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Study the Efficacy of Jeeraktritraya Churna with Takra in Sutika Awastha

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Abstract: *to being mother is great achievement in women life especially when it comes to antenatal and postnatal care. Sutika reffers to puerpurial postpartum stage of women. sutika kala begains assoon as placenta is expelled for first six weeks. After delivery all dhatus are decreased and body becomes empty due to labour painsand blood loss. Now a days due to negligence, improper care and procedure creates many complications in sutika awastha and its management is difficult for clinician. So here in this paper we study the efficacy of jeeraktritraya churna with takra in primigravida with age 18 to 30 yrs during first 15 days of sutika awastha. As jeerak; krushna jeerak; kalajaji having property of garbhashaya shodhan and hence helps in overcome any sutikaawastha complications.*

I. Introduction

Diseases in sutika awastha is unpleasant course in women life which includes puerpurial sepsis , sub involution , uterine prolapse , anemia , breast engorgement , irregular vaginal bleeding .In Ayurveda kashyap Samhita mentions 74 sutika diseases .There is no such medicines are available to prevent sutika diseases . In this study we flash a light on the garbhashaya shodhan properties and nutritional values of jeeraktraya i.e. jeeraka ,,krushna jeeraka , kalajaji with takra in sutika awastha.

Aim: to study the efficacy of jeeraktritraya churna with takra in sutika awastha.
Objectives: to study the properties of jeeraktraya in sutika awastha.
To study the nutritional values of jeeraktraya in sutika awastha
Material: jeerak churna, krushna jeerak churna, kalajaji churna mixed in equal amount to get jeeraktray churna. 1 gm twice a day with 100 ml takra.
Methods: observation are done from 0 day to 4 day then follow up on 7 day and 15 day.
Inclusion criteria: primigravida with 18 – 30 yrs age undergoes normal vaginal delivery.
Exclusion criteria: patient with c – section, twin pregnancy, polyhydramnios, congenital anomaly of reproductive organs, pregnancy with complications, blood coagulopathies.

	Ingredients	**Jeerakbeej**	**Krushna Jeerakbeej**	**Kalajajibeej**
	Family	Umbeliferaceae	Umbeliferaceae	Renanculaceae
	Latin name	*Cumium cyminum*Linn.	*Carum carvi*Linn.	*Nigella sativum*Linn.
1.	**Rasa**	Katu	Katu	Katu,tikta
2.	**Vipaka**	Katu	Katu	Katu
3.	**Virya**	Ushna	Ushna	Ushna
4.	**Guna**	Ruksha ,Laghu,Tikshna	Laghu, ruksha	Ushna
5.	**Karma**	Garbhashaya shudhikru,dipan,raktashodhak, krumighna ,vedanahara vatanulomak	Dipan,pachan, anulomak	Garbhashaya shudhikrut,artava pravartak,stanya wardhan ,dipan, pachan.anulomak
6.	**Doshghnata**	Kaph vata hara raktshodhaka	Kaphahara	Kaph vata hara

Nutritional values:

Nutrients	Jeerak	Krushna jeerak	Kalajaji
Energy	1567 KJ	333 Kcal	Palmic acid – 13.3%
Carbohydrate	44.24	49.90	Stearic acid – 2.3%
Sugar	2.25	-	Palmitoleic acid – 0.2%
Fiber	10.5	30	Oleic acid – 23.8%
Fat	22.27	14.59	Linoleic acid – 58.5%
Saturated	1.535	-	Arachidic acid – 0.5%
Protein	17.81	19.77	Choiesterol – 0.9 manifracture of bile and harmone
Vit A	1270IU	363	Comesterol – 13% anti inflammatory
Vit B1	0.628mg	3.606	Stigmasterol – 17.8mg antioxidant
Vit B2	0.327mg	0.379	Beta – sitosterol – 49.4mg
Vit B3	4.579mg	0.384	Saturated fatty acid – 16.8gm

Vit B6	0.435mg	-	Unsaturated fatty acid – 82.9 gm
Vit B9	10ugm	10ugm	
Vit B12	-	-	
Choline	24.7mg	-	
Vit C	7.7mg	21	
Vit D	-	-	
Vit E	3.33	2.5	
Vit K	5.4ugm	-	
Calcium	931	689	
Iron	66.36	16.23	
Magnesium	931	258	
Manganese	499	1.300	
Potassium	1788	1351	
Sodium	168	17	
Zinc	4.8	-	
Chemical omposition	Cuminaldehyde	Alkaloid-	Mymo quinon
	Cinnamaldehyde	Vernonine	Dithymo quinon
	8-cineole	Bassicasterol	Carvacrol
	Cyminyl alcohol	Butin	Limonene
	Limonene	Sterol 2v-A	p-cymene
	Linalool	Methyl ernosterol	Alpha-thymene
	Perillaldehyde	Stigmasterol	Myrsene
	Terpene 4-ol	Linoleic	
	Terinoid hyde	Mono-hydroxy- acid	
	Monoterpene	Myristic acid	
		Oleic acid	
		Palmitic acid	
		Stearic acid	
		Vernolic acid	
		Resine	

II. Conclusion

Traditional Indian medicine mentioned jeerak, krushna jeeraka, kalajaji plants free from side effects and have great potential to act on sutika awashta to rejuvenate dhatus and doshas. These plants reported to have antispasmodic , digestive stimulant , astringent , detoxifier , analgesic , depurative , galactagogue ,uterine detoxifier , antimicrobial , antibacterial , anti-inflammatory , immunomodular . There is proven data on nutritive values of jeeraktritraya churna. Minerals, vitamins, nutrients are essential for rejuvenation of all dhatus in sutikaawashta. In Ayurveda all three drugs are of katu rasa katu vipaka and ushna guna so these drugs directly act on garbhashaya and we get shodhan effect and net effect of good evolution of uterus, improves blood circulation of uterus and prevents all sutika vyapads. Due to above properties these drugs also useful in decreasing kaphajanya awarodh in stanyavaha strotasa which helps in galactogenesis ,galactopoesis , lactogenesis and improves qwality of milk. Hence we concluded that use of jeeraktritraya churna with takra is very much useful in sutika awastha for prevention of sutika awastha diseases.

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