

**AYURVEDIC INSIGHTS ON SOOTIKABHARANA RASA – A BLESSED
DRUG FOR PUERPERAL WOMEN**

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ABSTRACT

Women or Stree are meant for the beautiful process of creation of a new life starting from conception to delivery and finally expulsion of placenta after delivery of foetus. In Ayurveda postnatal period is termed as 'Sootika Kala' and it is the period after delivery of foetus and complete expulsion of placenta till 6weeks.^[1] Postnatal period is an important phase of transition in women's life where maternal physiological and anatomical changes return to nonpregnant state. After parturition there will be multiple wounds in the reproductive canal like, at the site of placental detachment, cervix, vaginal canal and vulva which is susceptible for infection. Sootika Visha is the main causative factor for Sootika Roga, which is nothing but the infection in the birth canal due to multiple wounds which causes inflammation and dosha prakopa and produces lakshanas like Sootika Jwara, Sootika Makkala, Dhanurvata, etc... Sootikabharana Rasa is a herbo-mineral formulation which is indicated in Sootika roga, specially in Dhanurvata and Tridoshaja Vyadhi. In this article, an attempt has been made to

unravel the action on Sootikabharana Rasa in Sootika roga.

KEYWORDS: Ayurveda, Sootika, Sootika Roga, Sootikabharana Rasa.

INTRODUCTION

Sootikabharana Rasa is one of the swarna kalpa containing both herbal as well as mineral drugs indicated in Sootika Roga.^[2] During the delivery or after the delivery of the foetus that is during the postpartum period, Dosha's get stagnated in uterus if there is improper shodhana of Garbhashaya.^[3] The unsterile condition during delivery, maybe due to unsterile instruments used during delivery of foetus causes infection in Garbhashaya and Yonimukha. So many times, incomplete delivery of placenta or medicines given in fear to stop postpartum hemorrhage immediately, results in improper Garbhashaya Shuddhi. Improper Garbhashaya Shuddhi in Sootikavastha causes infection and results in Sootika Visha. This Sootika Visha produces lakshanas like Sootika Jwara, Sootika Makkala, Dhanurvata, etc... In this condition, Sootikabharana Rasa proves excellent in Garbhashayagata Doshadushti.

MATERIALS AND METHODS

Classical Ayurvedic Texts, Journals and Internet sources were referred for making this article.

The reference of Sootikabharana Rasa is available in Bharata Bhaishajya Ratnakara, Rasa Chandanshu, Yoga Ratnakara and Bhaishajya Ratnavali. But all the texts quotes same reference.^[4] In AFI the reference of Bharata Bhaishajya Ratnakara is mentioned.

INGREDIENTS OF SOOTIBHARANA RASA

INGREDIENTS	RATIO
1.Swarna Bhasma	1 part
2.Rajata Bhasma	1 part
3.Tamra Bhasma	1 part
4.Pravala Bhasma	1 part
5.Shuddha Parada	1 part
6.Shuddha Gandhaka	1 part
7.Abhraka Bhasma	1 part
8.Suddha Haratala	1 part
9.Shuddha Manashila	1 part
10.Shunti	1 part
11.Maricha	1 part
12.Pippali	1 part
13.Rohini (Katuki)	1 part
14.Ravi (Arka) Ksheera	Q.S (for mardana)
15.Chitraka Moola Kwatha	Q.S (for mardana)
16.Punarnava Swarasa	Q.S (for mardana)

METHOD OF PREPARATION^[5]

1. Shuddha Parada and Shuddha Gandhaka are taken in khalwa yantra and triturated to form appropriate Kajjali.
2. Later the Bhasmas of Swarna, Rajata, Tamra, Praval, Abraka, Haratala, Manashila and fine powders of Shunti, Maricha, Pippali and Katuki is added to Kajjali in Khalwa yantra and triturated to obtain homogenous mixture.
3. Later the whole mixture is subjected to one bhavana each with Arka Ksheera, Chitraka Moola Kashaya and Punarnava Swarasa.
4. After bhavana chakrikas are made and kept in sharava samputa and subjected to One Gaja Puta.

DOSE^[6]: 62.5 mg

INDICATION: Sootika roga, specially in Dhanurvata and Tridoshaja Vyadhi.

PROPERTIES OF EACH INGREDIENTS

INGREDIENT	RASA	GUNA	VIRYA	VIPAKA	DOSHAGNA
1.Swarna Bhasma	Madhura, Kashaya, Tikta	Guru, Snigdha	Sheeta	Madhura	Tridoshahara
2.Rajata Bhasma	Kashaya, Amla	Snigdha, Sara	Sheeta	Madhura	Vata Kapha Shamaka
3.Tamra Bhasma	Tikta, Kashaya	Snigdha	Ushna	Katu	Pitta Kapha Shamaka
4.Pravala Bhasma	Madhura, Amla, Kashaya	Laghu, Snigdha	Sheeta	Madhura	Tridoshahara
5.Shuddha Parada	Shadrasa	Snigdha	-	Madhura	Tridoshahara
6.Shuddha Gandhaka	Madhura, Katu, Tikta, Kashaya	Sara, Snigdha	Ushna	Katu	Kapha Vata Shamaka
7.Abhraka Bhasma	Kashaya, Madhura	Snigdha, Laghu	Sheeta	Madhura	Tridoshahara
8.Suddha Haratala	Katu, Tikta, Kashaya	Snigdha, Guru	Usna	-	Tridoshahara
9.Shuddha Manashila	Katu, Tikta	Snigdha, Guru	Usna	-	Kapha Hara
10.Shunti	Katu	Laghu, Snigdha	Ushna	Madhura	Kapha Vata Shamaka
11.Maricha	Katu	Laghu, Sheet	Ushna	Katu	Vata Kapha Shamaka
12.Pippali	Katu	Laghu, Snigdha,	Anushna sheeta	Madhura	Vata Kapha Shamaka

		Teekshna			
13.Rohini (Katuki)	Tikta	Laghu, Ruksha	sheeta	Katu	Pitta Kapha Shamaka
14.Ravi (Arka) Ksheera	Katu, Tikta	Laghu, Ruksha, Teekshna	Ushna	Katu	Vata Kapha Shamaka
15.Chitraka Moola Kwatha	Katu	Laghu, Ruksha, Teekshna	Ushna	Katu	Kapha Vata Shamaka
16.Punarnava Swarasa	Madhura, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Kapha Vata Shamaka

PROPABLE MODE OF ACTION

1. SWARNA BHASMA

- Tikta and Kashaya Rasa of Swarna Bhasma acts as Krimigna, Rakta-Shodhana and Pittahara. They help control infection, purify blood and reduce inflammation in the uterus.
- Sheeta Veerya of Swarna Bhasma helps to alleviate pitta and inflammation in Uterine tissue.
- Madhura Vipaka supports tissue healing, increases ojas and improves reproductive system nourishment.

2. RAJATA BHASMA

- Kashaya Rasa of Rajata Bhasma helps in wound healing, which is crucial postpartum, especially after delivery-related trauma or perineal tears.
- Kashaya Rasa of Rajata Bhasma aids in digestion and balances agni, which is often weakened after childbirth.
- Sara property of Rajata Bhasma enhances strength and stamina, combating postpartum fatigue and weakness.
- Sheeta Veerya of Rajata Bhasma helps to alleviate pitta and inflammation in Uterine tissue. It also helps to manage postpartum fever and hormonal heat flashes.
- Madhura Vipaka nourishes Dhatus particularly Rasa and Rakta which are often depleted after childbirth.

3. TAMRA BHASMA

- Tikta and Kashaya Rasa of Tamra Bhasma acts as Krimigna and hence prevents infections or sepsis, which is a major concern during the postpartum phase.

- Kashaya Rasa of Tamra Bhasma aids in digestion and balances agni, which is often weakened after childbirth.
- Kashaya Rasa and Katu Vipaka has Lekhana action and helps in removing residual lochia, unexpelled products of conception, and excess Kapha or Medha aiding uterine involution.

4. PRAVALA BHASMA

- Sheeta Veerya and Madhura Rasa of Praval Bhasma is having Pittahara property and helps in normalizing Rakta dhatu, thereby managing raktapradara or excessive lochia.

5. KAJJALI

- Kajjali is having Yogavahi property and therefore enhances the potency and bioavailability of the drugs it is combined with, without altering their qualities.

6. ABHRAKA BHASMA

- Madhura rasa, Snigdha guna and Sheeta veerya of Abhraka Bhasma is having Pittahara property and helps to manage post-delivery inflammation, emotional imbalance and mild bleeding.

7. SHUDDHA HARATALA

- Tikta and Kashaya Rasa of Shuddha Haratala acts as Krimigna, Rakta-Shodhana and Pittahara. They help control infection, purify blood and reduce inflammation in the uterus.

8. SHUDDHA MANASHILA

- Katu, Tikta Rasa and Ushna Veerya of Shuddha Manashila does Deepana-Pachana i.e it restores digestive fire in sootika and improves digestion.
- It does Srotoshodhana i.e it clears blocked channels for proper lochia flow and stanya nirmana.

9. TRIKATU

- It has Deepana-Pachana property i.e it restores digestive fire in sootika and improves digestion.
- Promotes Apana Vata anulomana, aiding lochia clearance.
- Prevents bloating, flatulence and colic.
- Clears clogged srotas, especially stanyavaha srotas preventing stanya dushti or abscess formation.

10. KATUKI

- Tikta Rasa and Sheeta Veerya makes Katuki highly Pittahara, helps in liver cleansing, controlling postpartum jwara and inflammation.
- It is strongly Lekhana helps in removing residual lochia.
- It has Deepana-Pachana property i.e it restores digestive fire in sootika and improves digestion.

11. ARKA KSHEERA

- It has Deepana-Pachana property i.e it restores digestive fire in sootika and improves digestion.
- It has Lekhana property and helps in removing residual lochia.
- It has antimicrobial property and helpful in preventing infections in the postpartum period.

12. CHITRAKA

- It has Deepana-Pachana property i.e it restores digestive fire in sootika and improves digestion.
- It has Lekhana property and helps in removing residual lochia aiding uterine involution.

13. PUNARNAVA

- It does Ama pachana and reduces uterine inflammation and pain.
- Prevents fluid retention, helps in reducing postpartum edema.

DISCUSSION

Sootikabharana Rasa is a classical ayurvedic herbo-mineral formulation specifically indicated for use during the postpartum period. It is formulated to support the physiological recovery of the mother after delivery. It is primarily used to balance aggravated Vata, which is considered the dominant dosha after delivery, and to support digestion (Deepana-Pachana), relieve abdominal pain and promote uterine cleansing. The formulation typically contains ingredients like Shuddha Gandhaka, Tamra Bhasma which has Krimigna properties, helping prevent infections and supporting tissue healing. Shuddha Haratala and Shuddha Manashila has lekha property and helps in removing retained lochia. Swarna Bhasma and Rajata Bhasma acts as a powerful rasayana, enhancing immunity, promoting strength and supporting psychological well-being, which is essential in post-delivery emotional recovery. Trikatu,

Chitraka, Katuki and arka ksheera acts a powerful Deepana and pachana which restores digestive fire in sootika and improves digestion. Punarnava is well known for its mutrala and shothahara effects and hence reduces postpartum swelling.

CONCLUSION

In the Sootika period, the mother's body is in a delicate state marked by Vata predominance, weakened digestion and the need for recovery and rejuvenation. Various ayurvedic rasa dravyas and herbs play a crucial role in balancing aggravated Vata, enhancing digestion and promoting recovery. Shuddha Parada acts as a yogavahi and increase the bioavailability of the drugs it is combined with. Shuddha Gandhaka helps in tissue healing and preventing infections. Shuddha Haratala and Shuddha Manashila aid in cleansing secretions and managing retained lochia. Swarna Bhasma and Rajata Bhasma strengthen the immune and nervous systems while improving mental stability. Tamra Bhasma and Pravaala Bhasma assist in metabolism, anaemia and calcium replenishment. Among herbs, Trikatu, Chitraka, and Katuki stimulate digestion and eliminate ama, while Arka Ksheera supports uterine cleansing and Punarnava reduces postpartum swelling and restores fluid balance. Together, this formulation help in vata-pacification, agni restoration, uterine involution and overall rejuvenation, making them valuable in holistic postpartum care.

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