

**VARIOUS TRADITIONAL PRACTICES OF MEDICATED WATER IN SUTIKA-PARICHARIYA  
WSR TO POSTNATAL CARE**

**Dr. Vipin Chourasiya\*, Dr. Muraree Girare, Dr. Rajesh Kumar Prajapati**

<sup>1</sup>AMO, Department of Dravyaguna Govt. Ayurveda College Rewa M.P.

<sup>2</sup>Assistant Professor, Department of Kayachikitsa, Govt. Ayurveda College Rewa M.P.

<sup>3</sup>Assistant Professor, Department of Kayachikitsa, Govt. Ayurveda College Rewa M.P.



\*Corresponding Author: Dr. Vipin Chourasiya

AMO, Department of Dravyaguna Govt Ayurveda College Rewa M.P.

Article Received on 12/07/2025

Article Revised on 01/08/2025

Article Accepted on 20/08/2025

### ABSTRACT

In Ayurveda and traditional ways of treatment, medicines as well as naturally occurring substances are being used since ancient time. The medicated water is being practiced in post-natal phase of women's life since years ago. Postnatal period is an important phase of transition in women's life. It is the period after delivery of conceptus when maternal physiological and anatomical changes return to the nonpregnant state. Ayurveda and various traditional texts have described in details about the postnatal period and care for this period under the title Sutika Paricharya. There is need to summarize commonly used formulations in one place for proper use. In this article six different formulations are documented with drugs like dashmoola, lavanga, kamarkash, Khadira etc.

**KEYWORDS:** Post natal care, medicated water, Sutika, Dashmoola and Kamarkash.

### INTRODUCTION

Ayurveda gives importance to care of women at every phase of life especially in antenatal as well as postnatal care (Sutika). A Postnatal period according to various acharyas is up to 45 days.<sup>[1]</sup> after expulsion of placenta. According to ayurveda the changes occur in women after delivery are- i) weakened Agni (digestive power), ii) Vaat Dushti, iii) Dourbalya (Generalized Debility), iv) Psychological changes, v) Anatomical and physiological changes of Reproductive system, vi) Rakta kshaya (Blood loss).<sup>[2]</sup>

With the help of medicated water Acharyas are targeted i) To facilitate uterine involution, ii) To improve the physiological function of Uterus, Ovary, and Pituitary, iii) To stop excessive bleeding, iv) To improve Agni and manage Vata. In Indian Tradition various kind of medicated water (Siddha Jala/ Aushadhi Yukta Udak) are practicing in different regions of Indian sub-continent.

### MATERIAL AND METHODS

According to various Ayurvedic References and information collected from telephonic conversation with various practitioner of ayurveda and traditionally trained old aged women practicing in the field of obstetrics are mentioned below:

- i) Sutika Dashmool
- ii) Dashmool Kwath Dravya Siddha Udaka
- iii) Palash Tvak (Kamarkash), Sunthi, Babul Tvak, Khadir Saar Saadhit Jala
- iv) Lavang, Jeeraka, Aajmoda, Poogphalam Saadhit Jala
- v) Jeerakodak
- vi) Sunthi Siddha Jala

#### 1. Decoction of SUTIKA DASHMOOL<sup>[3]</sup>

This combination is mentioned in Bhaishajya Ratnavali Sutikarog Chikitsa Prakarna. The decoction is prepared from coarse powder of these drugs by adding 64 times water and boiling it until the quantity is reduced to one-half, which is used while thirst occurred.

Ingredients:

Sanskrit name	Scientific name	Quantity
1. Prishnaparni	Root of Uraria picta	One part
2. Bruhati	Root of solanum indicum	One part
3. Kantkari	Root of Solanum xanthocarpum	One part
4. Gokshur	Root of Tribulus terrestris	One part
5. Shalparni	Root of Desmodium gangeticum	One part
6. Prasarni	Root of Paederia foetida	One part

7. Sunthi	Rhizome of Zingiber officinalis	One part
8. Guduchi	Root of Tenospora cordifolia	One part
9. Sahachar	Root of Barleria prionitis	One part
10. Musta	Rhizome of Cyprus rotundus	One part

This yoga is commonly practised among Ayurvedic Physician in Sutika Charya which helps to correct vitiated Vata, improve digestive fire and stop vaginal bleeding.<sup>[4]</sup>

## 2. Decoction of Dashmool Kwath<sup>[5]</sup>

This combination is mentioned in Bhaishajya Ratnavali Sutikarog Chikitsa Prakarna. The decoction is prepared from coarse powder of these drugs by adding 64 times water and boiling it until the quantity is reduced to one-half, which is used while thirst occurred.

Ingredients:

Sanskrit name	Scientific name	Quantity
1. Prishnaparni	Root of Uraria picta	One part
2. Bruhati	Root of solanum indicum	One part
3. Kantkari	Root of Solanum xanthocarpum	One part
4. Gokshu	Root of Tribulus terrestris	One part
5. Shalparni	Root of Desmodium gangeticum	One part
6. Patla	Root of Stereospermum suaveolens	One part
7. Gambhari	Root of Gmelina arborea	One part
8. Shyonak	Root of Oroxylum indicum	One part
9. Bilwa	Root of Aegle marmelos	One part
10. Agnimanth	Root of Clerodendrum phlomidis	One part

This formulation is commonly practised among Ayurvedic Physician in Sutika Charya which helps to correct vitiated Vata, improve digestive fire and manage inflammation of reproductive system as well as relieve lower back pain associated during post-Natal period.<sup>[6]</sup>

## 3. Palash Tvak (Kamarkash), Sunthi, Babul Tvak, Khadir Saar Saadhit Jala

The Decoction of this combination is commonly practised in Northern region (Rajasthan, Uttarpradesh, Madhyapradesh etc.). The decoction is prepared from coarse powder of these drugs by adding 64 times water and boiling it until the quantity is reduced to one-half, which is used while thirst occurred.

Sanskrit name	Scientific name	Quantity
Palash (kamarkash)	Bark of Butea monosperma	One part
Sunthi	Rhizome of Zingiber officinale	One part
Babul	Bark of Acacia nilotica	One part
Khadir Saar	Heartwood of Acacia catechu	One part

This decoction can help to promote healing of uterus and facilitate uterine involution, reduces Inflammation, reduces pain in Lower Abdomen, stop excessive bleeding and improve digestion.<sup>[7]</sup>

## 4. Lavang, Jeeraka, Aajmoda, Poogphalam, Khadir Saadhit Jala

The Decoction of this combination is commonly practised in Eastern region (Bihar, U.P, M.P Assam, etc.) The decoction is prepared from coarse powder of these drugs by adding 64 times water and boiling it until the quantity is reduced to one-half, which is used while thirst occurred.

Sanskrit name	Scientific name	Quantity
Lavang	Flowerbud of Syzygium aromaticum	One part
Jeerak	Seeds of Cuminum cyminum	One part
Aajmoda	Seed of Apium graveolens	One part
Poogphalam	Fruit of Areca catechu	One part
Khadir Saar	Heartwood of Acacia catechu	One part

This decoction can help to facilitate uterine involution, reduces Inflammation, reduces pain in Lower Abdomen,

stop excessive bleeding, improve digestion and regulate vata which help in reducing lower back pain.

**5. Jeerakodak**

The Decoction of this combination is commonly practised in Various Regions of India. The decoction is

prepared from coarse powder of these drugs by adding 64 times water and boiling it until the quantity is reduced to one-half, which is used while thirst occurred.

Sanskrit Name	Scientific name	Quantity
Jeerak	Seed of Cuminum cyminum	One part

This decoction can help to facilitate uterine involution, reduces Inflammation, reduces pain in Lower Abdomen, improve digestion and regulate vata which help in reducing lower back pain.

**6. Sunthi Siddha Jala**

The Decoction of this combination is commonly practised in Southern region. The decoction is prepared from coarse powder of these drugs by adding 64 times water and boiling it until the quantity is reduced to one-half, which is used while thirst occurred.

Sanskrit Name	Scientific name	Quantity
Sunthi	Rhizome of Zingiber officinale	One part

This decoction can help to facilitate uterine involution, reduces Inflammation, reduces pain in Lower Abdomen, improve digestion and regulate vata which help in reducing lower back pain.<sup>[8]</sup>

**CONCLUSION**

There are numerous popular practices of medicated water used by ayurveda physician and traditional practitioners for Post natal care. Some popular formulations are included in this article. These formulations are commonly used for management of hazards related to post-natal period i.e. to improve immunity, to reduce inflammation, to reduce body pain, to support body natural healing process, to improve psychological support, to stop excessive bleeding, to improve digestion, to promote lactation, and to regulate vata. It also addresses both physical recovery and emotional well-being, helping, particularly after a cesarean section.

**REFERENCES**

1. Shivprasad sharma, editor. Ashtangsamgraha of vridha vagbhata, Sharira sthana; chapter 3, verse 37. Varanasi, Chaukhamba Sanskrit series; 1St edition, p. 296.
2. Prof PV Tiwari, Ayurvediya Prasutitantram evam Striroga part 1 pub choukhambha Orientalia Sanskrit Sansthanam Varanasi Edi 2003.
3. Kaviraj Shri Govind Das Sen, editor Bhaishjya Ratnavali, chapter no 69, Sutikarogachikitsa prakarnam; verse 12, Varanasi, Chaukhamba Sanskrit series; p. 582.
4. <https://ijaas.org.in/Download/Journals/Vol%203%20No%201%202017/Shachi%20Verma.pdf>
5. Kaviraj Shri Govind Das Sen, editor Bhaishjya Ratnavali, chapter no 8, Sutikarogachikitsa prakarnam; verse 12, Varanasi, Chaukhamba Sanskrit series; p. 581.
6. <https://www.jaims.in/jaims/article/view/4613>
7. [https://www.researchgate.net/profile/SalahAlchalabi/publication/323682256\\_Evaluation\\_of\\_the\\_Activity\\_of\\_Crude\\_Alkaloids\\_Extracts\\_of\\_Zingiber\\_officinal\\_e\\_Roscoe\\_Thymus\\_vulgaris\\_L\\_and\\_Acacia\\_arabica](https://www.researchgate.net/profile/SalahAlchalabi/publication/323682256_Evaluation_of_the_Activity_of_Crude_Alkaloids_Extracts_of_Zingiber_officinal_e_Roscoe_Thymus_vulgaris_L_and_Acacia_arabica)

- [\\_L\\_as\\_Coagulant\\_Agent\\_in\\_Lab\\_Mice/links/5aa3d753aca272d448b7a856/Evaluation-of-the-Activity-of-Crude-Alkaloids-Extracts-of-Zingiber-officinal-Roscoe-Thymus-vulgaris-L-and-Acacia-arabica-L-as-Coagulant-Agent-in-Lab-Mice.pdf](https://www.researchgate.net/publication/323682256_Evaluation_of_the_Activity_of_Crude_Alkaloids_Extracts_of_Zingiber_officinal_e_Roscoe_Thymus_vulgaris_L_and_Acacia_arabica_L-as-Coagulant-Agent-in-Lab-Mice)
8. [https://journals.lww.com/jras/abstract/2019/03040/ci\\_nical\\_evaluation\\_of\\_the\\_efficacy\\_of.5.aspx](https://journals.lww.com/jras/abstract/2019/03040/ci_nical_evaluation_of_the_efficacy_of.5.aspx)