

## Role of Ayurvedic drugs in the management of manas vikara in sutika related to manovaha srotas.

Mahjabeen<sup>1</sup>, Rama khatavkar<sup>2</sup>, Suryanshu Dutt Sharma<sup>3</sup>, Aishwarya Katara<sup>\*</sup>

<sup>1</sup>P.G. Scholar, Department of Prasuti Tantra evum Stree Roga, VYDSAM, Khurja, Uttar Pradesh.

<sup>2</sup>Professor &

H.O.D., Department of Prasuti Tantra evum Stree Roga, VYDSAM, Khurja, Uttar Pradesh.

<sup>3</sup>Associate Professor,

Department of Kayachikitsa, VYDSAM, Khurja, Uttar Pradesh.

<sup>\*</sup>P.G. Scholar, Department of

Prasuti Tantra evum Stree Roga, VYDSAM, Khurja, Uttar Pradesh.

### ABSTRACT

Sutika Kala is a crucial time for women, thus it requires careful management and attention with a certain food, way of life, and aushadh. Sutika kala is a period from the time of expulsion of placenta till the onset of first menstrual cycle. During this period the women regains her lost strength by Pushti of all the emaciated dhatus and attains her prepregnant state. It is a crucial period for her because she goes through a roller coaster of physical, emotional and hormonal changes. She is highly susceptible to develop manas vikaras during this period because of irregular sleeping pattern, irritability due to lack of sleep, hormonal fluctuations, continuously feeding and looking after the baby, loss of personal space and time, etc. Also during sutika kala vata prakopa occurs, which will cause manovaha srotas dushti leading to formation of manas vikaras like unmada, apasmara, pralapa, moha, etc. Here Ayurveda plays a significant role by giving various paricharyas and aushadhis before, during and after delivery to relieve the women from all the physical and mental strain she has been through during the labour process.

**KEYWORDS:** Manas vikara, sutika, sutika paricharya, sutika kala

### 1. INTRODUCTION

The word “Srotas” comes from the root “Susravana,” which also means to exude, ooze, flow, or filter. Srotas are those through which the materials in the body flow or from which sravana, or flow of the body substances, occurs. Srotas are the channels for the purpose of secretion, conduction and transportation of body constituents. Srotas nourishes body, control metabolic activities and also perform functions of detoxification.<sup>[1]</sup> Manovaha srotas are the channels of consciousness that flow through the mind. Srotas are important in Ayurveda because they make up a system of channels that allow for the body to function optimally.<sup>[2]</sup> There are different types of srotas according to different acharyas but there are two main srotas which is specific in Prasuti tantra and stree roga that is artavaha srotas and stanyavaha srotas but during pregnancy and after giving birth to a child, woman undergoes so much psychological stress which affects it's manovaha srotasa. According to Ayurveda, a woman who has just given birth to a child followed by expulsion of the placenta is called as sutika.<sup>[3]</sup> The postnatal phase is called as Sutika Kala. Postpartum period is an important phase of transition in women's life following childbirth. This period is also known as puerperium, starts following the expulsion of the placenta until complete physiological recovery of

various organ systems when maternal physiological and anatomical changes return to the nonpregnant state.<sup>[4]</sup>

### 1.1 Sutika Manas Vikara

According to Ayurveda there is no clear definition of the categorization of manasaroga in sutika but Kashyapa has described sutika manas vikara while mentioning sutika rogas in dushprajata chikitsa adhyaya and in sutikopakramaniya adhyaya in khillasthana and chikitsasthan. Total four diseases are mentioned over here which are as follows – pralapa, unmada, prajagara and moha.<sup>[5]</sup> Unmada is explained in detail by various authors which is given below, but pralapa, prajagara and moha are not explained as separate diseases by any ayurvedic classics. In charak chikitsasthan, charaka has mentioned pralapa, anidra and moha in vatavyadhi samanya lakshanas.<sup>[6]</sup> It provides us with the idea that vata plays an important role in samprapti of manas vikaras. Hence it is utmost need to bring vata dosha back to its normalcy during the sutika kala by application of sutika paricharya and use of vata shamaka drugs and formulations to prevent sutika manas vikaras.

In the first 3 months after delivery, the incidence of mental illness is high. Overall incidence is about 15-20%. The following are risk factors for postpartum disorders: primigravida; unmarried mother; caesarean sections or other perinatal or natal complications; prior history of psychotic illness, particularly prior history of anxiety and depression; family history of psychiatric illness, neonatal complications, unmet expectations (fetal loss). Postpartum depression (PPD) is the ‘most common complication of child birth.’<sup>[7]</sup>

**Diagnostic criteria for PPD:** Depressed mood, sleep changes, lack of energy, loss of interest, hopelessness, guilt.

### 1.2 Sutika Paricharya and Ayurvedic Drugs

Sutika Paricharya includes mainly three parts Ahara (Diet), Vihar (Lifestyle), and Aushadi (Medicines). Sutika paricharya, or postnatal care, is essential in ayurveda for preventing both physical and mental illnesses.

Pathya and Apathya plays major role to decrease the stress level and maintain healthy state of mind.

#### Pathya<sup>[8]</sup>

1. Sutika should take a long bath with lots of warm water.
2. Water that has been boiled should be used for drinking.
3. Lukewarm water is always used to wash dishes like the parisheka and avagahana.
4. She needs to perform Udarveshtana.
5. According to Desha, Kala, etc., Snehana and Swedana must be performed daily.
6. Kashyapa has specifically indicated Mardana for Sutika.

#### Apathya

1. Anger, stress on the body and mind, etc.
2. Cold drinks, cold alcohol, and cold object
3. Panchakarma is contraindicated in the case of Sutika.

### Benefits of sutika paricharya

1. Strengthen and improves digestion power.
2. Tones muscles, calms nerves and greases all joints.
3. Increase psychological alertness, apparent thinking and emotional steadiness.
4. Helps woman's body reserve into her normal shape.
5. Effortless lactation and more restful feeding.

## Ayurvedic postnatal care( Sutika paricharya)



- ✿ Initial 45 days are known as sutika Kaal(Postpartum period).
- ✿ New mothers digestion is weak, vayu is increased, strength and immunity is low.
- ✿ Light, warm, cooked and fresh food to be given to new mother.
- ✿ Complete rest, oil massage and warm water bath.

### Ayurvedic medhya drugs:<sup>[9]</sup>

1. Mandukaparni (Centella asiatica Linn. Family – Umbelliferae)
2. Yastimadhu (Glycyrrhiza glabra Linn., Family – Fabaceae)
3. Guduchi (Tinospora cordifolia Willd. Miers, Family – Menispermaceae)
4. Shankhapushpi (Convolvulus pleuricaulis Chois. Family – Convolvulaceae)
5. Jyothishmati (Celastrus panniculata Willd. Family – Celastraceae)
6. Kushmanda (Benincasa hispida Thunb. Cogn. Family – Cucurbitaceae)
7. Vacha (Acorus calamus Linn., Family – Araceae)
8. Jatamamsi (Nardostachys jatamansi DC., Family – Valerianaceae)



## MATERIALS AND METHODS:

Ayurvedic classical texts such as Charaka Samhita, Sushruta Samhita, Vagbhata Samhita, Kashyapa Samhita etc., published books, research journals and modern science literature are reviewed to collect the data.

## DISCUSSION

In Ayurveda, the care of mothers is valued at every stage of their lives, but especially during pregnancy and after delivery. Women are physically and mentally exhausted after giving birth, and on the other, they lose blood and body fluids during delivery, which causes them to become weak or malnourished. Due to blood loss and other significant bodily Dhatus, this may further deteriorate during delivery and puerperium. They must therefore receive special attention and appropriate care both during pregnancy and puerperium. The woman becomes extremely weak as a result of the foetus' growth, the body's instability, the strain of labour, and the excretions of blood and moisture. After taking the right prenatal care, a woman regains all of her mental stability, lost possessions and becomes pregnant.<sup>[10]</sup> Ayurveda can be used for prevention of such a situation by use of sutika paricharya which not only relieves physical stress and pain of the puerperal woman but also relaxes her mentally by pacifying the doshas. Furthermore, use of Ayurveda drugs and formulations told in manas rogas can be used in the management of sutika manas vikaras.

## CONCLUSION

In sutika kala, proper sutika paricharya causes complete involution of uterus and other pelvic organs, so that they reach to their pre-pregnant state. Aim of puerperium is to maintain maternal and infant health, preventing any complication and to establish infant feeding. Mental illness during this period can have long-lasting effects on the mother, her child, her relationships with her husband and other family.

members. Early detection and diagnosis are crucial. So Sutika paricharya and Ayurvedic Medhya drugs are very effective during post natal care to prevent puerperal psychosis in woman.

### ACKNOWLEDGEMENT

Sincerely thankful to the Department of Prasuti Tantra Evum Stree Roga , VYDS Ayurveda Mahavidyalaya, Khurja, U.P. for providing the facilities to carry out this paper work.

### REFERENCE

1. [www.wjpmr.com](http://www.wjpmr.com) Dr. Gajanan Sopanrao Wayal et.al, Ayurveda concepts of srotas and their physiological role in body, 2021.
2. <https://naya-ayurveda.com/node/134>, Tara Levelle, Manovaha Srotas and the Manasa in Ayurveda.
3. Acharya Kashyapa, Kashyapa Samhita with Vidyotini Hindi Commentary by Shrisatyapal Bhashagacharya, Khil Sthana, 11/3, 8<sup>th</sup> edition, Chaukhambha Sanskrit Sansthan, Varanasi, 1988, p. 304.
4. DC Dutta's textbook of obstetrics, Hiralal Konar, 10<sup>th</sup> edition, Jaypee brothers medical publisher, New Delhi, 2023,pg no. 139.
5. Premavati Tiwari, Ayurveda Prasuti Tantra evam stree Roga, part 1, 2<sup>nd</sup> ed., Chaukhambha Orientalia Varanasi.1999;p.559.
6. Acharya Charaka, Charaka Samhita with Vidyotini Hindi Commentary by Acharya Kasinath Shastri and Gorakhnath Chaturvedi, Chikitsa Sthana 20-23/28, Revised edition, Chaukhambha Bharati Academy, 2020,pg.710.
7. DC Dutta's textbook of obstetrics, Hiralal Konar, 10<sup>th</sup> edition, Jaypee brothers medical publisher, New Delhi, 2023,pg no. 417.
8. Premavati Tiwari, Ayurveda Prasuti Tantra evam Stri Roga, part 1, 2<sup>nd</sup> ed., Chaukhambha Orientalia Varanasi.1999;p.551.
9. Prof. P.V. Sharma, Dravyaguna Vijnana, Volume 2, Chaukhambha Bharati Academy, Varanasi, 2015,pg no. 3-17.
10. Gupta Atridev. Editor 1st ed. Varanasi; Oriental publishers, Astanga Sangraha. 1993;1:288.