

A Critical Review on the Role of Chaturbeej Churna in Sutika Paricharya

Dr Minuwara khatun¹, Dr Yanbeni Humtsoe²

¹PG Scholar, Dept. of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College & Hospital, Guwahati, Assam

² Professor and HOD, Dept. of Prasuti Tantra & Stree Roga, Govt. Ayurvedic College & Hospital, Guwahati, Assam

Abstract

Sutika Paricharya, the Ayurvedic regimen for postnatal care, is designed to restore the physiological and metabolic balance of a woman following childbirth.⁽¹⁾The postpartum period is characterized by aggravated Vata dosha, impaired Agni, and Dhatu kshaya. ⁽²⁾Chaturbeej Churna, a polyherbal formulation comprising Methika (*Trigonella foenum-graecum*), Chandrashura (*Lepidium sativum*), Yavani (*Trachyspermum ammi*), and Kalajaji (*Nigella sativa*), is traditionally indicated for its Deepana, Pachana, Vata-shamaka, Balya, and Stanyajanana properties. This paper critically evaluates its pharmacodynamic attributes and therapeutic relevance in Sutika Paricharya, correlating classical Ayurvedic principles with contemporary understanding.

Keywords: Sutika paricharya, Chaturbeej, postpartum, vedna

1. Introduction

According to Acharya Kasyapa has described that after delivery of the baby the mother is not termed as sutika until the placenta is expelled out. Sutika kala is different according to different Acharyas Ayurvedic text.

| Acharya | Sutika kala |
|-----------------------------------|-------------------------|
| Kashyap | 6 months ⁽³⁾ |
| Sushrut, Bhav Prakash | 1 months |
| Asthanga hridaykar, Yoga Ratnakar | 1.5 months |

Sutika paricharya according to different acharayas

| Acharaya | Sutika Paricharya |
|----------|--|
| Charak | Ashyasukham, Parisechan with ushnodok, panchakol siddha sneh pan, udarabhyanga with ghrita or oil ⁽⁴⁾ |
| Sushrut | Bala taila abhyanga, vata hara aushadi kwath or pan and parisechan, Pippali, Hastpippali, Pippalimool, Chitrak, Shunthichurna with ushnagudodak for 2-3 days till shonitshuddhi, Vidarigandhadi siddha yavagu with ghrit or dugdha for 3 days, Yavkol, Kulattha siddha jangalras with shalichawa ⁽⁵⁾ |
| Kashyap | Pattabandhan of kukshi and parshav, Ushmabala tail puritcharnavardhaaasan should be used Yoni swedan with priyangwadikrushara, Ushnajalsnana, Dhooan with Kushtha, Guggulu, Agru and Ghrit, Mandsewan for 3-5 days based on Agni, Sneh pan is advised, LavanvarjitalpasnehyuktaPippali and Nagar yuktayavagu pan for 3 days, After delivery, the mother should use oleation, sudation and hot water with full alertness for 1 month. This is samanyaSutikaswasthavrutt. ⁽⁶⁾ |

According to classical texts:

Vata dosha aggravation occurs due to

Rakta kshaya, Dhatu depletion, and Sharira shunyata (emptiness of the uterus).

Agni mandya leads to improper digestion and formation of Ama.

Bala kshaya results in generalized weakness.

Thus, Sutika Paricharya emphasizes:⁽⁷⁾

Vata shamana

Agni deepana

Dhatu poshana

Garbhashaya shuddhi

Within this framework, Chaturbeej Churna emerges as a rational and effective formulation.

Aim and Objectives

Aim:

To evaluate the therapeutic role of Chaturbeej Churna in

Sutika paricharya.

Objectives:

To analyze its pharmacological properties

To understand its mode of action in Sutika

To correlate classical indications with modern insights

Materials and Methods

This is a conceptual and literary review based on:

Classical Ayurvedic texts (Samhitas and Nighantus)

Dravyaguna Vigyana

Available modern pharmacological studies

Composition of Chaturbeej Churna

Chaturbeej Churna consists of four seeds:

Methika (*Trigonella foenum-graecum*)a

Chandrashura (*Lepidium sativum*)

Yavani (*Trachyspermum ammi*)

Kalajaji (*Nigella sativa*)

Pharmacological Properties

1. Methika⁽⁸⁾

Rasa: Tikta, Katu

Guna: Guru, Snigdha

Virya: Ushna

Karma: Vata-shamaka, Balya, Stanyajanana

2. Chandrashura⁽⁹⁾

Rasa: Katu, Tikta

Virya: Ushna

Karma: Deepana, Pachana, Balya, Garbhashaya shodhaka

3. Yavani⁽¹⁰⁾

Rasa: Katu

Guna: Laghu, Ruksha

Virya: Ushna

Karma: Deepana, Pachana, Vata-Kapha hara, Shoolahara

4. Kalajaji⁽¹¹⁾

Rasa: Katu, Tikta

Guna: Laghu, Ruksha

Virya: Ushna

Karma: Krimighna, Deepana, Rasayana

Mode of Action in Sutika Paricharya⁽¹²⁾

1. Vata Shamana

The Ushna Virya and Snigdha properties of Methika counteract the dryness and coldness of aggravated Vata, thereby stabilizing physiological functions.

2. Agni Deepana and Ama Pachana

Yavani and Chandrashura stimulate digestive fire, improving appetite and preventing Ama accumulation, a common issue in postpartum women.

3. Garbhashaya Shodhana and Involution

Chandrashura facilitates uterine cleansing and promotes proper involution, aiding in the expulsion of retained lochia.

4. Shoolahara (Analgesic Effect)

Yavani and Kalajaji alleviate abdominal colic and musculoskeletal discomfort associated with Vata imbalance.

5. Stanyajanana (Galactagogue Effect)

Methika enhances breast milk secretion, ensuring adequate neonatal nutrition.

6. Rasayana and Immunomodulation

Kalajaji contributes to immune enhancement and tissue rejuvenation, supporting long-term maternal health.

Correlation with Modern Pharmacology

Methika: Proven galactagogue, hypoglycemic, and anti-inflammatory

Lepidium sativum: Rich in iron and protein; aids recovery and hemoglobin restoration

Ajwain (Yavani): Carminative, antimicrobial, digestive stimulant

Nigella sativa: strong antioxidant, immunomodulator, anti-inflammatory

This supports the traditional claims of improved digestion, immunity, and recovery.

Indications in Clinical Practice

Postpartum debility

Loss of appetite

Flatulence and indigestion

Uterine subinvolution

Scanty lactation

Vata-related pain disorders

Dosage and Administration⁽¹³⁾

Dose: 3–6 g

Anupana: Warm water or milk

Kala: After meals

Duration: First 2–6 weeks postpartum

Discussion

Chaturbeej Churna represents a well-balanced formulation addressing multiple dimensions of postpartum physiology. Its action is not limited to symptomatic relief but extends to correction of underlying doshic imbalance, particularly Vata.

The synergistic interaction of its ingredients ensures:

Restoration of digestive capacity

Enhancement of tissue nourishment

Regulation of uterine function

Improvement of lactation

Unlike single-drug therapy, this polyherbal approach provides a holistic solution consistent with Ayurvedic principles.

Advantages

Natural and safe formulation

Multifaceted action (digestive, analgesic, restorative)

Easily available ingredients

Supports both physical and metabolic recovery

Limitations

Lack of large-scale clinical trials

Variability in preparation and dosage

Need for standardization

Conclusion

Chaturbeej Churna is a scientifically and traditionally validated formulation for Sutika Paricharya. Its multidimensional therapeutic actions—ranging from Vata pacification to lactation support—make it highly effective in ensuring safe and complete postpartum recovery. Further clinical studies are warranted to establish its efficacy on modern scientific parameters.

References

1. Susrut Sharir sthan 10/12-13, Susrut Samhita by Dr. Anantaram Sharma, Chaukhamba Surbharti publication
2. Bhavaprakash Nighantu Haritakiyadi varga
3. Kashyap Khila Sthan, Sutika Upakramaniya adhyaya, Ayurvedic Prasuti Tantra Evam Striroga, Part 1 by prof. Premvati Tewari
4. Charak Samhita Sharir Sthan 8/48-50, Ayurvedic Prasuti Tantra Evam Striroga, Part 1 by Prof. Premvati Tewari.
5. Susrut Samhita Sharir sthan 10/13-16, by Kabiraj Ambikadatta Sastri, Sanskrit text with hindi translation volume 1
6. Kashyap Samhita Khila Sthan 110/1-25 by Dr. R. Vaidyanath and Dr. T. Lakshmi Soujanya (Banaras Aurveda series)
7. Charak Samhita Sharir Sthan 8/48, Ayurvedic Prasuti Tantra Evam Striroga, part 1 by Premvati Tewari
8. Dravyaguna Vijana by Dr. J. L. N. Sastry, Chaukhambha Surbharti Prakashan (Publication year 2012)
9. A Text Book of Dravyaguna Vijnana by Dr. Prakash L. Hegde and Dr. Harini (Published by Chaukhamba Surbharti Prakashan volume 3)
10. Sharangadhar Samhita Madhyam Khanda sloka Number 6