



## Review Article

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### APPLICATION OF SANDHANA KALPANA IN SUTIKA PARICHARYA: A REVIEW

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#### ABSTRACT

**Background:** The postpartum phase (Sutika Kala) is marked by profound physiological depletion, Dosha imbalance, and digestive weakness. In Ayurveda, Sutika Paricharya (postnatal regimen) is designed to restore health, prevent complications, and promote lactation. Among the therapeutic measures, Sandhana Kalpana (fermentation-based formulations such as Asava and Arishta) plays a vital role. **Objectives:** To review the application of Sandhana Kalpana in Sutika Paricharya, highlighting classical references, pharmacodynamics, and relevance in modern maternal care. **Methods:** Classical Ayurvedic texts including Kashyapa Samhita, Charaka Samhita, Ashtanga Hridaya, Sharangadhara Samhita, Bhaishajya Ratnavali, and Yogaratnakara were reviewed along with modern literature. Relevant formulations, their ingredients, Rasa (taste), Guna (qualities), Virya (potency), Vipaka (post-digestive effect), and mode of action were compiled. **Results:** Sandhana Kalpana formulations such as Jeerakadyarishta, Dashmoolarishta, Ashwagandharyarishta, Balarishta, Panchakolasava, Kumaryasava, Lohasava, and Lodhrasava are recommended in Sutika care. They exhibit Deepana-Pachana (digestive stimulation), Vatanulomana (Vata regulation), Balya (strengthening), Rasayana (rejuvenation), and Stanyajanana (galactagogue) actions. Self-generated alcohol acts as a Yogavahi (bio-enhancer) ensuring systemic absorption, longer shelf life, and palatability. **Conclusion:** Sandhana Kalpana is an effective Ayurvedic approach for postpartum care. Integrating these formulations into contemporary maternal health can enhance recovery, reduce complications, and ensure holistic well-being.

**Keywords:** Sandhana Kalpana, Sutika Paricharya, Asava, Arishta, Postnatal Care, Ayurveda

#### INTRODUCTION

A woman is termed Sutika (postnatal mother) from the expulsion of the placenta until the restoration of her health <sup>1</sup>. This period is characterized by Sharira Shunyata (tissue depletion), Vata Prakopa (aggravated Vata), Agnimandya (weak digestive fire), and emotional vulnerability. Improper care during this phase may lead to chronic disorders like Vata Vyadhi (neurological and musculoskeletal conditions), indigestion, fatigue, and psychological issues.

Ayurveda prescribes Sutika Paricharya (postpartum regimen) comprising specific Ahara (diet), Vihara (lifestyle), and Aushadha (medicines) to restore balance and vitality <sup>2</sup>. Among these, Sandhana Kalpana formulations play an important role due to their unique properties.

#### Key Formulations Used in Sutika Paricharya

#### REVIEW OF LITERATURE

Sandhana Kalpana involves controlled fermentation of herbal decoctions or infusions with sugar sources such as jaggery, sugar, or honey, and fermentation initiators like Dhataki (*Woodfordia fruticosa*) flowers <sup>3</sup>. The naturally generated alcohol acts as a solvent, preservative, and Yogavahi (bio-enhancer), increasing drug potency and absorption.

Asava and Arishta, the main products of Sandhana Kalpana, are widely used in Sutika Paricharya for restoring digestion, alleviating Vata, promoting lactation, and enhancing strength <sup>4</sup>.

Table 1: Jeerakadyarishta – Key Ingredients and Applications

Ingredient	Latin Name	Part Used	Action
Jeeraka	<i>Cuminum cyminum</i>	Fruit	Deepana, Stanyajanana
Musta	<i>Cyperus rotundus</i>	Rhizome	Pachana, Grahi
Ajmoda	<i>Apium graveolens</i>	Seed	Vatanulomana

Indication: Improves digestion, promotes lactation, regulates Vata in postpartum mothers <sup>5</sup>.

**Table 2: Dashmoolarishta – Key Ingredients and Applications**

Ingredient	Latin Name	Part Used	Action
Bilva	<i>Aegle marmelos</i>	Root	Grahi, Vatahara
Agnimantha	<i>Clerodendrum phlomidis</i>	Root	Deepana, Balya
Shalaparni	<i>Desmodium gangeticum</i>	Whole plant	Rasayana

Indication: Relieves pain, reduces inflammation, strengthens tissues <sup>6</sup>.

**Table 3: Ashwagandharyarishta – Key Ingredients and Applications**

Ingredient	Latin Name	Part Used	Action
Ashwagandha	<i>Withania somnifera</i>	Root	Balya, Rasayana
Haritaki	<i>Terminalia chebula</i>	Fruit	Anulomana
Amalaki	<i>Emblica officinalis</i>	Fruit	Rasayana

Indication: Rejuvenator, strengthens muscles, reduces fatigue, improves lactation<sup>7</sup>.

**Table 4: Balarishta – Key Ingredients and Applications**

Ingredient	Latin Name	Part Used	Action
Bala	<i>Sida cordifolia</i>	Root	Balya, Vata shamaka
Eranda	<i>Ricinus communis</i>	Root	Vatanulomana

Indication: Improves strength, relieves postpartum pain, pacifies Vata disorders <sup>8</sup>.

**Table 5: Panchakolasava – Key Ingredients and Applications**

Ingredient	Latin Name	Part Used	Action
Pippali	<i>Piper longum</i>	Fruit	Deepana, Pachana
Chavya	<i>Piper retrofractum</i>	Stem	Agnidipana
Shunthi	<i>Zingiber officinale</i>	Rhizome	Amapachana

Indication: Corrects Agnimandya, relieves flatulence, aids digestion <sup>9</sup>.

**Table 6: Kumaryasava – Key Ingredients and Applications**

Ingredient	Latin Name	Part Used	Action
Kumari	<i>Aloe barbadensis</i>	Leaf pulp	Stanyajanana, Rasayana
Triphala	—	Fruit	Rasayana

Indication: Improves lactation, promotes rejuvenation, supports uterine health <sup>10</sup>.

**Table 7: Lohasava – Key Ingredients and Applications**

Ingredient	Latin Name	Part Used	Action
Lauha Bhasma	—	—	Raktavardhaka
Triphala	—	Fruit	Rasayana

Indication: Corrects anemia, improves strength, acts as Rasayana <sup>11</sup>.

**Table 8: Lodhrasava – Key Ingredients and Applications**

Ingredient	Latin Name	Part Used	Action
Lodhra	<i>Symplocos racemosa</i>	Bark	Stambhana, Garbhashaya Shodhana
Dhataki	<i>Woodfordia fruticosa</i>	Flower	Sandhana Dravya

Indication: Strengthens uterus, regulates lochia, improves recovery<sup>12</sup>.

#### Pharmacodynamics

Deepana and Pachana (Digestive stimulation): Ushna Virya (hot potency) and Tikshna Guna (sharp quality) enhance digestion and metabolism, preventing Ama (toxins).

Vatanulomana (Vata regulation): Snigdha (unctuous) and Ushna (hot) attributes regulate aggravated Vata, relieving flatulence, constipation, and pain.

Balya and Rasayana (Strength and rejuvenation): Nourish tissues, restore Ojas (vital essence), and improve recovery.

Stanyajanana (Lactogenic): Promote breast milk production, supporting neonatal nutrition<sup>13</sup>.

## DISCUSSION

The postpartum period (Sutika Kala) represents a stage of physical depletion and heightened vulnerability. Factors such as Dhatus Kshaya (tissue loss), Rakta Kshaya (blood loss), and Vata aggravation predispose the mother to weakness, digestive derangements, and emotional disturbances<sup>14</sup>. While modern medicine provides supportive care, it often neglects subtle metabolic, psychological, and holistic aspects of maternal health.

Ayurveda, through Sutika Paricharya, addresses these concerns comprehensively. Within this regimen, Sandhana Kalpana occupies a special place because of its unique pharmaceutical advantages. The self-generated alcohol (Swayambhu Madya) functions as a Yogavahi, enhancing the bioavailability of drugs and acting as a preservative. Vyavayi and Vikashi Gunas ensure quick systemic distribution, giving rapid therapeutic results. Palatability and longer shelf life make these formulations convenient for long-term use.

Clinically, Jeerakadyarishta and Panchakolasava correct Agnimandya and support appetite; Dashmoolarishta and Balarishta address Vata disorders and pain; Ashwagandharyarishta and Kumaryasava promote strength, mood stability, and lactation. Lohasava treats iron-deficiency states commonly observed postpartum. Lodhrasava supports uterine involution. Together, these combine Deepana-Pachana, Balya, and Rasayana effects to accelerate recovery. Integrating these classical formulations with modern obstetric care can help reduce complications such as subinvolution, anemia, poor lactation, and postpartum depression.

## CONCLUSION

The postpartum phase is delicate and requires comprehensive care to restore strength and prevent complications. Ayurveda emphasizes Sutika Paricharya, in which Sandhana Kalpana formulations such as Asava and Arishta hold significant therapeutic value.

By combining digestive stimulants, Vata regulators, rejuvenators, and lactogenic herbs, these formulations address both physiological and psychological needs of postpartum mothers. Their self-generated alcohol medium ensures enhanced absorption and longer preservation.

Integrating these classical formulations into contemporary maternal care offers a promising approach to reduce complications, promote recovery, and enhance quality of life. Future research and clinical validation will further strengthen their relevance in integrative medicine.

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