

## EFFICACY OF *PIPPALIMOOL CHURNA* IN THE MANAGEMENT OF *SUTIKA MAKKALA SHOOL* W.S.R. TO AFTER PAIN – A CASE STUDY

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Article Received on  
30 July 2025,

Revised on 20 August 2025,  
Accepted on 10 Sept. 2025

DOI: 10.20959/wjpr202518-38338



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### ABSTRACT

**Introduction:** *Sutika* specifically denotes a woman in the immediate postnatal phase, defined by the critical event of placental expulsion following childbirth. *Sutika Makkala* refers to a significant postpartum complication characterized by the pathological accumulation of blood and fluid (lochia) within the uterine cavity due to impaired expulsion mechanisms. In modern science, it is compared with After Pain, which is infrequent spasmodic pain in which blood accumulate in uterus and did not pass out. *Pippalimool churna* with *anupana Ghrita* are found effective in treatment of *Sutika makkal shool*. **Aims and Objectives:** To evaluate the Efficacy of *Pippalimool churna* with *anupana Ghrita* in the Management of *Sutika Makkala Shool* w.s.r. to After Pain. **Materials and Methods** -A Woman aged 27, para 1 gravida 1, normal vaginal delivery, complaints of having

Lower abdominal pain, bloating, mild constipation, general weakness. She was administered with *Pippalimool churna* with *anupana Ghrita* twice a day after meal for 7 days. **Result:** There was substantial relief in pain along with associated symptoms and improvement of general health of *sutika*. **Discussion:** *Pippalimool Churna* was found effective in the management of *Sutika Makkal Shool*.

**KEYWORDS:** *Sutika, Makkal, Shool, Pippalimool churna, Anupana, Ghrita, After pain.*

## INTRODUCTION

The postpartum period (*Sutika Kala*), defined as the six weeks following childbirth, is a critical phase of physiological and psychological adjustment for the mother. *Sutika Makkala Shool* refers specifically to the lower abdominal pain experienced during this period, clinically correlating with "after pains".<sup>[1]</sup> These are caused by rhythmic uterine contractions facilitating involution and preventing haemorrhage. While more common and intense in multiparous women and during breastfeeding (due to oxytocin release), they can cause significant discomfort, disturb sleep, and impede maternal-infant bonding.<sup>[2]</sup> Modern management typically involves analgesics like NSAIDs, which, while effective, may have side effects, especially concerning in breastfeeding mothers.

सूतायाश्चापि तत्र स्यादपरा चेन्न निर्गता।

प्रसूताऽपि न सूता स्त्री भवत्येवं गते सति॥(का०खि०11/6)

In *Ayurveda*, a woman who has just given birth to a child, followed by expulsion of the placenta is called *Sutika* or puerpera.

*Ayurveda*, the ancient Indian system of medicine, provides a holistic framework for postpartum care (*Sutika Paricharya*) emphasizing dietary, lifestyle, and herbal interventions to restore balance and promote healing.<sup>[3]</sup> *Sutika Makkala Shool* is primarily attributed to *Vata Dosha* aggravation. Factors like the physical exertion of labour, expulsion of the placenta (*Garbhashaya Shuddhi*), and the sudden void created in the abdomen lead to *Vata* vitiation, manifesting as pain (*Shoola*).<sup>[4,5]</sup>

*Pippalimool* (Root of *Piper longum* Linn., Family: *Piperaceae*) is a highly esteemed herb in *Ayurveda*, known for its *Katu* (pungent), *Tikta* (bitter) *Rasa*, *Ushna Virya* (hot potency), and *Katu Vipaka*. Its pharmacological profile includes *deepana* (appetite stimulant), *pachana* (digestive), *shoolahara* (analgesic), and *vata-kapha hara* (pacifies *Vata* and *Kapha*) properties.<sup>[6,7]</sup> Modern research corroborates its anti-inflammatory, analgesic, and smooth muscle relaxant effects<sup>[8,9]</sup>, making it theoretically ideal for *Vataja Shoola* like after pains.

*Anupana* refers to the vehicle used to administer medicine, significantly influencing its absorption, bioavailability, and targeting.<sup>[10]</sup> *Ghrita* (clarified butter) is considered one of the best *Anupanas* for *Vata* disorders due to its inherent properties: *Madhura* (sweet), *Snigdha* (unctuous), *Guru* (heavy), and *Ushna* (slightly heating). It pacifies *Vata*, penetrates deep tissues, enhances the action of associated drugs (*Yogavahi*), and is easily digestible.<sup>[11,12]</sup>

Combining Pippalimool *Churna* with Ghrita as *Anupana* thus offers a synergistic approach targeting the root cause (*Vata*) and symptoms (*Shoola*).

This case study aims to document the efficacy and safety of this traditional combination in alleviating *Sutika Makkala Shool*.

### AIMS AND OBJECTIVES

- To evaluate the Efficacy of *Pippalimool churna* with *anupana Ghrita* in the Management of *Sutika Makkala Shool* w.s.r. to After Pain.

### MATERIALS AND METHODS

- Present study was carried out in PLRD hospital, VYDS Ayurveda Mahavidyalaya, khurja, U.P.

### CASE REPORT

A 27 years old female patient, who delivered a female baby vaginally. A week back, she visited the OPD of PLRD hospital, dept of Prasuti tantra and stree roga. With complaints of severe pain in abdomen, pain persisting below the umbilical region. Detailed history of present illness revealed that Patient was said to be apparently healthy after delivery, since 3 days she started feeling of Pain in abdomen region on and off for a day, later from the very next day pain got aggravated she started feeling of severe pain in lower abdomen & bladder region.

#### Menstrual / obstetric history

- Menarche – 14 yrs
- M/C- 3-4 / 28-30 days/bleeding- bright red
- In colour, moderate (2-3 pads/day), without foul smell, without clots.
- Married life -1 year
- OH – P1 L1 A0D0/P1- Female baby

#### General examination

Her height was 149cm and weight was 45kg. Her pulse rate was 78/minute and BP was 100/70mm of hg. Her Hb was 12 gm% and RBS was 90mg/dl. Routine urine examination was normal. On general examination her abdomen was soft. Cardio vascular function was normal with normal heart sounds.

**Diagnosis:** *Sutika Makkal Shool* (After Pain)

**Treatment administered: Drug**

- *Pippalimool Churna* (Powder of dried *Piper longum* root), procured from VYDS ayurvedic mahavidyalaya pharmacy. Identity was confirmed macroscopically and through standard pharmacognostic references.<sup>[13]</sup>
- Dose: 1 grams twice daily.
- **Anupana:** *Ghrita* (Pure cow's ghee), 5 ml administered immediately after consuming the *churna* in the capsule form.
- **Duration:** 7 days.
- *Pippalimool Churna* – 1 g
- *Ghrita* – 5 ml
- Route: Oral
- Frequency: Twice a day, after meals
- Duration: 7 days

**ASSESSMENT CRITERIA**

- **Subjective Parameters-** Pain according to site and severity.
- **Objective Parameters-** Per vaginal discharge (amount of clots and other remnants). USG to rule out amount of clots or pieces of membrane or remnants of placenta present in uterine cavity.

**RESULT**

Assessment Parameter	Baseline (Day 0)	Day 3	Day 5	Day 7 (EOT)
<b>Pain Intensity (VAS 0-10)<sup>[14]</sup></b>	8	5	3	1
<b>Pain Frequency</b>	Every 20-30 min	Every 1-2 hrs	3-4 times/day	1-2 times/day
<b>Pain Duration</b>	1-2 min	45-60 sec	30-45 sec	<30 sec
<b>Location of pain</b>	All pain described above are present	Umbilical, bladder and abdomen	Lower abdomen	No pain
<b>USG Pelvis</b>	Full of clots	Many clots	Some clots	empty
<b>No. of pads used per day</b>	0-1 pads	1-2 pads	2-3 pads	More than 3 pads
<b>Sleep (Nidra)</b>	Disturbed	Improved	Good	Good
<b>Global Assessment</b>	-	Fair	Good	Excellent

## DISCUSSION

*Sutika Makkala Shool*, while a physiological process, can become pathologically distressing. This case study demonstrates the significant potential of *Pippalimool Churna* with *Ghrita Anupana* in managing this condition effectively and safely within 7 days.

The rapid and substantial reduction in pain intensity (VAS 8 to 1), frequency, and duration aligns with the *Ayurvedic* understanding of Pippalimool's potent **Vata-Shamaka** and **Shoolahara** properties.<sup>[6,7]</sup> Its *Ushna Virya* helps counteract the cold, dry, and mobile qualities of aggravated *Vata*. Modern pharmacological studies on *Piper longum* root support this, demonstrating significant anti-inflammatory activity (via inhibition of cyclooxygenase and lipoxygenase pathways) and analgesic effects (central and peripheral).<sup>[8,9,15]</sup> Its potential smooth muscle relaxant properties<sup>[9]</sup> may directly ease the spasmodic uterine contractions causing after pains.

The role of **Ghrita as Anupana** is crucial. Its *Snigdha* and *Guru* properties counteract the *Ruksha* (dry) and *Laghu* (light) qualities of *Vata*.<sup>[11]</sup> As a *Yogavahi*, it enhances the bioavailability and targeted delivery of the *Pippalimool's* active constituents to the affected site (*Garbhashaya* - uterus).<sup>[12]</sup> *Ghrita's* own mild *Vata*-pacifying and tissue-nourishing (*Rasayana*) effects contribute synergistically to pain relief and overall recovery. The observed improvement in appetite (*Deepana-Pachana* effect of Pippalimool supported by *Ghrita*) and sleep further underscore the holistic benefit, vital for postpartum recovery.

The absence of adverse effects is significant, particularly considering the postpartum context where maternal tolerance and safety for breastfeeding are paramount. This intervention aligns well with the principles of *Sutika Paricharya*, which emphasizes easily digestible, *Vata*-pacifying, and nourishing therapies.<sup>[3,5]</sup>

## CONCLUSION

This case study provides promising preliminary evidence for the efficacy and safety of *Pippalimool Churna* (1g BD) administered with *Ghrita* (5ml) as *Anupana* in the management of *Sutika Makkala Shool* (after pains). The combination demonstrated potent analgesic, anti-inflammatory, and *Vata*-pacifying effects, leading to rapid and significant symptomatic relief within 7 days, alongside improvement in associated symptoms like appetite and sleep, without any observed adverse effects. It represents a valuable *Ayurvedic* therapeutic option aligned with postpartum care principles.

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