



A CRITICAL ANALYSIS ON SUTIKAGARA (ACCOUCHEMENT WARD) IN COMPARISON TO THE LABOR ROOM.

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Abstract

Sutikagara is a ward constructed for placing the pregnant lady and for the conduction of labor and which will be dismantled after the completion of *Sutika Kala*. The detailed explanation regarding *Sutikagara Nirmana Vidhi*, *Sutikagara Sangraheeya Dravyas* and *Sutika Gara, Pravesha Vidhi* have been explained in the *Shareera Sthana* of the *Charaka* and *Sushruta Samhita*. The modern labor rooms are built based on the specific guidelines and are used for the conduction of labor and recovery of the puerpura and new born. The comparison of both *Sutikagara* and labor room have the similarities in Space and layout, Equipment and accessories, Consumables, Human resources, Practices and protocols.

Keywords: *Sutikagara*, labor room, *Sutikagara Nirmana Vidhi*, *Sutikagara Sangraheeya Dravyas*, *Sutika Gara, Pravesha Vidhi*.

Introduction

It is a ward constructed for every *Sutika* and dismantled after her discharge. *Accouchement ward*, the word *archaic* means giving birth, *accoucher* means act as midwife. This ward is built to conduct the delivery and for placing the mother and child into it. A pregnant woman nearing to the date of delivery will be entering this ward and stayed there till the completion of *Sutika Kala* (puerperal period)¹.

According to different *Acharayas*, the *Sutika Kala* is mentioned from the time of expulsion of placenta to 1 ½ month, and few authors says it is till the reappearance of regular menstruation, it is indicated to observe both mother and child in this ward during this period.

Sutika is the term used after the expulsion of placenta, *Sutika* has to be placed in the *Sutikagara* for the period of 1 ½ month or till the reappearance of menstruation, for the purpose of replenishment of dhatus, steadiness of the body, and also reappearance of *Arthava*, as *Sutika* will be having *Dhatukshaya, Balahanai*, due to *Prasava*².

Requisites for the construction of *Sutikagar*

- A clean land – for the construction of *Sutikagara*
- Wood – *Bilva, Tinduka, Inguda, Bhallataka, Khadira* – for building walls and doors
- Cow dung/ lime – coating to the walls, roof

Sutikagara should be constructed, facing east or north, as easy access to the sunlight and wind will be there, and measurements should be 12 feet long and 6 feet wide, it should be constructed with the wood as its bad conductor of electricity, protect from the thunderbolt, and it will be easy for dismantling after its usage¹.

Dravyas to be collected in this ward³:

SI No	Name of the dug	Latin name
1	<i>Sarpi, Taila</i>	Ghee, oil
2	<i>Madhu</i>	Honey
3	<i>Saindhava,</i>	Rock Salt
4	<i>Souvarchala Lavana</i>	Suvachal salt
5	<i>Kala</i>	Black salt
6	<i>Bida Lavana</i>	Vid salt
7	<i>Vidanga,</i>	Embelia ribes

8	<i>Kustha</i>	Saussurea lappa
9	<i>Devadaru</i>	Cedrus deodara
10	<i>Nagara</i>	Ginger
11	<i>Pippalai</i>	Piper longum
12	<i>Pippalai Moola</i>	Roots of piper longum
13	<i>Hasthipippalai</i>	Scindapsus officinalis
14	<i>Manadukaparni</i>	Centella asiatica
15	<i>Ela</i>	cardamom
16	<i>Langali</i>	Gloriosa superba
17	<i>Vacha</i>	Acorus calamus
18	<i>Chavya</i>	Piper retrofractum
19	<i>Chitraka</i>	Plumbago zeylanica
20	<i>Chirabilva</i>	Holoptelea integrifolia
21	<i>Hingu</i>	Ferula narthexa
22	<i>Sarshapa</i>	Mustard
23	<i>Lashuna</i>	Garlic
24	<i>Kataka</i>	Strychnos potatorum
25	<i>Kanakanika</i>	Nypa fruticans
26	<i>Nipa</i>	Nypa fruticans
27	<i>Atasi</i>	Linum usitatissimum
28	<i>Balvaja</i>	Eleusine indica
29	<i>Bhurjapatra</i>	Betula utilis
30	<i>Kulattha</i>	Horse gram
31	<i>Maireya</i>	Intoxicating drug
32	<i>Sura</i>	Spiritus liquor
33	<i>Asava</i>	Spiritus liquor distilled from molases

Other materials:

- Two pestles
- Two mortars
- Animals – donkey and bull
- Two needles made up of gold and silver
- Sharp instruments made up of iron, to conduct delivery
- Two beds made up of *Bilva*
- Woods of *Tinduka* and *Ingudi* for lighting fire
- Multiparous women – good hearted, service oriented, experienced in conduction of labor, affectionate to the pregnant lady, free from grief
- *Brahmanas* – possessing the knowledge of *Atharvaveda*.

Pravesha Vidhi:

In *Ayurveda* classics, *Prasava Kala* extends from the beginning 9th month to 12th month, pregnant lady in 9th month, should enter the *Sutikagar* on any of the auspicious day.

First the cows, brahmanas, along with fire and water should be made to enter the ward, then pregnant lady should offer the grass to the cows, should wash the feet of seated *Brahmana*, and offer them with rice, flowers and fruits of *Nandimukha*, and then she should take the blessings, then pregnant woman should enter the *Sutikagara* by placing her right foot first and following the cow and *Brahmanas* by reciting the holy words.

Then she should stay there and watch for the labor pains, and this accouchement ward will be used for conduction of labor, and also the mother and new born will be placed here for proper care till the *Niskramana Vidhi*.

Guidelines to construct the new labor room or upgrade the existing available room as labor room.

1. When the space resource permit, then construct the new unit to meet the specifications and model labor room guidelines
2. When the space resource not permit, then labor room should be expanded or shifted to larger area to meet the specifications
3. When the space and resources are not available, then every effort should be made to ensure that labor room is re-organized as per the guidelines

Guidelines for up gradation

- Space and layout
- Equipment and accessories
- Consumables

- Human resources
- Practices and protocols
- **Space and layout** —labor rooms with labor-delivery-recovery (LDR) room concept (a pregnant woman spends the duration of labor, delivery, and 4 hours postpartum in the same bed) and conventional labor rooms (a pregnant woman is admitted to labor room only at or near full dilation of cervix and is shifted to the postpartum ward after 2 hours).
 - Number of tables in labor room should be decided based on number of deliveries conducted per month
 - Each labor bed should have following facilities
 - Adjustable side rails.
 - Facilities for Trendelenburg/reverse positions.
 - Facilities for height adjustment (hydraulic pump preferably).
 - Stainless steel IV rod.
 - Mobility: swiveling castor wheels & brakes.
 - Mattress
 - Disposable draw sheet.
 - Steel basins attachments.
 - Calf support, hand grip, leg support.
- **Equipment and accessories**
 - Labor areas
 - Nursing station
 - Newborn Care Area (NBCA)
 - Toilets
 - Hand washing Area
 - Washing area
 - Lighting
 - Power supply
 - Waiting/Registration Area
 - Staff Room
 - Store
 - Doctor's Room
 - Clean-utility room
 - Dirty-utility area
 - Air-Handling Unit
 - Biomedical waste management unit
 - Sterilization unit
- **Consumables** -Consumables such as cotton, thread, gauze, catgut, IV drip sets, needles, medicines-oral and parenteral, leucoplast, soap, hand-wash, betadine solution, mosquito repellent etc.
- **Human resources**
 - Doctors
 - Nursing staff
 - Ayas
 - Cleaning staff
 - Guards

There will be strict Protocols for entry to the labor room and also Protocols for working in the labor room and Protocols for safe care in the labor room⁴.

Discussion

A critical analysis of *Sutikagara* in comparison to the modern labor room

Sutikagara is ward constructed for pregnant lady for staying there and watching for the labor onset and followed by undergoing the *Sutika Paricharya*. And the labor room is specified place in hospital where pregnant lady will be shifted and conducting the labor and then observing the woman for 2 to 4 hours.

The *Sutikagara Nirmanan Vidhi* explains about the land, its qualities, color of the soil, the wood used for construction and method of construction of *Sutikagar*, similarly the guidelines for construction of labor room, gives equal importance to the space and layout.

- Then *Sutikagar Sangrahaniya Dravyas* explains about the preparation of the *Sutikagar* and collection of drugs required for *Prasava Paricharya*, *Navajata Shishu Paricharya* and *Sutika Parichrya*, and also the equipment's like pestles,

mortars, two needles made up of gold and silver etc., which are required for conduction of labor. Similarly, the guidelines for equipment's and accessories for the labor room have been enlisted in modern science.

- The consumables include the *Ahara Dravyas*, *Aushadhas*, *Vastras*, etc. As like cotton, thread, gauze, catgut, IV drip sets, needles, medicines-oral and parenteral, leucoplast, soap, hand-wash, betadine solution, mosquito repellent etc. in present days.
- Human resources in classical science includes the multiparous women – good hearted, service oriented, experienced in conduction of labor, affectionate to the pregnant lady, similarly modern labor room will be having the service of experienced doctors, nurses, supportive staff etc.
- In *Prasva Parichraya Adhyaya*, classical science explained in detail about the assessment of *Prasava Avastha*, and its management, similarly modern science has fixed the guidelines for conduction of labor, assessment of the complications, and management of complicated cases by cesarean section as like *Udara Patan Vidhi* in *Ayurveda* science.

Conclusion

Hence, with respect to the *Prasava* (labor), we can see the changes occurred in equipment, materials, method of construction etc., but the basic five criteria (Space and layout, Equipment and accessories, Consumables, Human resources, Practices and protocols) are having similarity

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