

Role of Amrutadi Kwath and Dashamool Kwath during Postpartum Period - A Comparative Analysis

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Abstract: New born is a centre of attraction when it comes out of womb. The woman, after becoming mother changes herself emotionally as well as psychologically. To regain the health after delivery of baby, minimum 45 days care is necessary to revert the anatomical and physiological changes of female genital system to its normal state. In India, due to lack of education and medical facilities in remote areas, postpartum morbidity and mortality is more as compared to other developed countries. So perinatal and postnatal care for both mother and baby is a major task for Indian Medical System. Ancient Ayurvedic literature has emphasized the care of mother and child. Kashyap Samhita has given prime importance to the post partum diseases and care of newborn babies. Kashyap Samhita has given strict guidelines which help in early recovery of a woman from stress and strain after delivery. These guidelines are called *Sutika Paricharya*. Those guidelines described in *Sutika Kaal* (postnatal period) in ancient time are still effective in modern era. For study, Amrutadi Kwath and Dashamool Kwath were used as single blinded comparative trial. Among those trials, both kwath have found highly effective in different signs and symptoms in *Sutika Kaal* (Postpartum period).

Keywords: Sutika, Puerperium, Amrutadi Kwath, Dashamool Kwath, Uterine involution, Lochial discharge and Lactation

1. Introduction

Mortality & morbidity of mother are most challenging problems of our country. Yet the postpartum and postnatal period receives less attention from health care providers than pregnancy and childbirth. In day to day life, we see many female patients complaining of increase in their physical and psychological disturbances after puerperium. Frequent postpartum morbidity & its association with adverse perinatal outcome suggest need for postpartum care in developing country for both mother and baby. Mother after delivery of placenta is called as *Sutika*. *Sutikakala* is period following childbirth during which most of the body tissues revert back approximately to a pre-pregnant state. Duration of this period varies according to different Ayurvedic classics. It is well known that certain psycho-somatic changes take place during *Sutikakala* such as loss of weight, loss of body fluid, lacerated genital tract, constipation, mental stress etc.

According to *Kashyap Samhita*,

प्राप्तेप्रसवकालेचभयमुत्पद्यतेयत्।

अस्मिन्नेकःस्थितःपादोभवेदन्योयमतत्प्ये ॥ (K.S.Kh.S 11/5)

It means treatment of *Sutika* is as difficult as cleaning of unclean, tattered and old cloth. In olden days female used to follow strict guidelines during early postpartum days i.e in *Sutikakala*, *Sutika Paricharya* has dual effect for baby and mother as it enhances quality and quantity of breast milk, also prevents various neonatal infections. Adequate breast feeding prevents the chances of breast cancer in female. According to *Ayurveda*, *Sutika Kaal* is *Vata* dominant, so we see *Vat* dominant physical and psychological signs and symptoms in first forty five days after delivery.

First and foremost complete documentation regarding *Sutika* was seen in various Puranas. In *Vishnupurana*, there is

explanation about a type of *Vata* which states the delivery of fetus and termed as *Sutimaruta*.

Description regarding *Sutika Paribhasha*, *Kala*, *Paricharya* is available in all the classics of *Bruhat-trayee* and *Laghutrayee*. Elaborate explanation of *Sutika Paricharya* according to *desha* and *jaati* is found in *Kashyap Samhita*. In *Bhel Samhita*, *Bhaishajya Ratnavali*, *Hareet Samhita* also, a brief explanation about *SutikaParicharya* with *chikitsa* of *Sutikaroga* is available.

While explaining the treatment of *Sutikaroga*, *Bhavaprakash* has quoted *Amrutadi kwath* and *Dashamool kwath* as *Vata* pacifying treatment. So I decided to assess the efficacy of *Amrutadi kwath* and *Dashamool kwath* in postpartum signs and symptoms.

अमृतानागरसहचरभद्रोत्कटपंचमूलकंजलदम्।

श्रुतशीतंमधुयुक्तंशमयत्यचिरेणसूक्तिकातंक्रम् ॥ (Bh.P.M.K.70/152)

दशमूलकृतंक्वाथंकोष्णदद्यात्घृतान्वितम् (Bh.P.M.K 70/151)

2. Materials and Method

Material –60 *Sutikas* (primipara and multipara)having history of *Prakrut Prasava* (Full Term Normal delivery) were selected for the study. The patients having episiotomy and perineal tear were also included in the study. A special case proforma was prepared considering all the points pertaining to the history taking, physical examination, laboratory investigations as mentioned in *Ayurvedic* classics and modern medicine.

Inclusion Criteria**Sutika**

- 1) The age between 20 to 40 years.
- 2) Delivered for first time with *Prakrut Prasava*.
- 3) Delivered for more than first time with *Prakrut Prasava*.
- 4) Delivered with *Vitap-bheda*, *Vitap-chhed* *Seevana* (Episiotomy suturing) done patients.

Exclusion Criteria

- 1) *Sutika* delivered with history of present L.S.C.S
- 2) *Sutika* delivered with previous history of L.S.C.S.
- 3) Post-partum hemorrhage.
- 4) Puerperal shock.
- 5) IUD
- 6) *Sutika* with history of HIV/Any infectious / Systemic / Local disease.
- 7) Anaemia (Hb < 10 gm%)

Assessment Criteria

Assessment was done based on subjective and objective criteria before, during and after the treatment.

Subjective criteria	Objective criteria -
Agniswaroopam	Involution of uterus – Height of uterus in cm from pubis symphysis
Stanyapravartana	Lochia - (amount, colour, and smell)
Udarshula	Vitapchhedana /Vitapbhedana–Vrana Ropana
Katishula	
Yonivedana	
Nidra	
Purishapravartana	

Gradations of the symptoms were assessed according to CTCAE³.

The patients were assessed on the basis of gradations of subjective and objective criteria before and after the treatment.

Method

60 subjects were randomly classified into two groups with 30 each, Group A and Group B. Group A was given Amrutadi Kwath 30 - 50 ml and Group B was given Dashamool kwath 30ml to 50ml before food.

While preparing kwath, in both cases, 20gms of crude drugs were mixed with 16 times of water (320ml). It was boiled to 1/8th part and then strained. Amrutadi kwath was added with 2.5 ml of Honey as Prakshepa and Dashamool kwath was mixed with 10 ml of Go-ghruta. Above mentioned preparation were administered twice daily before food for forty five days.

In both cases, follow up was taken

Daily from Day 1 to 5

On 15th day after delivery

On 30th day after delivery

On 45th day after delivery

Amrutadi Kwath– Ingredients and their properties⁴

Contents of Amrutadi kwath	Rasa	Guna	Veerya	Vipaka
Amruta (<i>Tinospora Cordifolia</i>)	Tikta, Kashaya	Laghu, Snigdha	Ushna	Madhura
Nagar (<i>Zingiber Officinale</i>)	Tikta	Laghu, Snigdha	Ushna	Madhura
Sahachar (<i>Berberiaprionitis Linn</i>)	Tikta, Madhura, Amla	Laghu	Ushna	Katu
Bhadra (<i>Cyprus rotundus</i>)	Tikta, Katu, Kashaya	Laghu, Ruksha	Sheeta	Katu
Agnimanth (<i>Prenmaintegrifolia</i>)	Tikta, Katu, kashaya, Madhura	Ruksha, Laghu	Ushna	Katu
Bilva (<i>AeglemarmelosCorr</i>)	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu
Patala (<i>Steriospermumsuaveolens</i>)	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu
Gambhari (<i>Gmelinaarborea Linn</i>)	Madhura, Tikta, Kashaya	Guru	Ushna	Madhura
Shyonak (<i>Oroxylumindicum Vent</i>)	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Madhura

Dashamool kwath – Ingredients and their properties—

	Contents of Dashamool kwath	Rasa	Guna	Veerya	Vipaka
1	Agnimanth (<i>Prenmaintegrifolia</i>)	Tikta, Katu, kashaya, Madhura	Ruksha, Laghu	Ushna	Katu
2	Bilva (<i>AeglemarmelosCorr</i>)	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu
3	Patala (<i>Steriospermumsuaveolens</i>)	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu
4	Gambhari (<i>Gmelinaarborea Linn</i>)	Madhura, Tikta, Kashaya	Guru	Ushna	Madhura
5	Shyonak (<i>Oroxylumindicum Vent</i>)	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu
6	Gokshur (<i>Tribulus terrestris Linn</i>)	Madhura	Guru, Snigdha	Sheeta	Madhura
7	Bruhathi (<i>SolanumindicumLinn</i>)	Tikta, Katu	Laghu, Ruksha, Teekshna	Ushna	Katu
8	Kantakari (<i>SolnumsuratenseBurm</i>)	Tikta, Katu	Laghu, Ruksha	Ushna	Katu
9	Shaliparni (<i>Desmodiumgangeticum</i>)	Tikta, Madhura	Guru, Snigdha	Ushna	Madhura
10	Prushniparni (<i>UrariapictaDesc</i>)	Tikta, Madhura	Laghu, Snigdha	Ushna	Madhura

3. Analysis and Discussion

The ingredients of both Amrutadi kwath and Dashamool kwath has predominantly Katu Vipaka and Ushna Madhura Veerya so it helps in Aampachana and Kled Shoshana. Most of the drugs have Shothahar i.e anti-inflammatory property. Also Laghu Panchamool along with diuretic property shows Stanyashodhana karma. That is why involution of uterus and enhancement of quality breast milk production is encouraged with the ingestion of kwath in Sutikavastha with Vaat pacification. Statistical analysis was done using unpaired t test. All subjective and objective criteria in both groups were assessed.

Overall comparative clinical effectiveness is shown in the following table.

Comparative Effectiveness of Therapy in Group A and Group B

	Signs and Symptoms	Amrutadi Kwath (A) % Effectiveness	Dashamool Kwath (B) % Effectiveness
1	Agniswaroopam	62.45	50.54
2	Stanyapravartana	97.37	95.3
3	Udarashula	91.87	96.15
4	Katishula	75	92.93
5	Yonivedana	83.65	91.57
6	Nidra	39.60	57.56
7	Purishpravartanam	40.52	43.72
8	Involution of uterus	100	100
9	Lochia amount	100	100
10	Lochia colour	100	100
11	Lochia Smell	100	100
12	Vranaropana	100	100

Sr. No	Symptom	Mean		%	SD	SE	t	P	
		BT	AT						
1	Group A	2.93	1.1	1.83	62.45	1.29	0.24	7.62	<0.001
2	Group B	2.77	1.37	1.4	50.54	0.99	0.18	7.78	<0.001

4. Discussion

In Group A, Amrutadi Kwath showed significant results. It has shown good results in increasing the appetite of the Sutika, increasing and establishing adequate lactation, healing of Vitapa Chheda Vrana when compared to Group B.

In Group B, Dashamool Kwath showed significant results in the parameters like Katishula, Udarshula, regularizing the bowel and micturition habits, normalizing Lochial discharge, Nidra, involution of uterus when compared to group A.

5. Conclusion

The kwath given in both the groups, showed significant and satisfying results in most of the parameters during assessment. Overall there are encouraging results of administration of kwath of each of the groups and can be advised in *Sutika Paricharya* with great confidence. Amrutadi kwath and

Dashmoolakwath given in Sutika not only prevents her from puerperal diseases but also helps to get back all pre pregnancy energy and stamina to become healthy.

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