

**“CLINICAL EVALUATION OF THE EFFECT OF
CHARAKOKTA SOOTIKA PARICHARYA”**

Submitted to

PARUL UNIVERSITY



In partial fulfillment of the requirement for
the award of

DOCTOR OF PHILOSOPHY

In

PRASOOTI TANTRA AND STREE ROGA

Guide:

Dr. HEMANT TOSHIKHANE, MS, Ph.D (Ayu)
Dean, Faculty of Ayurved
Parul University

Submitted by:

Dr. JYOTI KUMBAR, MS (Ayu)

Registration No. Ph.D. 170200410901

**DEPARTMENT OF PRASOOTI TANTRA AND STREE ROGA
PARUL INSTITUTE OF AYURVED
PARUL UNIVERSITY**

LIMDA, VADODARA- 391760, GUJARAT, INDIA

2018

ABSTRACT**Introduction:**

Pregnancy changes women's body in more ways than they might have guessed, and it doesn't stop when the baby is born. Until the birth, a healthy baby may be her top priority — but once the baby is born maintaining her fitness, beauty, and self-confidence counts, too. So, all the women of this hi-speed life require special care to be taken in short duration which will make them to feel younger and healthier. *The Snehapana, Abhyanga, Parisheka* have been described in the conditions like exhaustion, strain, tiredness, back ache etc. These also have their effect on mental wellbeing & helps in recapitulating the healthy status.

Objectives of the study:

- To evaluate the efficacy of *Charakokta Sootika Paricharya* in *Sootikas*.
- To compare the effect of *Sootika Paricharya* in control and trial groups.
- Literary review of *Sootika, Sootika Paricharya*, latest researches related to the *Sootika paricharya, Ayurvedic Samhitas*, literature related with the allied sciences, journals and internet will be referred.
- A Conceptual study on *Charakokta Sootika Paricharya*.

Materials and Methods:

It was a randomized clinical study with pre and post test design where 100 *Sootikas* fulfilling the inclusion criteria were randomly selected and allocated in to two groups for this study. Group A- Trial Group: *Charakokta Sootika Paricharya* was carried out for 5 days with 15 days follow up medicines starting from the 1st day of delivery. Group B- Control Group: Normal diet and habit was followed. Standard protocol for postnatal care was adopted. The study was carried out for 35 days on each patient. This included 20 days of intervention and 15 days of follow-up.

Results & Conclusion:

After having different observations, results were drawn based on standard statistical analysis. The standardized protocol of *Charakokta Sootika Paricharya* has shown statistically significant improvement in both subjective and objective parameters when

[ABSTRACT]

compared with control group and is found to be beneficial in enhancing the natural recovery process and prevention from various ailments of *sootika* period.

Key words: Sootika, Paricharya, Charaka, Puerperium, Postnatal care, Sootika Paricharya