



ISSN 2456-3110

Vol 2 · Issue 4

July - Aug. 2017

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS



Charaka
Publications

Indexed

A Critical Review on use of *Gudodaka* in *Sutika Paricharya*

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ABSTRACT

A postnatal period is the period beginning immediately after the separation of placenta and extending up to six weeks, otherwise called as puerperium. Postnatal care is named as *Sutika Paricharya* in *Ayurvedic* classics. *Garbhini* and *Sutika Paricharya* are very-well described by ancient *Ayurvedic* scholars. *Acharya Kashyapa* narrated stage of *Prasavaavastha* is like a women with her one foot in this *Loka* and other in *Yama Loka*. The woman after such a difficulty stage of life needs special care. Classics have described special dietary regimen and life style for this period. Along with *Deepana-Pachana* and *Snehadravyas*, usage of *Gudodaka* is advised in *Sutikakala*. To remove the *Sheshadosha* in the body *Ushna Gudodaka* with *Panchakola Churna* is advised. *Guda* has *Madhura Rasa*, *Snigdha* and *Ksharaguna*, acts as *Raktashodhaka* and *Vatahara*. Jaggery is source of carbohydrate and also has calcium, iron, magnesium, potassium and sodium. So *Gudodaka* as a part of *Sutika* diet helps in achieving restoration of health of mother by proper *Vatanulomana*, *Garbhashaya Shodhana*, *Raktaprasadana Karma*.

Key words: *Sutika*, *Sutika Paricharya*, *Puerperium*, *Nutrition*, *Guda*, *Jaggery*.

INTRODUCTION

Women will pass through multiple events in her life, starting from puberty. Pregnancy and puerperium are two very important stages. These phases are very crucial and should be managed properly. Though *Sutika* is not a state of illness the women deserves special consideration for various reasons. Women after delivery become weak and emaciated due to excretion of body fluids and blood. Due to appearance of exhaustion in the body as a result of severe labour

pains and by constant bearing down efforts, sudden increase in *Vata* activity during and after parturition leading to a metabolic vacuum in physiology.^[1] The puerperium is the period of time encompassing the first few weeks following birth. The puerperium is characterized by many physiological changes. Some of these changes may simply bothers for mother, although serious complications can also arise. Changes begin to occur in women's body soon after birth of the baby, the process that occurred during pregnancy are reversed.

The post natal care in *Ayurveda* is generally designed to pacify *Vata* and promote the functions of both *Pitta* and *Kapha* simultaneously. To attain complete nourishment of body, to enhance breast milk production, to clean the uterus, to prevent further complications and by achieving rejuvenation of the body the *Sutika Paricharyas* are meant for.

Post Natal Care in Ayurveda

Ayurveda classics have explained the diet and regimen which should be followed by *Sutika*. Different *Acharyas* mentioned different period for

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Submission Date : 10/08/2017 Accepted Date: 27/08/2017

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.v2i4.9363

Sutikaparicharya. 45 days are well accepted period of *Sutikaavastha* in uncomplicated normal deliveries.^[2] According to locality different protocols are mentioned.^[3] As *Sutikakala* is critical time for woman, it needs proper management with specific diet, regimen and medications. As this stage is dominance of *Vata Dosha*, *Vata Shamaka* drugs are needed to be given. *Ayurveda* classics advised massage, oral administration of ghee with medicines and decoctions for 3 to 7 days after delivery. After 7th day administration of *Brumhana Dravyas* including *Mamsa Rasa* is advised.

Acharya Charaka opines that, after delivery when the women feels hunger, she should be prescribed with *Panchakola Churna* (*Pippali, Pippalimula, Chavya, Chitraka, Nagara*) with ghee, oil or animal fat or marrow depending on her digestive capacity. After digestion of this rice gruel mixed with ghee and *Panchakola Churna* to be given. After 7 days of this regimen gradual administration of *Brumhana Dravyas* likely to increase flesh and energy.^{[4],[5]}

Acharya Sushruta and *Vagbhata* specially mentioned intake of *Sukhoshna Gudodaka* (jaggery water) with powders of *Pippali, Pippalimula, Hastipippali, Chitraka* and *Shrungavera*, it will help in excreting and cleansing the uterus. It can be continued for 2-3 days till the excretion of abnormal fluids from the uterus.^[6] *Acharya Haritha* also mentioned usage of *Guda* with *Shunti* and *Hareetaki* on second day of delivery.^[7]

Preparation method of *Gudodaka* is not mentioned in the classics. It can be prepared according to the general method of preparation of *Phanta*. For 1 part of *Guda*, 4 part of water to be added and boiled properly till Jaggery get dissolved completely. It can be given to the *Sutika* women 2 times per day in the dosage of 100ml before food for a period of 1 week and can be continued for a month also.

Jaggery in Ayurveda literature

Ayurveda has given importance to the usage of jaggery in *sutikaparicharya*. Jaggery is a readily available home remedy and commonly used food item with medicinal properties. Classics mentioned the jaggery is the byproduct of sugarcane. 4 types of by products of sugarcane are mentioned i.e. *Dhouta*,

Adhouta, *Purana*, *Nava* (washed, unwashed, refined, unrefined).^[8] The qualities of jaggery are *Sakshara, Naatisheeta, Snigdha, Mutrashodhaka, Raktashodhaka, Vataghna, Naatipittajit, Medakara, Krumikara, Balya, Vrushya*. *Puranaguda* has some of the special qualities like *Madhura, Snigdha, Agnideepaka, Vinmutra, Amashayashodhaka, Ruchya, Hrudya, Tridosgna, Jwarahara* and *Pandu* and *Pramehahara*.^[9] In *Ayurveda*, *Guda* is considered as the best base material for the preparation of medicines. In contrast, the white crystal sugar contains only sucrose to the tune of 99.5% without any minerals.

Nutritional aspects of Jaggery

Jaggery is made up of longer chain of sucrose. Hence it is digested slow and release energy slowly and not spontaneously. It gathers considerable amount of ferrous salt during its preparation as it is prepared in iron vessel. Jaggery contains traces of mineral salt. It is a very good cleansing agent. It cleans lung, stomach, intestine, esophagus and respiratory track. Due to presence of fibers, it reduces constipation.^[9]

Jaggery contains approximately 60-85% sucrose, 5-15% glucose and fructose. Along with 0.4% of protein, 0.1 g of fat and 0.6 to 1.0 g of minerals i.e. 8 mg of calcium, 4 mg of phosphorus, and 11.4 mg of iron. It is also found to contain traces of vitamins and amino acids. 100 g. of Jaggery gives 383kcal of energy.^[10] Jaggery is loaded with antioxidants and minerals, which in-turn helps in prevent free radical damage and also boost resistance against infections.

DISCUSSION

A woman who has just given birth to a child followed by expulsion of placenta is called as *Sutika*.^[11] This is the phase of regaining the lost strength and attaining pre pregnancy state for the woman after strenuous and lengthy process of child bearing and labour by regulating the diet and mode of life and undergoing specific procedure and medication. The World Health Organization describes the postnatal period as the most critical and yet the most neglected phase in the lives of mothers and babies; most deaths occur during the postnatal period.^[12] It is the time after birth, a

time in which the mother's body, including hormone levels and uterus size, returns to a non-pregnant state.

The women after delivery needs to manage with special care. *Ayurveda* classics have described dietary regimen, living style and other required management for this period. Along with *Deepana- Pachana* and *Snehadravyas*, usage of *Gudodaka* is advised in *Sutikakala*. *Guda* has *Madhura Rasa*, *Snigdha* acts as *Vatahara*, due to its *Ksharaguna*, acts as *Raktashodhaka* and it helps in removing the *Sheshadoshas* from the body. Jaggery is a source of carbohydrate and also has calcium, iron, magnesium, potassium and sodium. When *Sukhoshna Gudodaka* along with *Panchakola* drugs are administered in 1st week of puerperium, it acts as *Garbhashaya Shodhaka*. It may help in producing uterine contraction and hence *Dushita Rakta* get excreted. When it is given for longer period of 45 days it acts as *Brumhana* and *Stanya Janaka* by its qualities. *Guda* being easily available and *Gudodaka* readily preparable product play a part in the need of postnatal energy requirement and helps achieving restoration of health of mother by proper *Vatanulomana*, *Garbhashaya Shodhana*, *Raktaprasadana* and *Stanyajanana* action.

CONCLUSION

Ayurveda is a science of life focusing on every aspect of human life. *Sutika Paricharya* is such a concept explaining the importance of re-establishment of life of a woman after delivery and it have been told for the prevention of problems in future. *Acharyas* explained special diet and regimen for the *Sutika* with the interest of *Garbhashaya Shuddhi*, *Stanya Utpatti*, *Dhatu Paripurnata* and *Deha Punarnaveekarana*.

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How to cite this article: M Shruthi, N.V. Gayathri Bhat, H. L. Kavyashree, Shashibindu. A Critical Review on use of Gudodaka in Sutika Paricharya. J Ayurveda Integr Med Sci 2017;4:263-265.
<http://dx.doi.org/10.21760/jaims.v2i4.9363>

Source of Support: Nil, **Conflict of Interest:** None declared.