

NORMALISING AND REJUVENATING WOMEN HEALTH THROUGH SUTIKAPARICHARANA: A CRITICAL REVIEW

¹Dr. Prasanna. V.N, ² Dr. Sujata Kadam, ³ Dr. Amal Rose. K R.

¹PhD Scholar, ¹Professor and HOD .

²Professor and HOD .

³Asst. Professor.

¹Tilak Maharashtra Vidyapeeth, Pune.

¹Vaidyaratnam Ayurveda College, Ollur, Thrissur, Kerala

Abstract

A woman is called as Sutika after delivery following expulsion of placenta. In Ayurveda the postnatal phase is named as 'Sutika Kala'. After delivery the woman become emaciated and have shunyashareera because of garbhavridhi, shithilasarvashariradhatu, pravahanavedana, kleda- rakta-nisruti and agnimandyawhich will lead to vatakopa and dhatukshaya and hence extra care to be given to prevent complication during this period. Sutikaparicharana is helpful in achieving the following objectives such as alleviation of vatadosha (vatasamaka), improving agni (deepana and pacana), cleansing garbhasaya (garbhasayashodaka), improving breast milk (sthanyavardhaka), rejuvenation of reproductive organs and entire body (yoni punarnaveekarana and bruhmana) and replenishment of dhatus (dhatu vardhaka).

Key words : Suthika, suthikaparicharya, Vatasamana

Introduction

The most happiest moment in a woman's life is pregnancy and child birth. She has undergone severe physical and mental stress during this period. Hence she becomes extremely debilitated physically and mentally after the process of normal labour. The women who had undergone the stress and strain of the labour needs some time to recover completely. Ayurveda gives utmost importance for the care of mother at every phase of her life specially when it comes to antenatal care and postnatal care. Sutikaparicharya is well described by our Ancient Ayurvedic acharyas in their respective Samhitas. To regain the normalcy proper paricharana after delivery is essential. Now a days this is lacking which leads to so many health problems to the woman during post natal period and there after. Health of mother in sutikavastha or sutikakala is more important and sutika must be given attention to prevent many complications during that period. So, care of a mother during sutikakala is equally important to the care before pregnancy, for safe motherhood and healthy childhood. Ayurveda gives much importance to the health of the woman ie the health of the woman is protected at every means and it will in turn protect the health of the whole family.¹Even after birth, the child is dependent on the mother, there by increasing her responsibility to nourish herself as well as nurturing the child too. Though this is not a stage of illness. But to regain, normalise and maintain the health, post partum care is essential. In this context sutikaparicharana assumes much social importance also.

Sutika

A woman is called as sutika after delivery following expulsion of placenta.²The term sutika is derived from the word 'Prasuta' (mother following delivery).

Suthikaparicharya according to various acaryas are tabulated as follows

Acharya	Ahara/Oushadha	Days	Vihara
Caraka	Snehapana&snehayavagu mixed with panchakolachurna	5-7days	1)Abhyanga 2) Udaravestana 3) Parisheka- ubhyata kala ⁸
	Brimhana	Krame na	
Susrutha	Vataharaaushadhadravya kwathapana&Ushnagudodaka with pippalydidravys.	2 -3 days	1)Sarvangabalatailaabhyanga 2)Parisheka with vatahara -Bhadra-darvyadidravys ⁹
	Snehayavagu/ksheerayavagu with Vidarikandadravyas . Jangalmamsa rasa, Yava, Kola, Kulathayusha, Shaliodanabhojana	3days	
Vagbhata	Snehayogya- Snehapana-mixed with panchakolachurna 2)Ushnagudodaka with panchakolachurna / Vataharaaushadhitoyapana 3)Snehaayogya-without sneha above dravyas 4) Peya - Purvoktadravyas	2-3days	1)Yoni abhyanga &sarvadaihikaabhyanga . 2)Sthanikaudaraabhyanga - ghrita/taila. 3) Udaravestana. ¹⁰
	SnehaYavagu/ KsheeraYavagu with vidaryadigana	4-7days	
	Jeevaniya, brihmaniya, Madhuravarga siddha hriddyaannapana	8- 12days	
	Mamsa rasa	After 12 days	
Kasyapa	1) Mandapana 2)Hitabhojana 3) Snehapana 4)Snehayuktayavagupana -pippali, nagaralavanarahitayavagu	3-5 days 5-7 days	1)Rakshoghnadravya 2) Ashwasana 3)Kukshi,Pristha, Parshwaabhyangasamvahanana in nyubjashayana 4)Udarapidana 5)Udaravesthana 6)Ushnabalatailapuritach armasana
	Snehayuktayavagupana-with lavana	7- 12 days	7) Yoniswedana-priyangu etc
	1)Kulathayusha 2)Jangalamamsa rasa 3)Grithabharishtashaka	12days	8)Ushnodakasnana 9) Vishranti 10) Dhupana- kustha, guggulu etc. ¹¹
	Snehana, Swedana, Ushnodakpacharam	1 Month	

Harita	1.Kwathapana - Lodhra, arjunadidravya 2.Upavasa	1 st day	1)Yoni purana 2) Abhyanga 3)Usnodakaswedana ¹²
	1) Guda,nagar, haritakisevana 2) Ushnakulathayushasevan a	2 nd Day	
	PanchakolaYavagupana	3rd Day	
	ChaturjatamishritaYavag upana	4th Day	
	Shali, Shastikodana	5/ 10/ 15 days	

1. *Vatasamana*

Out of these first and important one is to alleviate Vata which can be achieved by following procedures.

Abhyanga

अभ्यङ्गमाचरेन्नित्यं स जराश्रमवातहा ।¹³

Abhyanga given to sootika may be sthanika (udara or yoni) or sarvanga and should be done especially with Bala taila which is Vatasamshamana, rasayana to mamsadhathu, shramahara. Abhyanga tones up the pelvic floor, abdominal, back muscle, tissues and relieve back pain. Abhyanga at lower back helps for proper drainage of lochia. Yoni Abhyanga tones up vagina and perineum and prevents laxity and prolapse, alleviates pain and heals vaginal and perineal wounds. Abhyanga snana should be done at least 45 days after delivery.

Snehapana

वातस्योपक्रमःस्नेहस्वेदसंशोधनंमृदु ।¹⁴

One of the main treatment of Vatadosha is snehana both internal and external use.

Udaraveshtana

वेष्टनंत्रासनंसेको....¹⁵

It prevents vitiation of Vatadosha by compressing hollow space produced after expulsion of foetus. Abdomen should be tightly wrapped with long cotton cloth after bath. It provides support to the back & abdomen. It mainly helps the uterus to shrink back to its normal size.

Parishechana and Pana

वातहरओषधानिभद्रदार्वादीनि । उपचरेत्पानपरिषेकादिभिः ।¹⁶

Parisheka is pouring hot water in a stream, it is Vatakaphahara, vedanahara, increases agnideepti, producestwakaprasannata, srotoniramalata. Parishechana is helpful for the expulsion of abnormal blood clots accumulated in uterine cavity after the delivery. Parishechana and pana by using Vata hara dravyas are helpful to alleviate Vatadosha.

2. *Agnideepana&Pachana*

In sutika agni is manda, hence agnideepanashould be given prime importance for the first few days immediately after delivery, which may be essential prior to the administration of brimahana drugs. Upavasa increasesagnideepthi.

Snehapana:दीप्तोन्तराग्निपरिशुद्धकोष्ठःप्रत्यग्धातुर्बलवर्णयुक्तः ।¹⁷

Snehapana increases agni both jadaragni and dhathwagni. Sneha given to Suthika is mixed with Panchakolachurna. The nature of drugs in the Panchakola are Ushna, Teekshna, Deepana, Pachana and also agnivardhakakara. Panchakola is having the properties "गुल्मप्लीहोदरानाहशूलघ्नं दीपनं परं ।"¹⁸ Yavagupana in the form of manda, peya with sneha or kwatha and Laghupanchamoolakashaya or panchakolachurna with ushnagudodaka also stimulate the agni.

3. *Garbhasayasodhana*

Acharya advised to consume panchakolachurna with gudodaka for excretion of dushtasonitha from the garbhasaya. These drugs are having the property of garbhasayasankochakara there by helps to remove dushtashonitha and sheshadosha from garbhasaya. It will normalize lochial discharge and facilitates uterine involution.

न्यूब्जांशयानां संवाह्यपृष्ठे संश्लिष्य कुक्षिणा ॥

पीडयेद्घट्टमुदरं गर्भदोषप्रवृत्तये ।¹¹

Acharya advised to lie down in hump back position, massage in the back, squash the abdomen after delivery. All these procedures help to expel the residual doshas of soothika.

Sthanyavardhakadravyas

Sthanya is the upadhatu of Rasa. So agnivardhakadravyas produce uthamarasa and it will in turn produce uthamasthanya. Madhura, jeevaneeya, brimhaneeya drugs are having the property of galactogenesis and will increase the quantity and quality of breast milk.

4. *Yoni punarnaveekarana*

Acharya advised to perform Yonyabhyanga, yonisnehana and swedana assthanikaprayogas. The puerperal woman should sit over a small chair covered with leather bag filled with hot balataila and sudation is also advised with krsara prepared with priyangu etc.¹¹ All these procedures are helpful to regain the tone and strength of pelvic floor muscles and perineal muscles.

Yonidhupana

कुष्ठगुग्गुल्वगुरुभिर्धूपयेत्सृतसंयुतैः ।¹¹

After delivery due to hypoestrogenic state vaginal defence is lowered. So there is more chances of infection. Dhupana using the drugs such as kushta, agaru, and guggulu having the properties jandhughna, kandughna, shothahara, vranashodhana, ropana, will prevent infection and keep the vagina healthy.

Punarnaveekarana and Brimhana

The suthikaparicharya itself helps in punarnavikarana of her body and a stage of physical, mental and physiological wellbeing is re-stabilized. Thus proper implementation of sootikaparicharya ensures normal healthy genital organs and results in whole body health. Yusha is prepared with Yava, Kola, Kulatha and it should be given to the Suthika. It acts as agnideepaka, balya, swedajanana, pustisukhaprasadana. Meat is an excellent source of iron, vitamins, essential amino acids and trace elements.

बृंहयेद्याधिभेषज्यमद्यस्त्रीशोककर्शितान् ।.....

गर्भिणीसूतिकाबालवृद्धान् ... ॥¹⁹

Brimhana is indicated for suthika because suthika is in a condition of a patharpana. Those drugs which give pushti or brimhana and increase the tone of muscle.

5. Dhathuvaradhana

धातुशब्दप्रवृत्तेर्धारणपोषणनिमित्तत्वात् । (dalhana)²⁰

Nourishment of all the dhathus is influenced by the function of dhatwagni. The food subjected to proper digestion by jataragni and converted to rasa dhathu. Succeeding dhathus are derived from rasa dhathu by the action of dhathwagni. Bala can be understood by sareerikabala and dhathubala. Payasya, ashwagandha, vidarikanda, balaetc are some of the examples of balyadravyas. Balyadravya increases bala of sareera and all the dhathus.

Pathya

The pathya and apathya for suthika has been specially mentioned in Bhaishajyaratnavali. The pathya should mainly aim at pacifying vata and kaphadosa.²¹

Ahara	Vihara
तैलपान	उपवास
कटुतीक्ष्णोष्णसेवन	कटुतीक्ष्णोष्णसेवन
दीपनपाचन	गर्भकोष्ठविशोधनम्
मद्यं	अभ्यङ्ग
पुराणशालिषाष्टिक कुलत्थ, लशुन, शिग्रु, वार्ताक, बालमूलक	स्वेदन
पटोल, मातुलुङ्ग, ताम्बूल, दाडिम	
स्निग्धपथ्याल्पभोजन	

Sutika should always follow hitahara and vihara. Taila is considered as pathya because it will normalise the functions of female genital organs hence it is indicated for stree “नारीतैलेनमाषैश्च”²²Pippali, Pippalimula, Chavya, Chitraka, Shringavera are Ushna, Teekshna, Deepana, Pachana, Shoolagna . it is helpful in reducing Agnimandya & shoola in sutika. These drugs are katurasatmaka & katuvipaki so it is helpful for normal lochial discharge because of this garbhashayashuddhi occurs. Kulatha is helpful for anulomagathy of Vata.²³ Varthaka is agnijanaka.²⁴ Lasuna is deepana and rasayana.²⁵ Mamsam isbrimhanam and mamsavardhanam. Apathyas mainly include vyayama, maidhuna, krodha and seetaseva.

Prasutasnana

Prasutasnana is the bathing ceremony of the puerperal woman which is performed on the 10th or the 12th according to the rituals of the family.²⁶ Proper care is very much essential for puerperal woman as any offending act in this regard may lead to a group of disorders known as "Sutikarogas" which are generally incurable or cured with difficulty. These are mainly 74 in number according to Acarya Kashyapa. The treatment principle for sutikarogas is chiefly Vatahara and includes the use of bhouthika, jeevaniya, bruhmana and madhura drugs.⁹

Countless preparations have been mentioned in Ayurvedic classics for sutikaparicharana and for the management of sootikarogas. Soubhagyasunti is agnideepana, vayasthapana and makkallasoola samana.²⁷ Pulimkuzhambu is indicated in katisoola and prshtasoola²⁸ can be managed using Dhanwantharam Kashaya, Rasnasapthakamkashaya etc. Kerakesararasayana strengthens the backbone and all tissues of the body and reduces bleeding. Rasayanas like Brahma rasayana, Chyavanaprasha, Sukumararasayana etc can also be used in a puerperal woman for achieving dhathuposhana. These rasayana preparations are also helpful to rejuvenate women's body and ensure a healthy future life. Various psychiatric disorders are also explained in sutika which can effectively be managed by the use of medicines like Kalyanakagritha, Pancagavyagritha etc.

Conclusion

Hence we can conclude that Sutikaparicharya is one of the key elements that help a woman to regain her prepregnant health status and also to provide adequate nutrition for the baby through lactation. It should be done systematically and medicines should be prescribed according to the

condition of the puerperal women. Adherence to above said regimen and medicines not only helps a sutika to regain her physical and mental well being but also improve her health and stay robust all through her life.

References

1. Dr.SivaprasadSharma,AshtangaSamgraha, Sasilekha commentary, Chaukhambha Sanskrit Series Office, Varanasi, 1st ed,2006;284.
2. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 377.
3. Prof.(Km.) P.V.Tewari, Kasyapa Samhita, ChaukhambhaVisvabharathi, Varanasi, Reprint, 2008;582.
4. Vaidya LaksmipatiSastri, Yogaratnakara, Vidyotini commentary, ChaukhambhaPrakashan, Varanasi, Reprinted, 2008; 431.
5. Vaidya JadavjiTrikamji Acharya, Charaka Samhita, Chakrapanidatta Commentary, Chaukhamba Sanskrit Sansthan, Varanasi, 5th ed, 2001; 514.
6. Prof.(Km.) P.V.Tewari, Kasyapa Samhita, ChaukhambhaVisvabharathi, Varanasi, Reprint, 2008; 543.
7. Dr. SivaprasadSharma,AshtangaSamgraha, Sasilekha commentary, Chaukhambha Sanskrit Series Office, Varanasi, 1st ed, 2006; 290.
8. Vaidya JadavjiTrikamji Acharya, Charaka Samhita, Chakrapanidatta Commentary, Chaukhamba Sanskrit Sansthan, Varanasi, 5th ed, 2001; 349 .
9. Vaidya JadavjiTrikamji Acharya, Susruta Samhita, Nibandhasangraha Commentary of Sri Dalhanacharya, Chaukhambha Orientalia, Varanasi, 6 th ed, 1997; 389.
10. Dr.SivaprasadSharma,AshtangaSamgraha, Sasilekha commentary, Chaukhambha Sanskrit Series Office, Varanasi, 1st ed,2006; 290.
11. Prof.(Km.) P.V.Tewari, Kasyapa Samhita, ChaukhambhaVisvabharathi, Varanasi, Reprint, 2008;578.
12. Pm. Hariharaprasad Tripathi, Harita Samhita, ChaukhambhaKrsnadas Academy, Varanasi,2nd ed, 2009; 462.
13. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 26.
14. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 211.
15. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 211.
16. Vaidya JadavjiTrikamji Acharya, Susruta Samhita, Nibandhasangraha Commentary of Sri Dalhanacharya, Chaukhambha Orientalia, Varanasi, 6 th ed, 1997; 389.
17. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 253.
18. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 120.
19. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 224.
- 20.Vaidya JadavjiTrikamji Acharya, Susruta Samhita, Nibandhasangraha Commentary of Sri Dalhanacharya, Chaukhambha Orientalia, Varanasi, 6 th ed, 1997; 62.
21. Bhisagrata Shri Brahmashankar Mishra, Bhaishajyaratnavali of Shri GovindaDasji, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, 2009; 420.
22. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 366.
23. BhishagacharyaHarisastriParadakara Vaidya, Ashtangahridayam, with the commentaries of Arunadatta&Hemadri, Chaukhambha Orientalia, Varanasi, 8th ed, 1998; 92.
24. Dr.SivaprasadSharma,AshtangaSamgraha, Sasilekha commentary, Chaukhambha Sanskrit Series Office, Varanasi, 1st ed,2006; 58.
25. Dr.SivaprasadSharma,AshtangaSamgraha, Sasilekha commentary, Chaukhambha Sanskrit Series Office, Varanasi, 1st ed,2006; 62.

26. Dr.SivaprasadSharma,AshtangaSamgraha, Sasilekha commentary, Chaukhambha Sanskrit Series Office, Varanasi, 1st ed,2006; 630.
27. Vaidya LaksmipatiSastri, Yogaratnakara, Vidyotini commentary, ChaukhambhaPrakashan, Varanasi, Reprinted, 2008; 430.
28. AravattazhikathuK.V.Krishnavaidyan, AanakaleelS.Gopalapilla, Sahasrayogam, Sujanapriya Commentary, Vidyaarambham Publishers, Alapuzha, 34th ed, 2016; 225.

