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REVIEW ON SUTIKA MAKKALLA

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ABSTRACT

Woman is single one creation of the world which has potency of making new era. The caring of women is prior responsibility of society. Especially when woman create a new generation. During pregnancy and after delivery some extra care is needed to prevent any miss happening. Ayurveda not only emphasized for extra care of a pregnant woman at this time but also advised medical treatment of *Sutika Jwara, Makkalla Shoola, Yonibhramsha, Yonikshata* etc.^[1] *Sutika makkalla*, post delivery complication frequently occurring in woman, is associated with the accumulation of the the blood in the uterus due to various reasons.^[3]

An uneventful Pregnancy, Delivery and *Sutika Kala* is the desire of every woman. When the lady does not follow the proper *Sutika Paricharya*, then it leads to various *sutika vyadhis*. *Sutika Makkalla* is one among them. It occurs due to aggravation of *vata dosha* and incomplete evacuation of the *prajananashonita* after *Prasava*. *Makkalla* is a *shoolapradhana vyadhis* occurring during *Sutikavasta*. *Sutika Makkalla* mentioned by ayurveda acharyas can be compared with after pain during puerperal period. Prevalance of disease is 4-10%. The incidence of this is less in Primigravida Compared to Multigravida. Primigravida has a better uterine muscle tone and uterus tends to contract and stay contracted rather than intermittently relaxing and then contracting again. Breast feeding can bring on these cramps more intense because the sucking act itself triggers the oxytocin hormone to cause contraction which leads to severe pain. *Makkalla* explained in ayurveda classics has a symptoms of *Shoola* in *Nabhi, Basti, Shiras, Kostha*. If left untreated it undergoes *Paka* and produces *Rakta Vidhradhi*.^[4]

In our society most of time puerperal pain gets neglected as considering it is normal after expulsion of product of conception, so this study help in the management of *sutika makkalla shoola*. Drugs used by acharyas for management of *sutika makkalla* are *ushnagunatmaka, vatashamaka, shoolahara, balya, garbhashaya shodhakaproperties*, which helps to cure *dhatukshaya, vatavridhi, shoola, dourbalya* etc.

Keywords: *Sutika, Makkalla, Shoola, Ayurveda.*

INTRODUCTION

Delivery is normal physiological phenomenon during the life of women. In order to cope with the incidence, lots of physiological changes occur during this period. Proper restoration of body physiology is the aim of *sutika paricharya*. Proper management of *sutika* and *sutika vyadhis* have been described in various ayurvedic texts. A woman has just given birth to a baby along with placenta is called "*sutika*" in ayurveda and "puerperal woman" in modern science. Thus the word puerperal means to give birth to a child and puerperium is the period from the termination of labour to complete involution of uterus usually 42 days or 6 weeks. The postpartum period or puerperium starts about an hour after the delivery of placenta and includes the following six weeks. By six weeks after the delivery, most of changes of pregnancy, labour and delivery has resolved, and body has reverted to the non-pregnant state. The post partum period is very special phase in the life of woman. Her body needs to heal and recover from pregnancy and child birth. A good post partum care and well balanced diet during puerperal period is very important for the health of woman.^[2]

The post delivery period is a very crucial phase in a woman's life. Ignorance about proper care, excessive concern about the child and an inability to cope with motherhood may lead to post natal disorder and even depression. ^[5]

Makkalla is *asadhya lakshana* of *mudhagarbha*. *Makkalla* is *shoolapradhana vyadhi* occurring during the *sutikavastha*. It is listed as one among the 74 disease occurring in *sutika*. The root word for *makkalla* is "*makka*" which means "to go" or "to move".^[6] *Makkalla* is of two types 1] *garbhini makkalla* 2] *prasuti makkalla* or *sutika makkalla*.^[7]

Post delivery complication of "*sutika makkalla*" have been described in *sushrut shariradhyaya* 10. After delivery blood does not flow out but returns due to *dhatukshinata*, *vayuprakopa*, dryness of body or due to no availability of drugs required for *shodhana* done after delivery due to obstructed pathway. This result 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 possibility of tearing of bowel or its perforation. These are associated with flatulence

and retention of urine. This condition generally referred to as the *makkalla*. Sometimes this accumulated blood gets infected with virus and abscess can also form.^[3]

Pain is an unpleasant phenomenon that is uniquely experienced by each individual; it cannot be adequately defined, identified or measured by an observer. Pain is only due to *vata dosha*. Per vaginal bleeding quantity is regulated by *apana vayu*, since it plays a vital role in *dharana* and *nishkramana* of *raja*. Vitiating of *apana vayu* therefore leads to *sashoola raja pravritti*. [Ash.H.Su 12/7].

The common line of treatment for *vata dosha* in *sutika makkalla shoola*; according to Ayurveda is *vata shamana* and *garbhashaya shodhana* to expel out the *avaruddha rakta*.^[8] In Ayurvedic classics various treatments are mentioned for *sutika makkalla*.

OBJECTIVE -

To study in detail about *sutika makkalla*.

MATERIALS AND METHODS-

Various Ayurveda classics and studies published in journals related to *sutika makkalla* are reviewed and analyzed.

Disease Review

Ayurved

Makkalla is a *shoolapradhanavyadhi* occurring during the *sutikavastha*, so

Sutika^[9]

सूतायाश्चापि तत्र स्यादपरा चेन्न निर्गता।

प्रसूता अपि न सूता स्त्री भवत्येव गते सति ' II

(K.Khila.11.6)

A woman who has just given birth to a child followed by expulsion of the placenta is called as *Sutika*. Only after the expulsion of the placenta the lady is called as the *Sutika*. In almost all the *samhitas*, the *acharyas* have mentioned the specific management of *sutika* only after the expulsion of placenta.

Nirukti (definition)^[9]

Sutika word is derived from-

‘सुक्त स्वार्धे क अतद्धूत्वम।

स्त्री, सद्यः प्रसुताया स्त्रियां ।

It means, a woman who recently delivered. She is also called as “*Nava prasuta, prasutika, prasuta, sadyahprasuta, janayatri*” etc.

Sutika-Kala [9,10]

Duration(Kala-maryada)

This is the phase of regaining the lost strength and attaining pre-pregnant state for the woman after the strenuous and lengthy process of the child bearing and labour by regulating the dietics and mode of life and undergoing specific procedures and medications.

- Charaka has not given any definite duration as well as specific regimen for the management for *sutika*.
- Sushruta and Vagbhat, the time period for *sutika* is said to be 1 and ½ month or until she gets her menstrual cycle after labour.
- In case of *mudhagarbha*(obstructed labour) a four month time period can be considered as *sutikakala* for the subsidence of complications and aggravation of *doshas*.
- According to Kashyapa, the *sutikakala* is said to be six months as the *dhatu*s like *rakta* will resume to their original state by this time and after analyzing the status of *dosha* and *dhatu* only the treatment pattern should be considered.
- *Bhavaprakasha* and *Yogaratanakara* describes either after 1 and ½ months or after restoration of menstrual cycle she can be free from diet and code restrictions. In case of complicated labour after subsidence of complications and aggravated *doshas* she should be free from regimen.

Implication of *Sutika Kala* [9,10]

- *Adyardha masa* or 45 days is a well accepted period of *sutikavastha* in uncomplicated, normal delivery cases.
- One of the criteria being *artava darshan*, i.e. till reappearance of the menstruation she is called as *sutika* represents normalcy of female genital tract.
- *Pathya* based on *ahara* and *vihara* i.e. intercourse etc to be followed by *sutika*, can be considered up to six months.
- Four months duration is necessary in case of *prasutiviyapad* and for the *doshas* to return to normal state.
- Four months duration of *sutikavastha* is also considered after delivery of a *mudhagarbha* as it is associated with invasive techniques and trauma.

Sutika roga^[11]

Kashyapa has described *Sutika rogas* at two places-35 in *Dushprajata chikitsa adhyaya* and 64 in *Sutikopakramaniya adhyaya*, 25 diseases are same at both the places. In total 74 different types of *Sutika rogas* are mentioned there.

Makkalla is mentioned in the *Sutikopakramaniya adhyaya* of Kashyapa.

Sutika makkalla^[6,7]

‘गर्भकोशपरासङ्घो. मक्कलो योनिसंवृत्तिः।

हन्यात् स्त्रियं मूढगर्भोयथोक्ताश्चाप्युपद्रवा’ || (S.Su. 33:13)

Garbhakosha- parasanga, makkalla, yoni-samvrita are the *asadhya lakshanas* of *Mudha garbha*.

‘मक्कलो रक्तमारुजः शूलविशेषः ।स द्विविधो भवति ।एको गर्भविस्थायां ,अपरः सूतिकावस्थायाम इति ’ |

(Sharnga I. 7:181 Adhmalla)

Makkalla is *ashulapradhana vyadhi* occurring during the *sutikavastha*. It is listed as one among the 74 diseases occurring in *sutika*. The root word *makkalla* is “*makka*” which means “to move” or “to go.” It is a term used to denote a pain produced due to *vata* and *shonita* due to incomplete evacuation of the *prajananashonita* in the *sutikavastha*, *Shabdakalpadhruma* defines *makkalla* as a

“*makkamgamanamatyantikagatimmaranamlatiadateeyojayateetyartah shularoga-visheshah*”.

प्रजातायाश्च नार्या रूक्षशरीरायास्तीक्ष्णेरविशोधितं रक्तं वायुना तदेशगतेनातिसंरुद्धं नाभेर धः पार्श्वयोबस्तौ बस्तिशिरसी वा ग्रथी करोति ; ततश्च नाभीवस्त्यूदरषुलानी भवन्ति , सूचीभिरव निस्तुद्यते भिद्यते दीर्यते इव च पक्काशयः , समान्तादाधमानमुदरे मुत्रसंगश्च भवतीति मक्कललक्षणम् ।

(S. Sha. 10:22)

Dalhana comments that the *makkalla* occurs during pregnancy and puerperium both stages. In pregnant women during delivery, the fetus after getting detached from the bonds in the uterus, descends and gets fixed in the yoni and obstructs the flow of the blood discharged from uterus which undergoes pachyamana i.e. metabolism. This condition is known as *Makkalla*.

It is of two types-

‘मक्कलो रक्तमारुजः शूलविशेषः ।स द्विविधो भवति ।एको गर्भावस्थायाम्, अपरः सुतीकावस्थायाम् इति ।तद्यथा - मानसागन्तुभिरुपतापेः प्रपिडीतो यो गर्भः कुक्षौ वेदना जनयति स गर्भमक्कलः ।’

(Sharnga. I. 7:181;Adhamalla)

- *Garbhini makkalla*
- *Prasuti makkalla or sutika makkalla*

Causes of *sutikamakkalla*^[7]

‘प्रजातायश्च नार्या रूक्षशरीरायास्तीक्ष्णेरविशोधितं रक्तं वायुना तदेशगतेनातिसंरुद्धं मक्कल लक्षणम् ।’ (su.sha.10/22)

The vitiated *vata dosha* and *shonita* are the main causative factors of *makkalla*. *Vatadosha* gets aggravated by its *rukshaguna* due to two important factors.

- *Ruksha sharira*- Dryness due to labour strain causes weakness of the body tissue.

- Exhaustion during labour aggravates the *vata dosha* and causes *dhatu – kshaya*. The symptoms of *vata* vitiation are manifested in the form of *shoola* in different part of body.
- *Avishodhita rakta* – If diet regimen and activities advised during *sutika*, are not followed properly expulsion of *dushita rakta* does not occur leading to retention complicated by pain.

The causes of *shoola* are-

- *Vega-vidarana* particularly of the *adhovata, mala* and *mutra*,
- *Aharasambandhi- atibhojana, ajirna, adhyashana, ayasa, viruddhanna sevana*, drinking excessive water during hunger , excessive intake of *viruddha* or germinating seeds, *pishtanna, shushka mamsa sevana*.
- Other causes like *kshobha, trasa, ati-adhyayana, atiprasava, amadosha*, etc. all these causes lead to *vataprakopa*.

Lakshanas of Makkalla^[12]

‘अविशोधितं रक्तं वायुना तद्देशगतेनातिसंरुद्धं तद्देशगतेनातिसंरुद्धं नाभरेध पार्श्वयोर्बस्तौ बस्तिशिरसि वा ग्रंथी करोति; ततश्च नाभिबस्त्युदरशूलानि भवन्ति , सूचीभिरिव निस्तुद्यते भिद्यते दीर्यत इव च पक्काशय : समंतादाध्मानमुदरे मूत्रसंगश्च भवतीति मङ्गलक्षणम्।’ (su.sha.10/22)

- *Granthi*-The retained *rakta* attains the form of *granthi* which is a knot like structure in the region of *adhonabhi, bastiparshwa* and *bastishiras*.
- *Shoola* – Pain is confined to the *nabhi, basti, hridaya, shira, koshta, udara*, etc region. These regions are the *sthana* of *vatadosha*. The nature of the pain is of “ *suchibhiriva nistudyate*”(pricking pain), “*bhidiate*”(splitting) and “*deeryate*”(cutting).
- Associated complaints- Vitiated *vata* not only retains the *dushtarakta* but also the *vata, mutra* and *mala*, causing *adhmana* and *mutrasanga* which also contribute to the pain in these particular sites.

Apanvata is responsible for the *artavanishkramana* and also to expel out the *mala, mutra, artava*etc. Vitiated *vata* if move in a way opposite to its normal downward direction ,

retains the *mala* , *mutra* etc. along with the retention of the *dushshitarakta* inside the uterus after *prasava*, causing various symptoms.

Upadrava [12]

The *avishodhitarakta* if retained in the *garbhashaya*, then after seven nights it undergoes *paka* and produces *raktavidhradhi*.

Rakta- vidhradhi is a severe puerperal condition characterized by burning sensation, fever, etc. In *raktavidhradhi* the word *rakta* does not denote the *raktadhatu* but to the *artava-rupirakta*.

Treatment[12,8]

‘तत्र वीरतर्वासिद्धं जलमुषकादिप्रतीवापं पाययेत् , यवक्षारचूर्णं वा सुखोदकेन पिप्पल्यादि क्वाथेन वा , पिप्पल्यादि चूर्णं वा सुरामण्डेन , वरुणादिक्वाथं वा पंचकोलैलाप्रतीवापं , पृथक्पण्यादिक्वाथं वा भद्रदारुमरिचसंसृष्टं, पुराणगुडं वा त्रिकटुकचतिर्जातककुस्तुम्बुरुमिश्रं खादेत् , अच्छं वा पिबेदरिष्टमिति ।’

(Su.sha.10/22)

The main aim of treating the *sutika makkalla* is to perform *vata shamana* and *garbhashaya shodhana* to expel out the *avaruddha rakta*.

Various treatment are mentioned for *makkalla*; some of which are-

- *Shuddha hingu* with *ghrita* is given internally.
- *Viratarvadi gana siddha jala* along with the *ushakadigana* is advised for drinking.
- Intake of *pippalyadi churna* with *suramanda*.
- *Varunadi gana kwatha* with *panch kola* and *ela* is given for drinking .
- *Yavakshara* with *ghrita* or warm water is given internally.
- *Devadarvadi kwath* is given internally.
- *Vajrakanjiya* used for *makkalla* as well as for other *sutika roga*
- *Pippalyadi gana kwath* is given internally.

Modern

Definition[13]

Puerperium is the period following childbirth during which the body tissues, specially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically. Involution is the process whereby the genital organs revert back approximately to the state as they were before pregnancy. The woman is termed as puerpera.

Duration^[13]

Puerperium begins as soon as the placenta is expelled and last for approximately 6 weeks when the uterus becomes regressed almost the non-pregnant size.

Puerperium period is divided into –

- Immediate – within 24 hrs
- Early -7 days
- Remote – upto 6 weeks.

Physiology of puerperium^[13]

It is the time after birth, a time in which the mother's body, including hormone levels and uterus size, returns to pre-pregnancy conditions. Lochia is post-partum vaginal bleeding, containing blood, mucus, and placental tissue. The main physiological event that occurs during the puerperium is the involution a process by which the genital organs like vagina, cervix, etc, revert back to the pre-pregnant state and the lactation ensues. By the six weeks after delivery, most of the changes of pregnancy and delivery have resolved and the body has reverted to the non-pregnant state.

After pain^[14]

Sutika makkalla shoola can be co-relate with after pain or puerperal pain in modern science.

It is the infrequent, spasmodic pain felt in the lower abdomen after delivery for a variable period of 2-4 days. Presence of blood clots or bits of the after births lead to hypertonic contractions of the uterus in an attempt to expel them out. This is commonly met in primipara. The pain may also be due to vigorous uterine contraction specially in multipara. The mechanism of pain is similar to cardiac anginal pain induced by ischaemia. Both the

types are excited during breast feeding. The treatment includes massaging the uterus with the expulsion of the clot followed by administration of analgesics (Ibuprofen) and antispasmodics.

Treatment^[14]

- Massaging the uterus with the expulsion of clot
- Administration of analgesics
- Administration of antispasmodics.

DISCUSSION

The vitiated *vata dosha* and *shonita* are the main causative factors of *makkalla*. *Vatadosha* gets aggravated by its *rukshaguna* due to two important factors.

- *Ruksha sharira*- Dryness due to labour strain causes weakness of the body tissue.
- Exhaustion during labour aggravates the *vata dosha* and causes *dhatu – kshaya*. The symptoms of *vata* vitiation are manifested in the form of *shoola* in different part of body.
- *Avishodhita rakta* – If diet regimen and activities advised during *sutika*, are not followed properly expulsion of *dushita rakta* does not occur leading to retention complicated by pain.

Other responsible causes are:

- *Vega-vidarana* particularly of the *adhovata, mala* and *mutra*,
- *Aharasambandhi- atibhojana, ajirna, adhyashana, ayasa, viruddhanna sevana*, drinking excessive water during hunger , excessive intake of *viruddha* or germinating seeds, *pishtanna, shushka mamsa sevana*.
- Other causes like *kshobha, trasa, ati-adhyayana, atiprasava, amadosha*, etc. all these causes lead to *vataprakopa*.

CONCLUSION

- *Makkalla* is a *shoola pradhana vyadhi* occurring during *sutikavastha*. It is listed as one among the 74 diseases occurring in the *sutika*.

- The vitiated *vata* and *shonita* are the main causative factors of *makkalla*.
- *Drugs* mentioned by various Acharyas for *sutika makkalla shoola* which are *ushnagunatmaka, vatashamaka, shoolahara, balya, garbhashaya shodhaka* Thus it not only helpful in *shoola* reduction but also in *garbhashaya shodhana* and *brimhan*.

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