

PREVENTION OF SUTIKA-MAKKAL BY ORAL ADMINISTRATION OF KATU – NIMB KWATH

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ABSTRACT: Sutika makkal, the post delivery complication frequently occurring in women, is associated with the accumulation of blood in the uterus due to various reasons. Traditionally the Katu-Numb kwath is used for treatment of the condition. A study was carried out in 50 patients with history of complications in the delivery. They were grouped in two, one receiving the katunimb kwath and other remain as control. The treated group was relieved of the symptoms with significant results.

INTRODUCTION

Post delivery complications of ‘Sutika Makkal’ have been described in Sushrut Sharir Adhyay-10 (1). After delivery the blood does not flow out but returns due to dhatukshinata, vayu-prakopa, dryness of body or due to no availability of drugs required for shodhan done after delivery or retains in the uterus after delivery due to obstructed pathway. (2) This results in the uterus getting stretched due to haematoma causing severe discomfort, pain below umbilical and bladder region, abdomen and cardiac region. At times the pain is so severe that a prickly sensation with a possibility of tearing of bowel or its perforation. These are associated with flatulence and retention of urine. This condition is generally referred to as the “Makkal”. Sometimes this accumulated blood gets infected with virus and abscess can also form.

Treatment of sutika-makkal by katu-nimb kwath has not been described in the Ayurvedic texts, but it is a practice in India homes to treat such condition with katu-nimb kwath. Nimb (*Azadirachta indica*) has been traditionally used in various diseases. There are plenty of references in the

literature describing use of nimb and its parts. (3) Ayurveda described it as vrunapachana, vrunashodhan, kandughna and putihar. (4) Due to these properties only nimb is useful in uterus shodhana being practiced commonly in Indian homes. Literature survey revealed that no scientific evaluation of this treatment was done. Hence to scientifically assess the efficacy of this home remedy, the present study was carried out.

MATERIALS AND METHODS

Nimb (*Azadirachta indica*) leaves were collected from the surrounding area of Podar Ayurved College Mumbai. They were cleaned and washed to remove the dirt and other adhered materials and was used for the preparation of kwath

PREPARATION OF KWATH

30 grams of Katu-Nimb leaves were boiled in about 240ml of water (eight times) until 1/8 th of the volume remains i.e about 30ml. kwath was administered to the patients in fresh.

SELECTION OF PATIENTS

50 patients with history of complications in the deliveries were selected for the study from amongst the patients attending in patient of the department, Different age group and different parity patients were selected for the study, avoiding the patients with complications like hypertension, PPH etc. Age and parity wise classification of patients is given in Table no: 1.

Selected patients were divided into two groups of 25 patients each. To patients of first group, the 30ml of katu-Nimb kwath was administered early in the morning on empty stomach, from day first of their delivery. The other group of patients were observed for their pervaginal bleeding quantity, consistency, pain in abdomen and size of the uterus for three further days. These parameters were graded as 3+for excessive bleeding, 2 for moderate and 1 for minimum bleeding. Similar were the points given for other parameters

RESULTS AND DISCUSSION

Effect of administration of Katu-Nimb observed on the per vaginal bleeding quantity, consistency, pain in abdomen and the size of the uterus, in the patients of treated and control group are represented graphically in Figure no. 1 to 4 respectively.

REFERENCES

1. Sushrut Sharir Adhyay 10/12
2. Charak samhita Dalhan Tika
3. Sushrut Sharir Sthana Adhyay 10/12 (Tika)
4. Dravya guna Vijnan by Priya Vrat Sharma.
5. Dravya duna Vijnan by Vd. Javalgekar

It was observed that the per vaginal bleeding quantity in patients form treated group was almost same for first day and was reduced in subsequent days. Proportion of decrease was more in treated than the control placebo treated group. The other parameters also exhibited more or less the similar pattern i.e reduction in consistency, pain in abdomen and size of the uterus form second day onwards.

Studies revealed that in first group as compared to second group severity of symptoms was less on first day and gradually lessened out. In the control group patients the abdominal pain persisted on the third day also, the quantity of vaginal bleeding and size of uterus were not much effected by it. Moreover, there were no complications noted by the drug dosage. The patients easily consumed the kwath, with any difficulty.

The results obtained are satisfactory efficacy and proved the traditional use of nimb kwath for the sutika-makkal. Nimb a miraculous drug attributed with variety of therapeutic and other effects. It is described in Ayurveda to be of Tikta and kashay rasa, katu vipaka and sheet veerya. The observed of nimb kwath may be due to the kashay rasa and its analgesic activity.

Table - 1
AGE WISE

PARA	15-20 YEARS	21-25 YEARS	26-30 YEARS	31-35 YEARS	TOTAL
PRIMI	7	3	0	1	11
2ND	4	14	1	0	19
3RD	2	3	10	2	17
4TH	0	0	2	1	3
TOTAL	13	20	13	4	50

Fig - 1

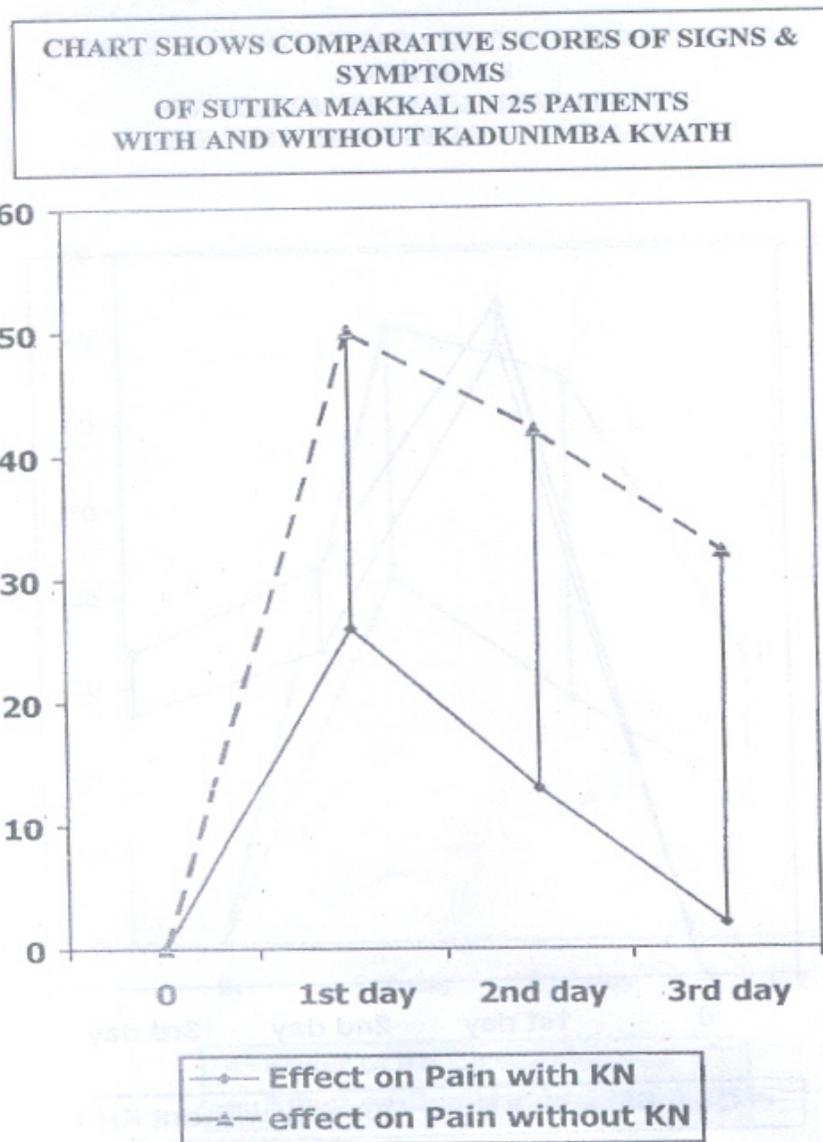


Fig - 2

CHART SHOWS COMPARATIVE SCORES OF SIGNS & SYMPTOMS OF SUTIKA MAKKAL IN 25 PATIENTS WITH AND WITHOUT KADUNIMBA KVATH

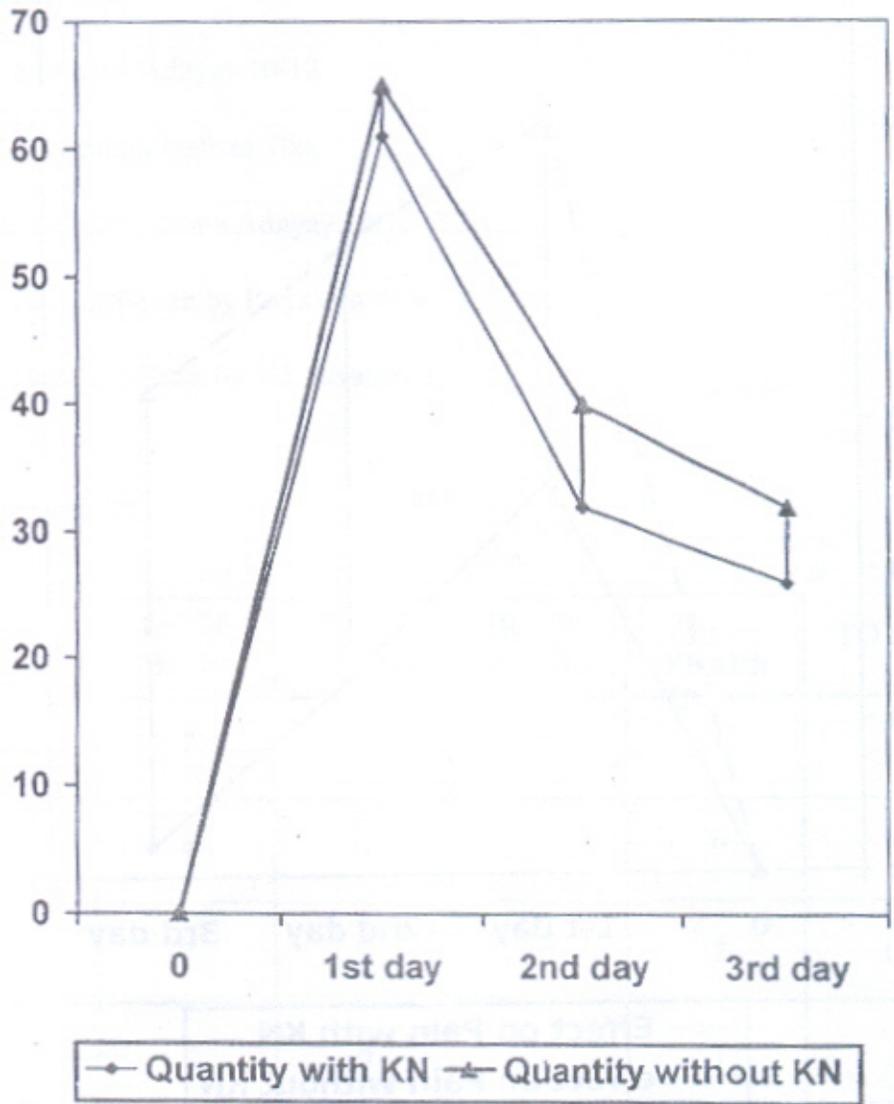


Fig - 3

CHART SHOWS COMPARATIVE SCORES OF SIGNS & SYMPTOMS OF SUTIKA MAKKAL IN 25 PATIENTS WITH AND WITHOUT KADUNIMBA KVATH

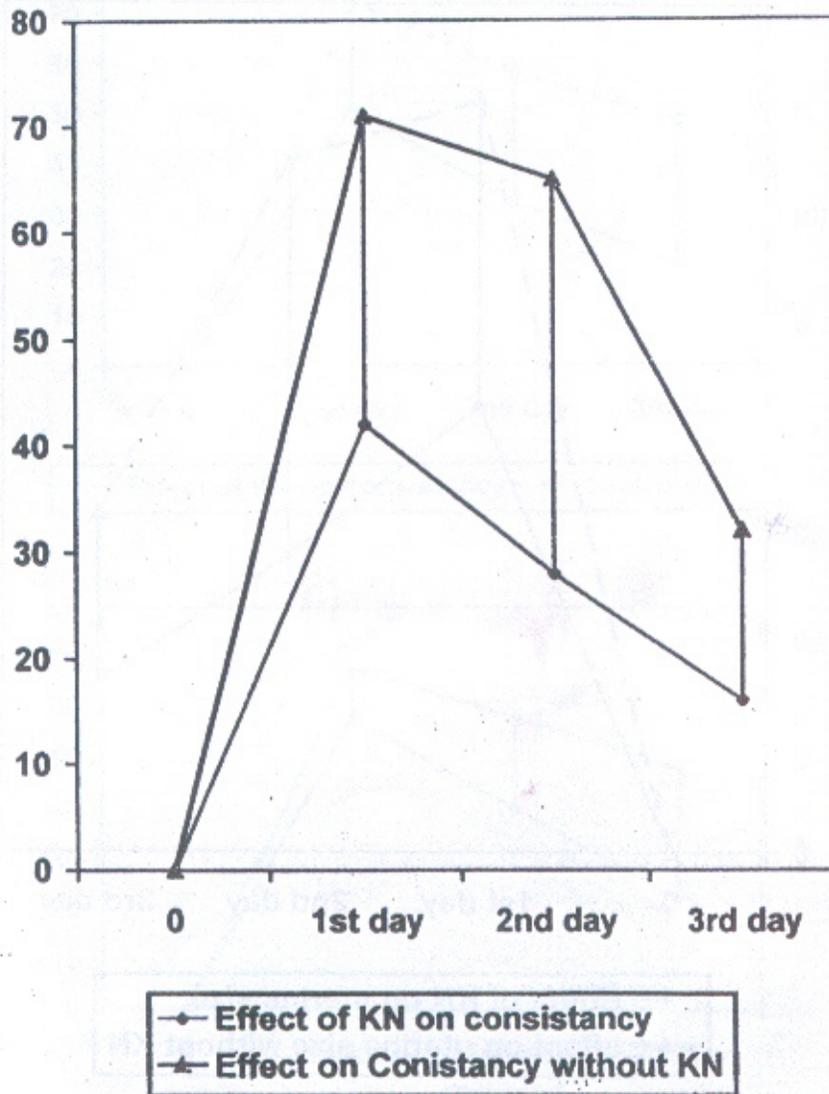
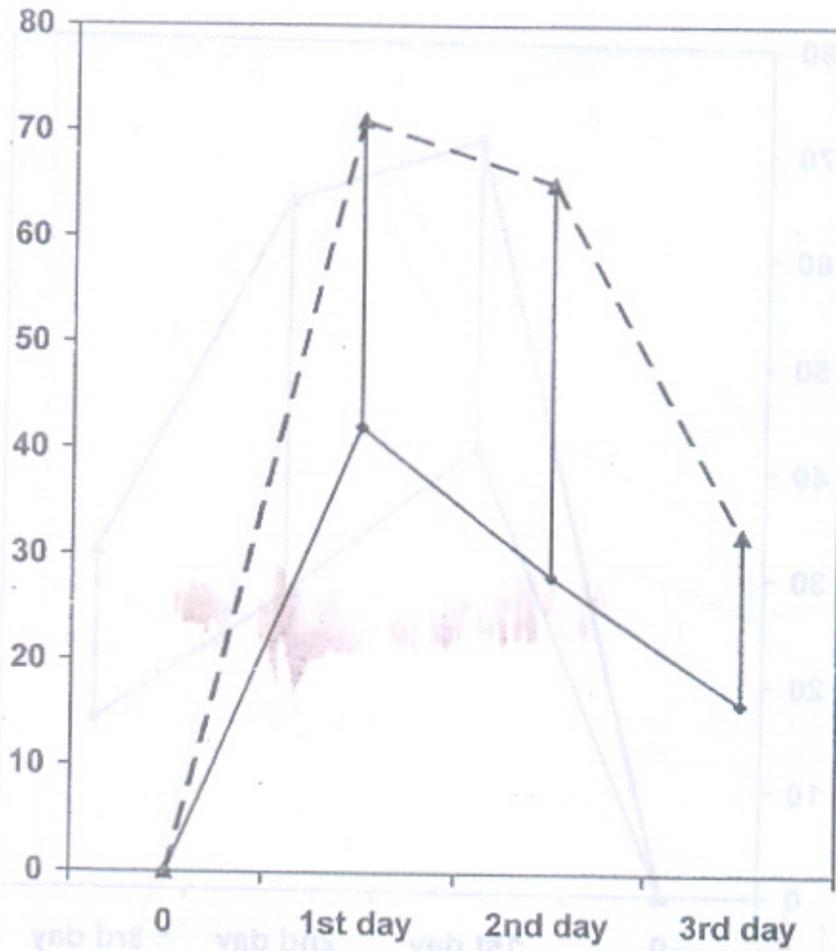


Fig - 4

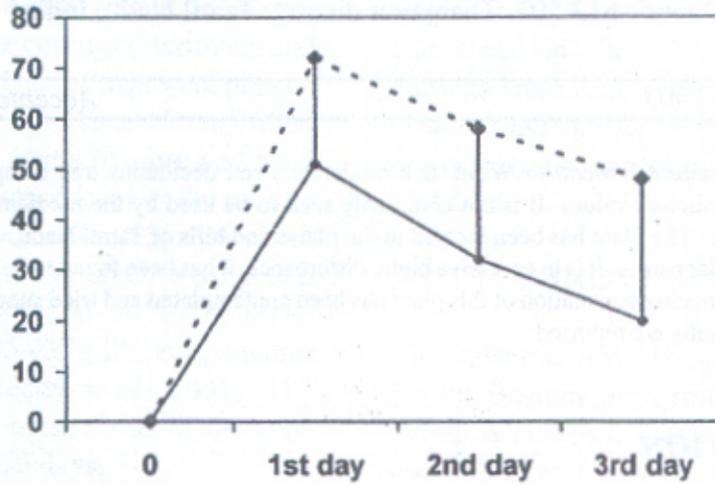
CHART SHOWS COMPARATIVE SCORES OF SIGNS & SYMPTOMS OF SUTIKA MAKKAL IN 25 PATIENTS WITH AND WITHOUT KADUNIMBA KVATH



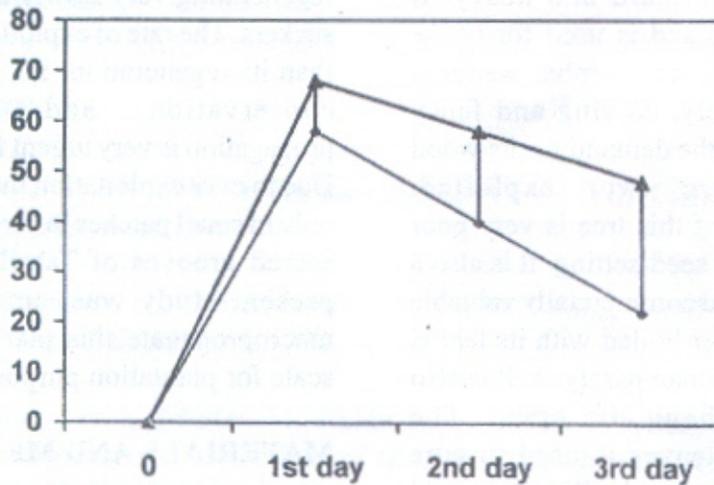
● Effect of KN on uterine size
▲ effect on uterine size without KN

Fig - 5

CHART SHOWS COMPARATIVE SCORES OF SIGNS & SYMPTOMS OF SUTIKA MAKKAL IN 25 PATIENTS WITH AND WITHOUT KADUNIMBA KVATH



◆ Effect of KN on consistency - ◆ control study



◆ Effort of KN on Ut size ▲ Control Studies