

CRITICAL APPRAISAL ON SAUBHAGYA SUNTHI PAK: A BOON TO SUTIKA ROG

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ABSTRACT

After the delivery of a child, a woman transitions from a pregnant state to sutika (puerperal phase), marking a rebirth and critical healing period in her life. This six-week postnatal period, known as "Sutikawastha," is characterized by physiological changes, hormonal shifts, lactation initiation, uterine involution, and psychological adjustment. Ayurveda, in its timeless wisdom, prescribes comprehensive care for sutika through diet, lifestyle, and herbal formulations. One such profound herbal remedy is *Saubhagya Sunthi Pak* — a classical multi-herbal formulation designed to restore health, vigor, and vitality to new mothers. It exhibits properties such as Shoolprashaman (pain reliever), Shothhar (anti-inflammatory), Agnideepan (digestive stimulant), Aampachan (detoxifier), Stanyajanan (lactogenic), Stanyavardhan (enhancing lactation), Garbhashayasankochak (uterine contractor), Garbhashayashodhak

(uterine cleanser), and Rasayan (rejuvenative). This paper aims to provide a critical review of *Saubhagya Sunthi Pak* as an effective and holistic remedy for managing *Sutika Rog* and ensuring complete maternal recovery.

KEYWORDS: sutika, puerperium, saubhagya sunthi pak, sutika awastha, postnatal care, Ayurvedic medicine.

1. INTRODUCTION

Sutika Awastha, also known as the puerperium or postpartum period, commences right after childbirth and lasts for about six weeks. This phase is crucial as the mother's body undergoes significant physiological and emotional recovery, including the shrinking of the uterus, the start of breastfeeding, healing of tissue damage, mental adjustment, and immune system rebalancing.

Despite being one of the most sensitive and transformative periods in a woman's life, it is often overlooked in contemporary medical settings, especially in rural and resource-limited areas. Ayurveda highlights the importance of Sutika Paricharya (postnatal care regimen), which involves specific dietary, lifestyle, and medicinal practices to ensure the mother's quick and complete recovery.

Saubhagya Sunthi Pak, as described in classical texts like Yoga Ratnakar, is a versatile and rejuvenating formulation that provides holistic support to new mothers during this vital period.

2. AIMS AND OBJECTIVES

- To explore the traditional and therapeutic advantages of Saubhagya Sunthi Pak in managing Sutika Rog.
- To examine its role in reestablishing physical, physiological, and emotional equilibrium during Sutika Awastha.
- To assess the combined pharmacological effects of its components from both classical and modern viewpoints.

3. METHODOLOGY

This review is grounded in a critical examination of Ayurvedic classical texts such as Yoga Ratnakar, Charak Samhita, Bhaishajya Ratnavali, and Rasa Tarangini.

Additionally, peer-reviewed journals, contemporary pharmacognosy data, and empirical studies published in reputable Ayurvedic research platforms were utilized.

The formulation's components, dosage, preparation method, mechanism of action, and clinical benefits were comprehensively analyzed.

4. Composition and Actions

Saubhagya Sunthi Pak consists of over 17 ingredients that work together to support postpartum health.

Key elements include

- **Shunthi (*Zingiber officinale*):** Functions as Agnideepak, Aampachak, anti-inflammatory, and galactagogue.
- **Goghrita (Cow Ghee):** Acts as Rasayana, nourishes dhatus, and balances doshas.
- **Khoya & Sharkara (Milk solids and jaggery):** Provide energy and strength.
- **Shatapushpa, Musta, Saunf:** Enhance lactation and digestion.
- **Jeeraka, Maricha, Pippali:** Boost metabolism and alleviate colic.
- **Chitrak, Chavya, Ela, Tejpatra:** Increase appetite, cleanse the uterus, and rejuvenate.

Formulation action on prasuta

Shoolprashaman (pain relief), Shothhar (inflammation reduction), Stanyavardhan and Stanyajanan (enhancement of milk secretion), Garbhashayasankochak and Garbhashayashodhak (uterine contraction and cleansing). Krimighna and Jantughna (antimicrobial properties), Balakarak and Rasayan (restorative and revitalizing effects).

5. Pharmacological Profile

Modern pharmacology validates the bioactive properties of the formulation

- **Anti-inflammatory:** Ginger, Pippali, and Maricha help reduce post-delivery swelling.
- **Appetizer and Digestive:** Cumin, Saunf, and Jeerak enhance appetite and digestion.
- **Lactogenic:** Shatapushpa, Musta, and Ela increase breast milk production
- **Antioxidant and Immunomodulatory:** Ela, Tejpatra, and Chavya protect against oxidative stress and boost immunity.
- **Antimicrobial:** Ingredients like Chitrak and Maricha guard against postnatal infections.
- **Wound Healing:** Ghee and ginger aid in tissue recovery and cellular repair.

6. Comparative Formulations

Churna vs Paka Traditionally available in a semi-solid (Paka) form, Saubhagya Sunthi has been adapted into a Churna (powder) form for improved shelf life, storage, and convenience.

Comparative observations include

Churna retains higher nutritional value and remains stable for up to two years. Paka is more palatable but can spoil within a year. Both forms offer similar therapeutic benefits, but churna may be more suitable for mass production and long-term use.

7. Clinical Utility & Modern Relevance

With more women undergoing cesarean sections, experiencing postpartum depression, or facing delayed lactation and inadequate dietary intake, natural herbal solutions like Saubhagya Sunthi Pak are gaining attention.

Its formulation addresses: Nutritional depletion and anemia Weak immunity and infection risk Delayed involution and improper lochial discharge Emotional imbalance and fatigue Additionally, this formulation aligns with global trends promoting natural, holistic maternal care, presenting opportunities for integration into postpartum care kits, hospital protocols, and maternal health outreach programs.

8. CONCLUSION

Sutikawastha is not just a recovery phase but a critical period that influences the mother's long-term health. Saubhagya Sunthi Pak is a time-tested Ayurvedic remedy with extensive therapeutic utility in puerperal disorders. Its effectiveness in enhancing digestion, improving lactation, accelerating uterine involution, alleviating pain, and revitalizing energy makes it an essential component of Ayurvedic postnatal care. Further clinical studies, standardization, and awareness can lead to its greater acceptance in modern healthcare systems.

9. REFERENCES

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