

**ROLE OF SHUDDA HINGU IN SUTIKA MAKKALLA  
A CASE STUDY**

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**ABSTRACT**

An uneventful pregnancy, delivery and *sutika kala* is the desire of every woman. When the lady does not follow the proper *sutikaparicharya*, then it leads to various *sutikavyadhis*. *Sutikamakkalla* is one among them. It occurs due to aggravation of *vatadosha* and incomplete evacuation of the *prajananashonita* after *prasava*. *Makkalla* is a *Shoolapradhana vyadhis* occurring during *sutikavasta*. *ShuddaHingu* is one of the *shoolaprasamanadravya* mentioned in Ayurveda classics, and it possesses the properties like, *deepaneeeya*, *anulomana*, *pachana* and *garbhashaya shodhaka*. *Sutikamakkalla* mentioned by Ayurveda acharyas can be compared with after pains during puerperal period. Prevalence of the disease is 4-10%. The incidence of this disease 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 contractions which leads to severe pain. *Makkalla* explained in Ayurveda classics has the symptoms of *Shoola* in *Nabhi*, *Basti Shiras* and *kostha*. If left untreated it undergoes *paka* and produces *raktaVidhradhi*.

**Keywords:** *Sutikamakkalla*, After pain, Puerperium, Hingu

**INTRODUCTION**

Post-delivery complications of ‘*SutikaMakkalla*’ have been described in *SushrutaSharira Adhyay-10*<sup>1</sup>. After delivery the blood does not flow out but returns due to *dhatukshinata*, *Vayu-prakopa*, dryness of body. After delivery or retains in the uterus after delivery due to obstructed pathway. This results in the uterus getting stretched due to *haematoma* causing severe discomfort, pain below umbilical and bladder region, abdomen and cardiac region<sup>2</sup>. 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<sup>3</sup>. This condition is generally referred to as the “*Makkalla*”. Sometimes this accumulated blood gets infected with virus and abscess can also form.

Treatment of *sutika-makkal* by *Shudda Hingu* has been described in the Ayurvedic texts. *Hingu* (*Ferula Foetid*) has been traditionally used in various diseases<sup>4</sup>. There are plenty of references in the

literature describing use of Hingu. Ayurveda, described it as deepaniya, pachana, anulopana, shulagna, krimigna, pittavardhana adhmana<sup>5</sup>. Due to these properties only Hingu is useful in uterus shodhna being practiced commonly in Indian homes.

### CASE REPORT

Patient age 21 years, Primi delivered a single live male baby, after delivery patients was healthy gradually c/o of pain in abdomen i.e. Umbilical and hypo gastric reagon after 12 hours of the delivery, which was spasmodic type of pain, adhmana and, pain during **micturation**. Pain disturbs the daily routine work.

#### Past history:

No H/O DM/HTN/hypo-hyperthyroidism or any other major medical or surgical history.

#### Family history:

No history of same illness in any of the family members.

#### Menstrual / Obstetric history

Menarche - 12 yrs.

M/C- 4-5 / 28-30 days/bleeding- bright red in colour, moderate (2-3 pads/day), without foulsmell, with/without clots/

Dysmenorrhoea-Present, spasmodic and intermittent, lower abdomen and lower back region. Married life-7 years.

O/H -P1A0L1D0,

L1 - 5 years back, FTND, female (Hospital delivery).

#### Contraceptive history

Barrier method (by her husband) till may 2015.

#### General examination

- Built : Moderate
- Nourishment : Moderate
- Pulse : 76 b / min

- BP : 130/80 mm of Hg
- Temperature : 98.4 F
- Respiratory Rate : 18 cycles / minute
- Height : 5.4'' inch
- Weight : 60 kg
- Tongue : Uncoated
- Pallor/Icterus/Cyanosis/Clubbing/Edema/Lymphadenopathy : Absent

#### Systemic examination

- CVS: S1 S2 Normal
- CNS: Well oriented, conscious.
- RS: normal vesicular breathing, no added sounds
- P/A-uterus involuting well

#### AshtaVidhaPariksha

- 1) Nadi - 82 b / min
- 2) Mala - Once / day
- 3) Mutra - 5 - 6times/day
- 4) Jivha - Alipta
- 5) Shabda - Avishesha
- 6) Sparsha - AnushnaSheeta.
- 7) Druk - Avishesha
- 8) Akriti - Madhyama

#### DashavidhaPariksha

Prakruti - Vatapittaja  
Vikruti - Vataprakopa  
Bala - Madhyama  
Sara - Madhyama  
Samhanana - Madhyama  
Satmya - Vyamishra  
Satva - Mishra rasa satmya  
Pramana - Madhyama  
Aharashakti - Abhyavaranashakti - Madhyama  
Jaranashakti - Madhyama  
Vyayamashakti - AvaraVaya - Madhyama

Agni-Mandhagni

#### SAMPRAPTI GHATAKAS

Dosha-Vata,Pitta  
Dushya-Vataprakopa

Srotas-Rasa and RaktavaSrotas  
Srotodusti-sangha  
Rogamarga-Bhaya  
UdbhavaSthana-Pakwashaya  
Sancharastana-Sarvasharira  
Adhithana-Garbhashaya  
Vyaktasthana-Garbhashaya  
Agni-Jatharagni and Dhatvagnimandya

**Lab Investigations:**

- Hb - 12.3gm%
- Urine routin and microscopic

**Preparation of shudda hingu:**

Purification Methods: There are two methods of purification

\*Abharjita \*Bharjita

1) In the 1<sup>st</sup> process, 1st part of Hingu is dissolved in 8 part of water and then dried on low flame in ghee layered iron pot<sup>6</sup>.

2) In the second process, Hingu is roasted in cow-ghee till it becomes dry and rough, then Make in powder filled in 250mg of capsules<sup>7</sup>.

**Action of drug:**

It acts as a deepaniya, anulomana, Pachana Pittavardhana, Chakushaya, and also use full in shula, gulma, anaha, adhmana. Acharya have mentioned it is considered as garbhashayashodhaka after delivery<sup>8</sup>.

**Rasa panchaka of hingu:**

Rasa-katu

Guna-laghu, snigdha, and tikshana

Vipaka-Katu

Virya-Ushana

Effect on dosha- balances Kapha and vata. Increases pitta<sup>9</sup>.

**Botanical Description**

A small perinneal shrub 2-3 meter high leaves delicate ciliated with 2-4 wings stalk bears a single leaf with broken margin at the tip, fruit 1cm x 1cm the latex is called Hingu<sup>10</sup>.

**Chemical composition**

6-17% volatile oil, this contains resin oil and allyl persulphide which emits a special smell 65% resin, wax etc<sup>11</sup>.

**Dose:**

Cap-Shudda Hingu 250mg with warm water twice daily before food

1-0-1 with hot water for 14 days<sup>12</sup>.

**Indication:** Shula, Gulma, Udara, Anaha, Krimi, Vibandha, Adhmana,

**Side effects-**Over dose may cause pitta increases, burning sensation, worsening of gastritis.

It is not indicated in condition with pitta dominance, like gastritis<sup>13</sup>.

**Observation:**

Patient c/o of pain in abdomen was reduced, tenderness and adhmana also reduced. Patient is not able to sit and disturbs her daily routine work before treatment, after completion of 7 days patient got 60% relief from the symptoms, at the time of follow up patient got 100% relief from the symptoms like pain in abdomen, adhmana, Mutrasangha and tenderness.

**DISCUSSION**

The effect of administration of ShuddaHingu was observed, after taking the medicine, the patient got relief from the pain in abdomen, bleeding per vagina, adhmana, and involution of the uterus. The gum resin is antispasmodic, carminative, laxative and sedative, its properties are antispasmodic. It is widely used in Indian in food as a medicine, in Indian system of medicine Hingu has been held in great esteem among indigenous medicines. Hingu as an appetizer and restore of consciousness, it is popular household remedies. The herb is also used as an antidote of opium.

## CONCLUSION

Hingu is an oleo-gum-resin obtained from the exudates of the roots of the Iranian endemic medicinal plant. It is used widely all over the world as a flavoring spice in variety of food. Pharmacological and biological have also shows that Hingu possess several activities, such as gastrointestinal, metabolic effect and antispasmodic<sup>14</sup>. The herb is an effective remedy for several diseases of stomach in case of flatulence and distention of stomach. Hingu is Laghu, snigdha, Tikshnahguna, Katu rasa, Katu vipaka and ushanaveerya. This helps to reduce the pain in abdomen, acts as a vatashamaka, because of tikshanaguna helps to evacuation of prajananashonita. Acharyas told Hingu is used in Prasavottara kala for garbhashaya Shodanatha.

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