

**TO STUDY THE ROLE OF MAKHANA IN SUTIKA****Sonal Raut<sup>\*1</sup>, Renuka Chaware<sup>2</sup>, Jyoti Shinde<sup>3</sup>**

1. Associate Professor, Department of striogaprasutitantra
2. Associate Professor, Department of swasthawritta
3. Associate Professor, Department of shalyaTantra

Shree Ayurveda Mahavidhyalya Nagpur, Maharashtra, India

**\*Corresponding Author: Email- aarnaraut2014@gmail.com****ABSTRACT:-**

Motherhood is a special and joyous moment in every woman's life. But this is possible if her health is taken care of during postnatal period. The postnatal period or keep puerperium is called "Sutikakala" and woman is called "Sutika". The period of happiness and contentment on one hand, and other hand she becomes weak or emaciated after loss of blood and body fluid during delivery. The lady after such a difficult process of prasava must be advised certain mode of life called sutikaparicharya. The regimen that help the woman to regain her lost vitality and helps her body to revert back to pre-pregnant state. Mother required and deserve a great support and nourishment to heal her body and fulfill her mother responsibilities. There are traditional delicacies with medicinal value and herbal formulation meant for oral and

external applications. In Ayurveda samntitas has references of Makhana to be beneficial in tridosas, has especially in vata as well as its utilisation to overcome postnatal weakness in women, due to its Guru and balya qualities. The present study highlight the role of Makhana in wellbeing of Sutika

**Keywords:-** Sutika, Makhana, weekness, Puerperium.

**INTRODUCTION:-**

Ayurveda regards woman and her ability to reproduce and care for children as the basis of family life. She is the very foundation of society. These qualities can only be manifested in a society. If women are safe and protected, puerperium is period following childbirth during which all body tissues revert back to approximately to pre-pregnant state. Mortality and morbidity of mother are

most challenging problem of our country.

Frequent postpartum morbidity and its association with adverse perinatal outcome suggest the need for postpartum care in developing country for both mother and baby.

Recently the international conference on population and development [ICPD] define the reproductive health as a “ state of complete physical, mental and social wellbeing and not merely absence of disease or infirmity in all matters relating to the reproductive system and to its functions and processes”

Women can go through pregnancy and childbirth safely and reproduction is carried to a successful outcome. It is well known that certain psychometric changes takes place during puerperium, such as loss of blood, loss of body fluid, lacerated genital tract, constipation, mental stress etc. According to Ayurveda, most these changes lead to atipatarpana (Excessive Emaciation) of mother during puerperium. The general resistance of immunity of mother is also reduced due to childbirth process.

The diet, habits, and medicines Ayurveda offer for women after delivery

help a great deal in reducing post-delivery complications. The danger of risk can be partially reduced by facilitating early recovery process.

So aim here is to promote early recovery, thus postnatal care in Ayurveda aim at prevention of infection, relief in body pains and weakness supporting, enhancing the production of breast milk, and toning up of muscles.

### **AIM AND OBJECTIVE:**

- 1) To evaluate the role of Makhana in Sutika, which is traditionally used in India.
- 2) To improve her immunity, lactation and digestive power to restore her health.

### **MATERIALS AND METHODS:-**

The present single blind clinical study was conducted at MatruSewaSanghMahal Nagpur. About 30 patients with full term normal vaginal delivery were selected.

### **CRITERIA FOR SELECTION OF PATIENTS:-**

#### **Inclusive criteria:-**

Full term normal delivery

**Exclusive criteria:-**

Cesarean section

Postpartum haemorrhage

Puerperal shock

Puerperal Sepsis

Toxaemia of pregnancy

Patient with full term vaginal delivery  
intrauterine death.

**INVESTIGATIONS:-**

Complete blood count, urine routine  
examination

All the tests were done on both first and  
45th days of study.

**STUDY DESIGN:-**

- 1) 30 patients of normal delivery  
From MatruSevaSanghMahal  
Nagpur
- 2) Drugs:- 30 grams Makhana were  
given to every woman [ Shallow  
fried in ghee]
- 3) Anupana:- Lukewarm milk [  
before meal, morning evening]  
follow up after Every 7 days.
- 4) Follow up – After every 7 days

**MAKHANA [EURYALE FEROX  
SALISB]**

Makhana is described in Ayurveda  
samhintas in Bhavaprakash,  
Yogratankar, DhanvantariNighantu as  
dietary Powerhouse. In India mostly used  
from ancient times in vrat (fasting),  
Fox nut is eaten instead of cereals and  
grains, because of its versatile nature its  
crispy texture when Shallow fried and its  
bland test with makes it suitable to be  
transfer made into both sweet and salty  
dishes.

Botanical name : Euryale feroxsalisb

Family: Vymphaeaceae

Bhavaprakash: Amradiphalvarg

English name : Fox nut

Parts used: fruits, seeds

Type : herb

रस - मधुर

विपाक - मधुर

विर्य - शीत

गुण - गुरु, स्निग्ध

त्रिदोष - वातपित्त शामक

According to Ayurveda  
samnhitait balance vata and pitta dosha,  
it is consideredVrusha, balyagrahi,  
garbha-sansthapaka, raktapittashamark,

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Dahahar. It increases moisture level in body.

### MAKHANA PREPARATION:-

Shallow fry the Makhana in ghee.  
Need to use 30 gram of Makhana and 1-2 teaspoon of ghee and simply move the Makhana across your frying pan in 2-3 minutes, Makhana becomes very crispy and crunchy and ready for addition in lukewarm milk.

Dose :- 30 gram Makhana  
Anupana :- lukewarm milk  
Kala :- before meal, morning, evening

All patients taken in study where screen it according to selection criteria and register for study.

**Table: Result accessed on symptoms:-**

SR NO	Symptoms	N	Mean			%Reli f	SD	SE	W	P	RESUL T
			BT	At	Diff						
1	PALLOR	20	1.60	0.80	0.80	53.43	0.89	0.35	46	<0.05	S
2	FATIGUE	28	1.77	0.43	1.34	80.10	0.48	0.21	181	<0.001	HS
3	BACKACHE	28	1.77	0.38	1.39	83.43	0.50	0.22	181	<0.001	HS
4	PAIN IN ABDOMEN	28	1.49	0.21	1.28	92.10	0.46	0.21	181	<0.001	HS
5	TEMPERATURE	06	0.77	0.43	0.34	50.10	1.15	0.77	12	>0.05	NS
6	ANXIETY	2	1.4	0.4	1.0	70.69	0.2	0.1	8.8	<0.00	HS

## International Journal of Research in Indian Medicine

		6	1	8	2		8	8		1	
7	SLEEP	2	1.3	0.4	0.8	68.18	0.3	0.1	13	<0.00	HS
		8	2	9	3		8	9	0	1	
8	BOWEL	1	1.4	0.6	0.8	62.50	0.9	0.5	25	>0.05	NS
		2	3	0	3		8	0			
9	UTERINE INVOLUTION	2	3.1	0.9	2.1	72.22	0.3	0.1	18	<0.00	HS
		8	0	3	7		8	9	1	1	
10	MICTURATION	1	1.2	0.6	0.6	87.14	0.5	0.3	20	<0.05	S
		2	7	0	7		2	1			
11	BLEEDING PIV	2	2.2	0.3	1.8	89.47	0.3	0.1	18	<0.00	HS
		8	1	2	9		2	8	1	1	
12	LACTATION	2	1.6	0.3	1.2	82.14	0.4	0.2	18	<0.00	HS
		8	6	8	8		6	1	1	1	

- Complete improvement - 100% relief in clinical symptoms
- Marked improvement - 75- 100% relief in clinical symptoms
- Moderate improvement - 50-75% relief in clinical symptoms
- Mild improvement - 25-50% relief in clinical symptoms
- No improvement - 0-25% relief in clinical symptoms

**This study result was interpreted as:-**

- $P > 0.05$  - Non significant result
- $P < 0.05$  - Show significant result
- $P < 0.001$  - Show highly significant result

### RESULTS:-

Various observation studied include- incidence of age, religion, educational status, marital status, socio-economic status, family type, occupation, habitat, past history, diet habits, status of appetit bowel and urine

habits, addiction, sleep patterns, type of koshthaagni, Past menstrual history, parity, prakruti, Sattva, satmya, samhannan, vayam Shakti, and type of delivery.

Incidences of different symptoms of Sutikakala studied in the present study are also presented in the form of table and column diagram. Results assessed on symptoms showed highly significant and significant statistically.

#### **POSSIBLE MODE OF ACTION OF MAKHANA:-**

In Sutika Kala, the main aim is to pacify the aggravated vatadosha, to restore mother health i.e to overcome Dhatukshaya due to loss of blood, fluids, to revert the organs to pregnant state and proper stanyapavruti i.e lation of good quality milk.

Makhana is having vattapittaShamak properties, when fried in butter and added to lukewarm milk enhances its properties increasing digestive power acts as vataanulomoka resulting in relief from constipation. In combination with ghee, milk its increase its lactiferous properties.

Madhurrasa and vipaka as well as sheet virya and Guru singhdgaguna helps

in proper involution and check Lochialdischarge. Due to its vajikaran Properties vrushya, balya, grahi, raktapittashamakdihahar, helps sutika to stop per vaginal bleeding, relieved from numbness and aching near waist and knees, regulates blood ressure. Helps to improve appetite. Its anti-inflammatory, anti-aging flavonoids, Proteins, minerals, vitamins all necessary for growth and nutrition of various tissues of body. Because of sheet guru, snigdha, it detoxify spleen reinforce Kidneys, nourish the blood also decrease irritability, palpitations and give sound sleep.

#### **CONCLUSION:-**

- 1) No correlation between religion, marital status, education, socioeconomic status, family, habitat diet, and parity, term of delivery, type of delivery and daihikPrakruti with the improvement decrement of wellbeing of sutika could be established in the present study.
- 2) Effect of Makhana showed improvement in physical, physiological and psychological parameter of Sutika.

- 3) Improvement in objectives parameters like hb%, TLC, ESR, Urine, RBC, Urine WBC, Urine EPI, cells and Urine protein was studied by comparing their BT and AT values. Result were statistically analyzed. But results were not very significant except on few parameters.
- 4) No adverse effect of complications produced with the use of this dravya Makhana. It was safe, economic, and very effective and can be progressively used during your puerperium For Sutika wellbeing. i.e. To improve their immunity, lactation, digestive power also restore her health.

### DISCUSSION:-

All acharya's in Ayurveda have advised specific management of sutika after expulsion of placenta. In today's fast life there is a lot of change in normal woman's daily routine work. So many women show disease caused by mismanagement during labour and also during postnatal care. Disease like prolapsed of uterus, low Backache, leucorrhea are common and an inability to cope with motherhood may lead to

postnatal disorder and even depression.

If in postnatal care sutikaparicharya i.e. Proper advice, food and treatments given majority of these diseases can be prevented. The Ayurvedic system of medicine describe Sutikaparicharya a complete health regimen for the post natal and lactating women. Makhana is a good source of carbohydrates, protein, minerals phosphorus, iron and zinc superior to dry fruits such as almond, walnut, cashewnut in contents of sugar ascorbic acid and phenol.

Makhana fairly rich in essential amino acids, anti-inflammatory, and anti-aging flavonoids, rich in calcium, magnesium, low in sodium perfect for blood pressure. Makhana has astringent property which gives relief from diarrhoea and helps to improve appetite. It remove weakness makes body strong, antioxidant, easily digestive food free radical scavenging, immunomodulatory activities treat restlessness and insomnia, stretching of lower back muscles, as they are rich in fibre help the body to remove waste and toxins, it is used as vajkarn in male and female infertility too. Makhana having low fat content, high content of carbohydrates, protein and minerals. It also contains amount of vitamins, stimulated humoral immunity

and suggested its applications in mothers. Very useful in anaemia, Makhana increases quality and quantity of semen, prevent premature ejaculation, increases libido and helps in female infertility. Strength is body and increases energy level. Because of its aphrodisiac properties it is group it under Vrishyadigroup. The herb under this group are used in vajikarana therapy. Makhana increases thickness of secretions by increasing moisture level in body. Hence it increases quality and quantity of semen and useful in importance. It help to increase the fertility in women and reduced vata and Pita. It strengthens the body and reduce burning sensation and quenches thirst.

Makhana is used as a tonic and for treatment of leucorrhea and good immunostimulant. Makhana contain starch and protein which is excellent for diabetes. This herb has antioxidant properties and helps in digestion rejuvenates respiratory System and prevent frequent urination. Makhana benefit the spleen, kidney and heart. It also has calming properties for that alleviate restlessness, palpitation, and insomnia. It is also rich in calcium. It is highly regarded herb for restoring sexual vigor and youthful energy. It regulate blood pressure relieves

numbness and aching near waist and knees. Makhana is very useful drug for medicinal purpose as well as food supplement. Makhana having good source of energy, carbohydrate protein and minerals so it can be used in the management of protein energy malnutrition. It is also recommended for the women during pregnancy and postnatal weakness.

Because of its medicinal property American herbal products association has given Makhana seed a class 1 (A one) rating. Including Makhana in diet plan of a person should mean a step towards a Wholesome and healthy life.

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