*are- *YonigatRaktastrava* (100%),
Udarshool (100%), *Jwar* (30%).

Group B-*Pradhanlakshnas* observed in

The percentage relief was found in the
signs & symptoms as follows-

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Group A: on day 3rd - *YonigatRaktastravaa - 70% showed improvement. -30% showed no improvement. *Udarshool - 30% showed marked improvement. - 70% patient showed improvement. *Jwar -100% showed improvement.	Group A: on day 7th - * YonigatRaktastravaa - 40 % showed marked improvement. - 60% showed improvement. * Udarshool -30% showed marked improvement. -70% showed improvement . * Jwar - 100% showed improvement.
Group B: on day 3rd - *YonigatRaktastravaa -10% showed improvement. - 90% patient showed no improvement. *Udarshool -100% patient showed improvement. *Jwar - 50% patient showed improvement. - 50% patient showed no improvement .	Group B: on day 7th - * YonigatRaktastravaa - 100% showed improvement. * Udarshool - 70% showed significant improvement - 30 % Sutikashows improvement. * Jwar -50% patient showed marked improvement. - 50% patient showed improvement .

CONCLUSION:

So we can conclude that the Group A receiving *Devdarvyarishta* showed improvement from 3rd day . While group B which was kept untreated showed delayed improvement .From above results we can

say that *Devdarvyarishta* plays important role in health improvement *sutikaawastha*.

PROBABLE MODE OF ACTION OF PRADHAN GHATAKAS OF DEVDARVYARISHTA:-

- *Devdaru&Rasna* – due their ushnvirya they act as vataghna

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- .Devdaru is GarbhashayShodhak due to ushnaguna and styanyaShodhak due to tikta rasa.
- *Vasa* – It enhances Dhatwagni and helps in Dhatunirmankriya hence it corrects Dhatukshaya in Sutika, it acts as Raktashodhak&Stambhak.
 - *Twak&Maricha* – Twak is vedanasthapan ,GarbhashaySankochak&Lekhan. Due to UshnaGuna&Katu, Tikta Rasa of Twak&Maricha (Katu only) they acts as Deepana, Pachana&Vatanulomak.
 - *Shunthi*– Shunthi increases Rasadhatwagni hence it may help in production of Stanya and it may help to correct Dhatukshaya. Also it is Shoolprashaman&Vatanulomak hence can be used in Sutikawastha where there is vitiation of Vayu .
 - *Priyangu&Nagkeshar* – Since both of them are jwaraghna they can be used in Sutika also they corrects Daurbalya.
 - *Manjishtha* – *Manjishtha* is Styanashodhak also it is Balya ,rasayan and Jwaraghna.
 - *Chandan&Ela* – Both of these drugs are mentioned in AngamardaPrashmanaGana by Charakcharya also, they act as Jwaraghna due Tikta&Katu Rasa.
 - *Chitraka*– It cleanse out the vitiated Rakta hence it may act significantly in Sutikamakal and it acts as Deepan ,Shoolprashaman , Lekhan.
 - *Guna of Arishta*- since arishta is combination of many drvyas it treats many diseases , it is Agnideepak , Pachak&Kapha-vatanashak. Also it Mruduvirechak hence can be useful in sutikaawastha.

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