

आरोग्यमंदिर

पत्रिका
July 2010

AROGYAMANDIR PATRIKA



Sootika Visheshank

EDITORIAL

The stages in the Life of Ayur, explained as 'Eti Gachhati', keep on changing. Each and every living being - male or female - has to pass through "Asti - Jayate, Vardhate Viparinamate, Apaksheeyate - Nashyati" Stages. However, it can be easily noticed that from the beginning to the end of



Tarunyavastha, there is marked difference in the Physical conditions of the males and females. The earlier issue - Arogyamandir Patrika April 2010 - was devoted to this Stree Vishishta Garbhini Avastha.

The other Stree Vishishta Avastha in the life of a woman immediately after Garbhini Avastha is Sootika Avastha.

This special Avastha in the Life of a woman is seen back - to - back after Sootika Avastha and should be considered an extremely important one from the point of view of the health of the women.

The process of separation starts once the entity that grows in the uterus - also known as womb of the mother - to be - on reaching the stage of being able to survive as an independent entity. From that moment starts the 'Sootika Avastha' and lasts, as clearly indicated by Sushrutacharya for a minimum of 45 days, from the start. Though these 45 to 50 days, may not appear to be of great importance in comparison with the entire life span, the person in which two or three or sometimes even four individuals (including the mother) come into existence is not a simple process. It is for this reason that not only it is important to take care of the Aahar and Vihar of the Sootika but its very essential to see that the mental set up of the Lady is maintained the best. All of these points are discussed in Arogyamandir Patrika - Sootika Visheshank.

This Arogyamandir Patrika, which is being published as per the suggestions received from your side, will be liked by you. Your opinion and suggestions are always welcome. Please do write us the topics that you want us to publish in future.

Your's sincerely,
Vd. Shailesh Nadkarni

Vishaypravesh

Amongst the different stages in a woman's life that have been mentioned till now, one being Streevishesh - Garbhini Avastha, was described in the previous Arogyamandir Patrika April 2010. The later stage of Garbhini is 'Sootika'.

'Sootika' has been described as the condition of the women after delivery of foetus followed by expulsion of placenta. The time span of one and a half month after delivery is considered as Sootika-Kala. Still it has been said that, when pregnant women start getting labour pains she should be shifted to Sotikagar, in other words this should be considered as the beginning of Sootikavastha.

The Sootika-Kala is very important as after going through the difficult period of labor or delivery, rejuvenation & revitalization of the reproductive organs and the Dhatus along with the nutrition & development of the newborn. Sushrutacharya has advised to treat the Sootika with extra care for the period of one & half month after delivery. She should be given nutritious & healthy food to eat. and she must avoid exercise, sex, anger and Sheetal Aahar-Vihar.

Apan Vayu plays vital role in the Garbhaniskraman Kriya i.e. Delivery of Foetus. Sootika should be very careful about her Aahar - Vihar to pacify the Vataprakopa that is experienced after delivery.

If proper daily regimen is not followed by the Sootika, she can fall a pray to different diseases in future. Hence, such an important stage like Sootikavastha which needs special care has been described in this issue of 'Arogyamandir Patrika'.

Prasav

After completion of Garbhini Avastha, birth of a newborn or the process of birth is known as 'Prasava'.

Many different types of pain or 'Shoola' are being described in the text. The cause of the pain may differ. The type of pain experienced during delivery or labour is known as 'Aavi'. It is described as, 'गर्भ निष्क्रमण काले जायमाणः शूल विशेषः आती ।'

It begins with commencement of Prasava vedana or Aavi & its completion is marked with expulsion of foetus followed by placenta from the uterus. When a completely formed viable Garbha is expelled out through the vaginal canal, this process is known as Prasava.

The process is described in 3 stages

Ayurvedeeya

Sushrut

Prajayinee
Upasthitaprasava
Prajanyishyamana

Ashtanga Hrudaya

Adyaprasava
Upasthitagarbha

Ashtanga Sangraha

Asanna Prasava
Upasthitaprasava

Bhavaprakash

Asanna Prasava
Prasavotsuka

In causative factors of Manas Vikar "इष्टस्य अलाभात् अनिष्टस्य लाभात् च" is described as one of the major factor. Many of the times during Sootikavastha, Manas Dourbalya is observed along with Sharir Dourbalya. In such situation the possibility of serious mental trauma increases with minor things. This results in mental disturbances or mental imbalance in Sootikavastha without any direct correlation.



Prasav Avastha

Prajayinee -

This starts from the feeling of looseness in flank region till the condition of dilatation of cervix.

जाते हि शिथिले कुक्षौ मुक्ते हृदयबन्धनी ।
सशूलजघने नारी ज्ञेया सा तु प्रजायिनी ।

सु.शा. १०/५

This stage always varies and can remain from few hours up to 2 - 3 days. It has been always observed that the period of Prajayinee Avastha is comparatively more in woman delivering child first time in her life. In case of multiple pregnancy the period is comparatively less.

Symptoms -

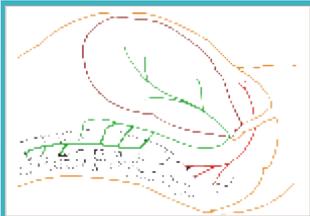
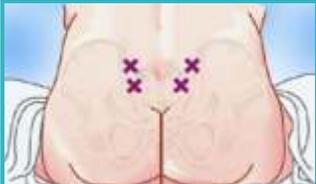
Looseness in flank region, Uterine contractions, Pain in Jaghana pradesha, low backache, Frequent feeling of passing of stools and urination

Aavi

गर्भनिष्क्रमणकाले जायमाणः शूल विशेषः ।
योनेः मूत्रकफप्रसेकादीनि आवीलिङ्गानि वा ।

Though Aavi is considered as a type of pain, it has a great importance from the point of view of Prasava. Aavi has been known as 'Prasuti Vedana' in common language. However, actually it is Prasuti Poorva Vedana.

Apan Vayu, which has "शुक्रार्तव शकुन्मूत्र गर्भ निष्क्रमण .." as a Prakrut Karya, is responsible for the generation of Aavi and its work is considered as Prakrut from the time of expulsion of the fetus till Placenta from the uterus. At the time of each Aavi there is contraction of



the uterus, dilatation of cervix and forward pushing of fetus for the delivery.

To begin with, the Aavi is in a mild form. Slowly there is a reduction in the time gap between the two Aavi and increase in the intensity and duration of Aavi. It is expected that the female should strain with each episode of Aavi.

There is difference in between Aavi and Mithya Vedana (false pains). Aavi has Vegavastha and arrives with specific intervals while Mithya Vedana is continuous or intermittent but without Vegavastha.

Dashamoolarishta

- Alleviates Vataprakopa developed in Sootikavastha
- Being Balya & Rasayan, useful in Dourbalya during Sootikavastha
- Useful in conditions like; Katishoola, Sakthishoola etc. from Sootikavastha with the action on Asthidhatu & Vatanadi
- Helps to set right function of Apan Vayu in turn corrects menstrual flow



Upasthita Prasava

Symptoms -

- Pain in back, lower back & adjoining area
- Urge of frequent urination & stool along with white vaginal discharge.

Prajanayishyamana -

Prajanayishyamana Avastha is process from; the Garbha enters into Garbhashayamukha, till Prasooti and Aparapatan takes place.

During process Rotation of Head (Flexion)
Garbhodakasruti (Leaking of amniotic fluid)
Unnaman

Again rotation of Garbhashira (Extension) followed by Garbha Nishakraman followed by Aparapatan. (Expulsion of foetus and placenta)

Aavi	False Pain
1. Regularly increases with specific intensity	1. Continuous without increase in specific intensity
2. It doesn't stop after treatment	2. False pain suppresses with treatment
3. Action of Aavi is seen	3. It can not be seen
4. Aavi is Prakrut during Prasav kaal	4. False pain is due to movement of Vata in Pachan Sanstha
5. Aavi disappears after its Function is done	5. False pain continues as it does not have any specific function
6. Aavi increases after administration of Vatanulomak Basti	6. Pain reduces after administration of Basti
7. Aavi can be felt on the abdomen and lower pelvic region of the back. (Sparshagamy)	7. Pain is unbearable (Sparshasahatva). It originates from the intestine

Sootikabharan Rasa

- Useful in disorders during Sootikavastha
- Diseases like Jwara, Agnimandya, Garbhashaya Shoola, Makkal etc. developed due to improper Shodhan of Garbhashaya in Sootika
- Helps in Pachan and removal of remaining Doshas from the uterus
- Beneficial in conditions like Shwetapradar, Raktapradar formed due to Garbhashaya Dushti
- Provides relief in Garbhashayagata wounds and inflammation
- Useful in irregular and Dooshita menstrual flow



Shatavari Kalpa

- Provides nourishment to mother & child in Sootikavastha
- Helps reduce Dhatukshaya and increase Bala in Sootika
- Helps increase production of quality Stanya
- With best quality & quantity of Stanya, provides nourishment to the child



Sootika

After the birth of the newborn followed by expulsion of placenta, the woman is known as 'Sootika'.

Kashyapacharya has said until and unless Aparapatan takes place Stree should not be considered as Sootika. This clearly indicates that Aparapatan (Expulsion of placenta) is also very important and it is also the part of delivery process.

सूतायाश्चापि तत्र स्यादपरा चेन्न निर्गता ।
प्रसूताऽपि न सूता स्त्री भवत्येवं गते सति । का.सं. ११/६

Sootika, as per the textual reference of Ashtanga Hrudaya as well as Yogaratnakar, is the stage that should be considered for one & half month (45 days) from the time of Aparapatan.

Definition of Sootika – What is the definition of Sootika or whom should be called as Sootika is clearly mentioned in texts.

एवं च मासादध्यर्धान्मुक्ताहारादियन्त्रणा ।
गतसूताभिधाना स्यात् पुनरार्तवदर्शनात् । वा. शा. अ. १/१००
प्रसूता सार्धमासान्ते दृष्टे वा पुनरार्तवे ।
सूतिकानामहीना स्यादिति धन्वन्तरैर्मतम् । यो.र.पा. ६१०-२

Sootikakala -

Vruddhavagbhat has considered period of one and half month as 'Sootikakala'.

एवं साऽध्वर्धमासमुपसंस्कृता क्रमेण विमुक्ताहाराविहारयंत्रणा
निगतसूतिका अभिधाना स्यात् । पुनरार्तवदर्शनादित्येके ।

अ. सं. शा. ३/४०

Women should follow the rules laid down for Sootika for the period of at least one and half month. The Ayurvedic seers like Yogratanakar said that the women should follow regimen set for Sootika till she gets her first menstrual period after delivery.

According to Modern Science, period of 6 to 8 weeks after the birth of newborn and till the reproductive organs of the women body don't regain their original strength should be considered as Sootikakala.

Stages of Sootikavastha -

Sootikavastha can be divided into 3 stages as according to Prasava -

1. First Stage

Period of first 10 days after Aparapatan. Sootika is Vrani, Kshati during this period. So her daily regimen should be as per this Vrana. This Vrana is situated at the site where Apra is attached to the Garbhashaya.

2. Second Stage

Period of One and half month from Aparapatan (Expulsion of placenta). During this period the daily regimen is described for Swasthyarakshan of Stana, Stanya & Travarta Yoni. It mainly concentrates on Stanya Nirmiti and Stana Pushti (Lactogenesis & enlargement of breasts). Stanyajan Chikitsa is mainly expected during this period. Also the uterus that gets expanded during pregnancy should acquire its original shape & size during this phase.

3. Third Stage

The period from Aparapatan till next Menstrual period. This period varies individually. It may vary from 2 months to 18 months. In some cases woman may become pregnant even before Rajodarshan.

Sootika Paricharya -

Sootika Paricharya involves following issues related to Sootika Vishesh Avastha

1. Vrani
2. Raktasravajanya and Kledajanya Dhatukshaya
3. Pravahanjanya Vataprakopa
4. Dhatukshayajanya Agnimandya
5. Stanya Pravartan
6. Stana Pushti
7. Yonisanrakshan (Yonidushti & Grahabadha)

Prayojan -

तस्यास्तु खलु यो व्याधिरुत्पद्यते स कृच्छ्रसाध्यो भवत्यसाध्यो वा
गर्भवृद्धिक्षयितशिथिलसर्वधातुत्वात् प्रवाहण क्लेदनरक्ततिः
युति विशेषशून्य शरीरत्वाच्च तस्मात्तां यथोक्तेन विधि नोपचरेत् ।

च.शा. ८/४९

As mentioned earlier, Sootika Avastha is the period of one and half months after Aparapatan. It is very important period as far as health of the woman is concerned & hence, it is necessary to follow special regimen during this period.

Due to the growth of the foetus, the Shareer Dhatu in woman become Ksheena & Shithil. Due to the labour pain, Kleda and Raktasrava (bleeding) during the process of delivery her body losses its strength. In such condition, if any kind of diseases develop during this period it is Kruchrasadhya or Asadhya. Hence, it is necessary to take great care of Sootika.

Medicines fortified with Jeevaneeya, Bruhamaneeya, Madhur, Vatahar, Rakshohar Dravyas should be used for treatment, like Abhyanga, Utsadan, Parisheka, Avagahan, Annapan etc.

All these measures & regimen prove to be helpful in rejuvenation process and reducing the Dhatukshaya in Sootika. This also helps in proper Stanya or milk production for nutrition of the newborn.

For the same reason Sootika's Aahar-Vihar has been advised to be followed carefully since ancient times.

Along with Abhyanga, Sweda etc., she is to be given Laghu (easy to digest food) before switching on to the Guru Aahar. It includes Manda, Peya, Old Shaalishastik rice, Ghee and Milk. It should include food items like khus-khus (Poppy seeds), Kheer, Sunthipaka, Dinka, Ahaleeva Ladoo, Balantasepa, Ajawain, Methi etc. to improve digestion and gradually increase her appetite. Sootika should be invariably given lukewarm water for drinking.

Yogaratnakar has explained the complete treatment procedure –

सर्वतः परिशुद्धा स्यात् स्निग्धपथ्याऽल्पभोजना ।

स्वेदाभ्यंगपरा नित्यं भवेत् मासमतान्द्रिता ।

योगरत्नाकर

Sootika must take care of her personal hygiene. She should take Snigdha, Pathykar Aahar in adequate amount. She must get Sarvanga Abhyanga and Swedan done daily.

Sootika Examination & Her Regimen

Examinations in Sootika -

In Sootika certain specific tests and examinations are necessary along with the examinations described in previous 'Garbhini Vishshank' like;

Gen Exam -

Pulse	Tongue	Skin
Temperature	Stool	Respiration
Weight	Urine	
Blood Pressure	Eyes	
Type of Delivery	Time of Delivery	Gender of Child

Special Examination -

Abdomen-

Inspection
Palpation - Size of Uterus (Hard - Medium - Soft)

Vaginal Examination -

External

Internal - Vaginal Discharge: Quantity : Colour : Type

Breast Examination - Inspection / Palpation / Question related to pain etc.

Secretion - starting date of Milk Secretion date

Paricharya -

1. Aashwasan

Sootika should be given Aashwasan/assurance after Aparapatan.

2. Snehan-Mardan

After Aparapatan, Sootika should be made to sleep on her stomach & Abhyanga and Mardan should be done on her Back and Flanks with oil. This helps to reduce her pain & the tension / spasm that is created in these parts during Prasava. For proper & complete evacuation of Garbhashaya Srava Udar Peedan should be done with appropriate pressure.

3. Pattabandhan

After Peedan, clean cloth should be used to tie her Kukshi, Parshwa, Prustha, Udar tightly. This helps to restore the natural shape of the belly and also helps pacifies Vata.

Kashyapacharya has advised Prushtha, Parshwamardan and Pattabandhan immediately after Prajatmatra i.e. Aparapatan.

It may be harmful to ignore Pattabandhan as it may aggravate Shooldadi symptoms and the size of the abdomen may increase.

पीडयेद् पट्टम् उदरं गर्भदोषं प्रवृत्तये ।

महताऽदुष्टपट्टेन कुक्षिपार्श्वे च वेष्टयेत् ।

तेनोदरं स्वसंस्थानं याति वायुश्च शाम्यति । का.सू. ११-१९

4. Snehapana -

After pattabandha, Shehapana should be given to Sootika. The quantity of Sneha should be such that it should digest in one day. Use of oil, Ghee, Vasa or Majja is advised. Use any appropriate dravya from Pippali, Chavak, Chitrak, Shunthi, Ajawayan, Jeerak, Saindhav, Maricha along with Sneha.

In Sootika, where Snehapana is not advised or in Anoop Desha or Sootika who is Atisthoola (obese), Atidurbala (weak), Atimandagni (weak digestion) give Vatahar Aushadhi Siddha Kwath. Snehan, internal as well as external is necessary to pacify Vataprakopa developed during process of delivery.

5. Garbhashaya Shodhan -

After delivery her Garbhashayashodhan i.e. cleaning of uterus give Krushnabala with Guda along with Dashamoolarishta

twice a day with equal quantity of water for first three days.

Krushnabala is useful for excellent Shodhan & Lekhan hence, helps in proper Garbhashaya Shodhan. Vataghna action of Guda and Dashamala is useful in Sootika.

For proper contraction of Uterus & to bring it into normal position use Latakaranj & Pushkarmoola Choorna for 7-8 days. If Uterus doesn't come back to normal give Pippalimoola Choorna daily.

6. Koshtha Shodhan -

On 3rd and 4th day, Sootika should be given Erandamoola & Sunthi Kwath for Koshtha Shodhan. This helps in Vatashaman and Malashodhan. On the same day there is Stanyotpatti. Hence, if Koshtha Shodhan is not proper, Aama develops causing Stanyadushti & Sootikajwara.

7. Stanyotpatti & Vruddhi - (Generation & Secretion of milk and quantity) Depending on quantity of milk secretion confirm the quantity of milk to be given to Sootika. To increase milk secretion use Stanyajanana Dravya (Lactogenic), like Ahaliv, Balant Shopa, Khus-Khus, Karpasabeeja, Shatavari etc. If there is excessive milk secretion then reduce quantity of milk, kheera etc.

8. Rakshoghna -

From 2nd day till 10th day give vaginal Dosha i.e. Yoni Prakshalana with Ushnodaka (warm water). Afterwards give Rakshoghna Dhoopa with Ajawain, Shopa for Yonishuddhi.

9. Snana -

Sootika should bath from 4th day with hot (warm) water after Snehabhyanga (oil massage). For first three days Sootika is very exhausted hence requires proper rest. So instead of bath she has advised cleaning of vaginal area with warm water.

10. Ahar -

Ahara plays vital role in Sootika. As per this Sootra, due to excessive bleeding and sudden emptiness in abdomen (due to Garbhanishkramana) causes aggravation of Vata.

Hence, Sansarjan Krama has to be followed. According to Agnikala of Sootika for first three days she should be given Snehayukta Manda and Hitakar Ahara. After Sneha Pachan give Yavagu Siddha with Panchakola (Sunthi, Pippali etc.) and less Sneha but without salt. Afterwards same Yavagu should be used with Sneha and Lavan. Give Yusha made with Yava, Kola, Kulattha, with ghee and salt, Jangala Mansarasa and Old Shashtishali Rice with Ghee is also advised as per Agnibala. Vegetables like Mooli (Raddish) Cucumber prepared in Ghee are also advisable. This way Snehan, Swedan and Ushnodaka are advised up to 1 month. Also follow rules of Swasthavrutta.

The diet regimen to be followed should be lighter, light and then regular diet should be taken. This is to be followed up to one and half month.

As per many Acharya the women is called as Sootika till she gets her menstrual period. Still there can be relaxation in diet regimen after one and half month.

Cleanliness in Sootikavastha -

In the beginning, Sootika is 'Vrani' hence, her postnatal care should be taken accordingly. After delivery the vaginal area should be cleaned properly with antiseptic / antibiotic solution to protect from infection. Entire pelvic region should be cleaned. If stitches are required then special precaution should be taken.

Proper cleaning should be done after Malamootra Visarjan. Cleaning of breasts is also necessary. If any abrasion or inflammation or abscess is developed it should be treated immediately so that there should not be any problem for baby.

Sootika Roga

Apathya (Don'ts) for Sootika -

Anger, exertion, sorrow, sexual intercourse, afternoon siesta, loud speech, traveling in vehicles, excessive walking, cooling therapy such as Chandanuti, sitting in windy area or sun, Viruddhahar, Adhyashana, Asatmya Ahar.

Mental / Psychological State of Sootika -

During the process of delivery, due to excessive physical stress women gets exhausted. After delivery Vata gets aggravated due to Dhatukshaya. Also due to new responsibility of child birth, she has excessive mental stress.

Therefore, the possibility of women, undergoing many psychological changes/fluctuations in postnatal stage is high.

After child birth she feels very happy and contented. If the baby is not as per her expectations she becomes unhappy. Stressful physical condition of Sootika starts reducing from 3rd day onwards. If she gets proper care, attention, rest and love, she can tolerate all this changes. She feels that everybody should pay attention to her and her child. Her expectations from her husband increases. If these expectations are not fulfilled or if she is neglected then she may suffer deep shock. Hence, proper Physical and mental care should be taken. Also she should always be contented and happy.

If mother is happy and healthy the lactation is proper resulting in healthy and happy baby.

Sootika Roga -

If Sootika Paricharya (Postnatal Care) is not followed properly then it can lead to many a disorders known as 'Sootika Roga' Charaka, Sushrut and Vagbhat have described 'Sootika Roga' as Kruchhrasadhya or Asadhya. In today's scenario many of these diseases have been successfully treated. But still the depleted strength of Sootika, her psychological condition, stage of the disease are the factors which are necessary to be considered while talking about 'Sandhyasadyatva' (Prognosis), Kashyapa Sanhita has mentioned a number of the diseases faced by Sootika as 64.

ज्वरातिसारशोथश्च शूलानाह बलक्षयाः ।
तन्द्रारुचिप्रसेकाद्या वातश्लेष्मसमुद्भवाः ।
कृच्छ्रसाध्या हि ते रोगाः क्षीणमांस बलाश्रिताः ।
ते सर्वं सूतिकानाम्ना रोगास्ते चाप्युपद्रवाः । योगरत्नाकर

Hetu – Causes of Sootikaroga -

मिथ्योपचारात् संक्लेशाद् विषमाजीर्ण भोजनात् ।
सूतिकायाश्च ये रोगा जायन्ते दारुणास्तु ते । योगरत्नाकर

Sootika suffers with Vatakaphadushtijanya Vikar such as Jwara, Atisar, Shotha, Anaha, Balakshaya, Tandra, Aruchi, praseka etc., which are called 'Sootikaroga.'

It is obvious that, in Sootika, her Bala and Maansa becomes Ksheen & hence, these diseases are considered Kruchhrasadhya.

'Sootikaroga', get developed due to Mithyopachar i.e. (proper care and lack of precaution during delivery) Improper cleanliness of uterus and vaginal region, negligence, Improper use of Pattabandha, Improper

Shodhan, excessively painful labour, mental stress, improperly cooked food or eating even after having indigestion. Kashyapacharya has mentioned all of these in great details.

Excessive fear, grief, anger, withholding the Adharaneeya Vega, sleeping during day time, eating even while having Ajeerna or excessive eating are the causes for developing Sootika Roga.

Symptoms of Sootika Roga -

अङ्गमर्दो ज्वरः कम्पः पिपासा गुरुगात्रता ।

शोथः शूलातिसारौ च सूतिकारोग लक्षणम् ।

मा.नि. सूतिकारोग १

Body ache, Jwara, tremors in specific organ or all over body, excessive thirst, heaviness in the body, swelling all over body or on lower extremities, Atisar are common Symptoms of Sootikaroga. However, though only these symptoms have been mentioned in the text, certain psychological disorders should also be included along with these.

Tryavarta Yoni Dushti is the main cause of Sootika.

Sootika Roga -

Amongst 64 diseases mentioned by, Kashyapacharya very few are related to Sootika. The main causative factor in Sootika is Dushti of Tryavarta Yoni. Understanding Yonidushti appropriately is helpful for differential diagnosis and confirming whether the disease is definitely a Sootikaroga.

Yonibhransha, Yonikshata, Yonibheda, Mootrasanga, Yonishotha, Yonirava, Yoni Vedana, Makkal, Vidradhi, Unmada, Pralapa, Kamala, Dourbalya are some of the important Yoni Rogas.

Though symptoms in all those disorders may vary, we can divide them according to the causes (Hetu). In all of these Vatavikruti is the main cause.

We can differentiate them as follows:

1. Atipravahana -

Atipravahana (Excessive straining) causes extra stress on back, flanks, Abdomen. etc and their related muscles. Due to this the activity of Vyan Vayu gets disturbed.

In such a way the Samprapti of Sootikaroga develops leading to Srotas Dourbalya, Laxity in reproductive organs and Vataprakopa.

Diseases developed due to Atipravahan -

Yonibhransha	Parshwashoola	Akshiroga
Yonikshata	Prushthashoola	Galagraha
Yonibheda	Hrutshoola	Shirahshoola
Yonishotha	Angamarda	Jwara
Yonisupti	Dourbalya	

2. Vikrut-Prasava-

Due to this the muscular nature of Apatyapath (Genital track) becomes loose & weak. The Apaana Vayu gets Viguna developing various Upadrava in Sootika.

Diseases developed due to Vikrut Prasava:

Yonibhransha, Yonibheda, Yonivedana, Yonishotha, Mootrasanga, Katishoola, Yonikshata, Yonirava, Angamarda, Vatashtila, Jwara, Raktapitta, Makkal Pandu, Dourbalya, Nidranash, Bhrama

Sootika Roga - Details

3. Mithyopachar and diseases

If proper handling & cleanliness is not undertaken by the Paricharak as well as the Physician, then Yonimarga of Sootika gets vitiated causing following diseases.

Yonishotha, Yonisrava, Yonivedana, Makkal, Vidradhi, Hanustambha, Manyastambha, Apatanak, Jwara, Visarpa, Grahabadha, Moha, Ardit.

4. Mithyahrvihar and diseases

Due the process of delivery, the Sootika naturally feels weak and exhausted. Bleeding and Stress also cause Agnimandya & Vataprakopa. In such a condition, due to improper diet regimen, Vata gets vitiated and develops the following disease.

Visuchika, Pleehavruddhi, Shotha, Pralapa, Unmada, Kamala, Krushata, Bhaktadvesha, Atisar, Pravahika, Kasa, Chhardi, Trushna, Hikka, Shwasa, Ardita, Anaha, Adhmana, Mootragraha, Pratishyaya, Rajyakshma, Stanaroga, Vicharchika, Pama & Jwara.

Sootika Chikitsa - (General Principles)

या कृच्छ्रेण प्रजायन्ते प्रसूताश्रामयन्ति याः ।

स्नेहस्वेदैस्ततस्तासां क्षिप्रं वायुः प्रशाम्यति

यवागू दीपनीयां तु स्मृतिमान् दातुम् अर्हति ।

यथा शेते सुखं नारी नीरुजा शयने सुखे ॥ का.सं.

A woman who has undergone difficult labour and is suffering from Sootikaroga, should be treated with Snehan & Swedan, which helps to pacify Vata. After this, she should be given Deepan Chikitsa with Deepaneeya Dravya Siddha Yavagu. Sootika should be made to sleep on a comfortable bed. Sootika can get relief from Vyadhi with these procedures.

सूतिकारोगशान्त्यर्थं कुर्याद् वातहरी क्रियाम् । भा.प्र.चि. ७०/१५

Chikitsa Sootra -Vataprashaman, Snehan, Swedan, Balvardhak, Agnideepak Ahar, Sukhkar Shayya, Balavruddhikar, Doshadushtinashak Rasayan Kalpa.

Disease	Cause	Symptoms	Shodhan	Shaman	Pathyapathya	Parinam
Yonikshat	Atipravahan, Kashtaprasuti Yonisanwahan Moodhagarbha	Vrana, Mutradaha, Raktarsha, Toda, Nidranash	Panchavalkal Kwath, Triphala Kwath - Yonidhavan	Seevan, Pichudharan-BalaTaila, Shatadhauta Ghruta, Ropan Taila, Dushta Vrana-Shodhan Taila, Triphala Guggul	Rest, cleanliness, Pattabandha, Avoid Guru-Abhishyandi food	Yonibransh and Yoni Vedana
Yonibhra--nsha	Moodhagarbha, Pravahan	Shool, Srava, Aarti	Basti, Uttar Basti - Kashay (Dravya)	Bala Taila, Pichudharan, Gophana Bandha, Avagaha Sweda, Mahayogaraj Guggul Avanata - Shirshasana, Ghrutapana	Complete Rest	Maithun Asahatva
Parshwa Shool	Pravahan, Kashtaprasav	Pain in Parshwa, Prushth, Kati, Angmarda, Nidranash	Erandasneha	Vatavidhwansa Rasa, Laghumalini Vasant, Dashamoolarishta, Abhyanga - Narayan Taila, Vishagarbha Taila, Swedan	Snehan Ushnasevan Avoid Vatakar Ahar, Rest	-
Dourbalya Karshya	Kashtaprasav, Raktarsha	Ghani, Bhrama, Tandra	-	Tapyadi Loha, Suvarna Vasant Malati, Chyavanprash, Shatavari Kalpa, Drakshasava, Ashwagandharishta	Laghu, Snigdha Ahar	Raja-yakshma
Jwar	Shram, Mithyopchar, Kashtaprasav, Mithyahrvihar, Yonidrushti	Santap, Aarti, Angmard, Yonistrav Durgandh, Shool Adhodar, Sparsha - sahatva	Anuloman, Uttar Basti	Sootikabharan Rasa, Prataplankeshwar, Tribhuvan Kirti Rasa, Vat vidhwans Rasa	Avoid Vatkar Aahar	Vatvyadhi, Moorchha, Sanyas, Death
Makkal	Kashtaprasav, Mithyopchar, Dourbalya, Bahu Prasavata	Tivra Shool, Nidranash, Aarti, Adhman, Malsang, Sravsanchiti	Basti Uttar Basti	Udarabhyang - Vishgarbha Taila, Krushnabol, Dashmoolarishta, Kumari Asav No. 1, Pattbandh	Avoid Vatkar Aahar	Gulma, Vidradhi
Unmad, Pralepa	Mithyopchar	Jwara, Moorchha, Vishama, Cheshta, Nidranash, Pralepa		Yonidhoopan, Smritisagar Rasa, Sameerpannag, Khurasani ova, Brahmi Vati		Kashta - sadhya
Shotha	Kashtaprasooti	Sarvang, Ekang Shoth, Tod Dah	Virechan	Punarnavadi Kwath Prataplankeshwar, Punarnavadi Guggul, Lepa - Chandan, Vatsanabh, Shigru, Varun	Dugdhar	Kashta - sadhya
Stana Roga	Mithyahrvihar, Aaghat	Vedana, Pain in breast region, Jwara, Lack of milk secretion	Virechan	Triphala Guggul, Dashang Lepa, Krushna Bola, Shastrakarma as per the condition	Bajara Roti, Garlic, Buttermilk, Kulattha Yusha	Kashta-sadhya
Pandu	Yonisrav, Mithyopchar, Mithyahrvihar	Vaivarnya, Shrama, Shwasa, Hrudspanda Akshikoota Shotha	Anuloman	Tapyadi Loha, Abhraloha, Lohasav	Laghu Tarpan, Amlarasyukt Aahar	Kashta-sadhya

Sootika Makkal

Postnatal condition, appropriate bleeding through uterus is to be expected. If this bleeding does not happen due to Dhatuksheenata, Vataprakopa, Rookshata of the organ or improper Shodhan, then it creates Margavarodha leading to accumulation of Doshas in the uterus along with blood. Due to this accumulation of blood, there is tenderness in the uterus.

This causes swelling and severe pain in pelvic region, Kukshi and Bladder. This pricking pain can get so severe that he patient might feel that her uterus is getting ruptured.

This also affects at Pakvashaya thereby producing Adhmana and Mootrasanga. This disease is known as Makkal. Many times accumulation of blood causes Garbhashaya Vidradhi.

Treatment -

1. Krushna Bola + Latakaranja Choorna with jaggery helps in cleansing of uterus and Vatanuloman.
2. Shuddha Hingu + Ghruta + Koshna Jala
3. Bhallatak Siddha Ghruta – Vibandhanashak & Vatahar

Stanya -

मातुरेवपिबेत् स्तन्यं तद् परम देहवृद्धये । वा.यु. १/१५

Breast milk is the best nutrition as this is the predigested natural food of the baby. The baby gets nutrition from mother during pregnancy thro' Ahararasa, hence the breast milk produced by Ahararasa of mother is naturally acceptable to the baby. So it is obvious that breast milk is the only best food for a child.

If breast milk is vitiated due to Dosha or mother herself is suffering from any disease, lack of lactation or if mother is not ready for giving breast milk to baby due to false interpretation of beauty, the milk of Dhatri or Dai is advised in the texts.

Shuddha Stanya -

स्तन्यसंपत्तु प्रकृतिवर्णगन्धरसस्पर्शम्, उदकपात्रे च दुह्य माना
उदकं व्येति प्रकृतिभूतत्वात् तत् पुष्टिकरमारोग्यकरं चेति ।

च.शा.८-५४

Shuddha Stanya should have proper Varna, Gandha, Rasa and Sparsha. Varna of Shuddha Stanya is like Shankha i.e. pure white. It easily gets mixed with water, there is no froth. It should not float or sink in the water & should be sweet in the taste. It should have no specific smell. This helps in proper nutrition and health of baby and then its development can be proper and Bala (strength) increased. These are the indications of Shuddha Matru Stanya.

The breast milk is Madhur, Sheeta, Mrudu, Snigdha, Pushtikar, Guru, Prasanna. It is ojovardhak & Jeevaneeya Rasayan. Breast milk is naturally assimilable food for baby.

Matrustanya - (Time of breast milk)

The breast milk secreted during first 3 days is thick in consistency. The breast milk that does not have these qualities should be considered as impure. The baby should be allowed to consume this colostrum as it increases resistance and immunity of baby. In fact, Ayurved has preached this years ago. From 4th day the milk secretion improves. Baby should be given milk only after the previous feed digested. Milk should not be given if baby is suffering from indigestion. This causes aggravation of Dosha and excessive Mala Vega. Similarly feeding mother should not be Kshudhit, tired, agitated, Garbhini, taking Viruddha Ahara or having indigestion. She should drink more milk and consume more liquid diet before feeding the child with breast milk. As per the Sootra 'वृद्धिः समानैः सर्वेषाम्' this helps to increase milk production.

While feeding the child onbreast milk, the mother should completely concentrate only on the child by which the emotional bond between the two gets strengthened and also inturn helps easier and better lactation. If due to reasons beyond control like absolute lack of breast milk production (which needs to be treated in a methodical way) prevents the breast feeding, then goat's milk or cow's milk with appropriate addition of water may be administered. This milk should be boiled with Deepan Dravya like Shunthi, Marich, Pippali and given in proper quantity.

Stanya Vruddhi -

After giving breast feeding, if milk secretion is more, it remains in breasts increasing the size of the breast. This causes pricking pain in breasts. This is called as Stanya Vruddhi. The symptoms of Stanya Vruddhi are tenderness & pain in breast, fever, heaviness, Stanvrudhhi etc.

Hetu - Excessive intake of liquids and Stanyavruddhikar Dravyas.

Chikitsa - Amount of extra liquids in mothers' food to be reduced, Removal of extra breast milk by breast pump may be advised. After pain subsides apply Lepa of Dhatthurpatra & Haridra. Cleansing of breast, especially nipples has to be advised to every lactating mother.

Stanya Kshaya -

It is natural for the delivered lady to have the starting of the secretion of milk in about 12 to 14 hrs. If this doesn't happen, it should be considered as Stanyakshaya.

Hetu - Sushrutacharya has given more importance to Psychological causes in Stanyanash. Krodha (Anger), Shoka (Grief) and lack of love towards the newborn causes Stanyanasha.

Other Causes -

1. General ill health of mother.
2. Improper nutrition during pregnancy & postnatal period
3. Raktalpata (Anaemia)
4. Abnormality of breasts glands
5. Mental tension

Treatment -

Jau, Wheat, Shashti Shali, Mansarasa, Sura, Sauviri, Tilakalka, Garlic, Fish, Kaseru, Singhada, Kamalkand, Vidarikanda, Mulethi, Shatavari, Nadishak, Lauki, Ahalive are Dugdhavardhak Dravyas. In diet Madhur, Amla, Drava, Lavan, Dravyas are advisable. Proper rest is also important. Shatavarikalpa helps in production of best quality breast milk in appropriate quantum.

Stanyadushti -

When Stanya i.e. breast milk gets vitiated due to doshas, is called 'Stanyadushti'. After Dushti, normal qualities change to abnormal one. Changes also happen in physical and chemical properties. Baby can develop many diseases due to intake of such Dushita Milk.

Causes of Stanya Dushti -

Ajeerna, intake of Asatmya, Viruddha, Visham and Atyadhik food. Intake of Salty, Sour, Pungent and Rotter food. Physical and mental stress, Anger, Fear, Grief, Anxiety, Suppression of natural urge.

Excessive sweets, Jaggery or food made up jaggery, Khichadi, urad and all Kaphakarak food. Mansa of Gramya, Anupa and Jaleeya Animals. Excessive Alcohol consumption, Afternoon siesta, Alasya, Physical and mental shock, stress and illness.

Stanyadushti

Types of Stanyadushti

As per Doshas – Vataj, Pittaj, Kaphaj

Qualities Shuddha Stanya

Rupa -	Clean, without froth
Varna -	White like shell
Gandha -	Own Smell
Rasa -	Madhur
Sparsha -	Sheetal
State -	Easily dissolves
in water	
Satmyata -	Satmya
Effect on	Ruchikarak
Baby	Truptidayak Balavardhak Useful in overall Development & Health

Vataj Dushti

Watery, with Froth, Ruksha
Shyava or Arunabha
Avyakta, Specific Gandha
Kashaya
Anushnasheeta
Spreads & partly flows
Asatmya
Develops Aruchi, Atrupty, Krushata
Janak, Mootrarodhak
Develops Shiroroga, Peenasa and other

Ashuddha Stanya Pittaj Dushti

with blackish, bluish, or Reddish tinge
Shyava or Rakta (Smell like dead Body or blood)
Tikta, Amla, Katu Ushna
Yellowish strings
Asatmya
Vivarnata, Sveda
Ushnata Trushna, Daha Vardhak
Produces diseases like Pandu & Kamala
Excessive Vatavikar

Kaphaj Dushti

thick, Picchila Fibrous Excessive (Colour) white
Smell like Ghee, Taila Vasa or Majja Madhur, Lavan Sheeta
Sinks in water
Asatmya
Vaman, straining while passing Stools
Excessive Salivation, Srotas like Nasa, Mukha filled with Kapha, Nidra, Shwa-Kasa, Jadata, Alasya, Swelling over Face & eyes. loose motions Develops diseases like Hrudroga

Treatment (mother) -

First 3 days
give Kwath of Devadaru,
Sara, Kushtha, Kashtha,
Kutaki, Vacha, Patha,
Bharangi, Pippali, Chitrak,
Ajwain etc.
Snehan-Vatahar Dravya
Siddha Ghruta,
Mrudu Virechan,
Basti,
Vatanashak Abhyanga
Swedan, Pralepa

For 3 days
Kwath of Triphala,
Chirayata, Kutaki,
Motha
Snehan - Ghruta Siddha
with Patoladi
Padmakadi, Sarivadi,
Nyagrodhadi Gana,
Pittanashak Virechan,
Sheetal Abhyanga,
Prakshepa

Vaman for Mata
Vaman for baby Pippali Yukta Ghurta
Saindhav, Mulethi,
Madanphala, Choorna + Honey,
Sansarjan Krama with Peya
Mustadi Gana Siddha Kwath,
Ruksha, Ushna, Nasya,
Dhooma, Gandush,
Pralepa, Parisheka,
Kaphanashak Ahar

General treatment for Stanyadushti -

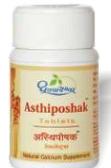
For mother - Shodhan & Shaman treatment to be
performed.
- Snehan, Swedan
- Vaman - Kalka of Vacha Priyangu,
Yashtimadhu, Madanphala, Kutaj, Kwath of
Nimba and Katupatol + Salt
- Sansarjan Krama

Repeat Snehan
Virechan - Nishottar, Haritaki
Triphala Kwath + Haritaki
Haritaki + Honey
Gomootra Haritaki

Sansarjan Krama -
Ahar – Sathisali Rice, Sneha Sanskruta Kwath of Gavala,
Yava, Vansha, Moonga, Masoora, Kulathi Yusha+ Trikatu +
Saindhav, along with Nimba, Amala etc. Dravyas.

Asthiposhak Tablets

- Corrects condition of Asthidhatukshaya
in Garbhini & Sootika
- Useful in Sandhishoola related to
Asthidhatukshaya



Serving Ayurved since 1872

For more details please contact:
Health Care Services

Shree Dhootapapeshwar Ltd.

135, Nanubhai Desai Rd., Khetwadi, Mumbai - 400 004
Tel. No: 91-22-3003 6300 Fax: 91-22-2388 1308
e-mail: healthcare@sdlindia.com
website: www.sdlindia.com

For the use only of a registered Medical Practitioner, Hospital or a Laboratory
© All Copy Rights Reserved