



SUTIKA PARICHARYA- AYURVEDIC PERSPECTIVE

Vd. Shraddha M. Dongare ¹ PG Scholar, Dept. of Streeroga evum Prasuti tantra.

Vd. Hemalata C. Kongi ² Professor & H.O.D., Ph.D Scholar, Dept. of streeroga evum prasuti tantra.

L.R.P. Ayurvedic Medical College & Research Centre, Urun-Islampur, Sangli, Maharashtra, India.

ABSTRACT-

Ayurveda gives importance for the care of mother at every phase of her life specially when it comes to antenatal and postnatal care. A postnatal period begins immediately after the separation of placenta and extends up to 6 weeks, otherwise called as puerperium or puerperal period. Postnatal care certainly co- related with Sutika Paricharya explained in Ayurvedic classics. They have described dietary regimen, living style and other required management for pregnancy and up to 6 months after delivery. It is well known that certain psychosomatic changes takes place during Sutikakala such as loss of weight, loss of body fluid, laceration of genital tract, constipation, mental stress etc. Most of these changes leads to Atiaptarpan (emaciation) of mother during Sutikakala. This Status causes Vatavridhi which is responsible for different types of health problems such as, Stanyadushti (vitiated breast milk), anaemia (pandu) ,prolapse of uterus (garbhashaya bhransha) etc. According to kashyapa samhita, treatment of Sutika is as difficult as cleaning of unclean, tattered, old cloth. In olden days, ladies used to follow strict guidelines during early postpartum days i.e in Sutikakala, which helps the woman to regain her lost vitality and helps her body to revert back i.e prepregnant state is called Sutika Paricharya, as during this period she restores her health and strength.

KEYWORDS- Sutika paricharya, postnatal care

INTRODUCTION--

As per modern medical science the puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to the pre pregnant state both anatomically and physiologically. Motherhood is a unique and exciting moment in every woman's life. Woman after delivery of baby followed by expulsion of placenta is termed as Sutika. Sutika suffers physical and mental fatigue due to exertion experienced during labour, and due to loss of blood she becomes very weak. After following proper sutika paricharya woman regain all the lost things and reaches pre pregnant status.

SUTIKA- A woman who has just given birth to a child followed by expulsion of the placenta is known as Sutika. "सूतायाश्चापि तत्र स्यात अिरा चैत्र ननर्गता प्रसूताऽपि न सूता स्त्री भवत्येव तैसनत"

SUTIKA KALA- According to various aacharyas

The postnatal phase is called as 'Sutika Kala'.

1. **Aacharya Sushruta**³ –one & half month i.e. approximately 45 days
2. **Ashtanga Sangraha**⁴ - one & half month i.e. approximately 45 days or until next menstrual cycle
3. **Ashtang Hridya**⁵ - one & half month i.e. approximately 45 days or until next menstrual cycle
4. **Aacharya Kashyapa**⁶- 6 month
5. **Aacharya Bhavprakasha**⁷ - one & half month i.e. approximately 45 days or until next menstrual cycle.
6. **Yogratnakara**⁸ - one & half month i.e. approximately 45 days or until next menstrual cycle
7. **Modern**⁹-Up to 6 week

There are various opinions about Sutika kala from six weeks to six months and some also believe it lasts until next menstrual cycle.

SUTIKA PARICHARYA-

A care of the woman during puerperium comes under Sutika Paricharya.

1.SAMANYA PARICHARYA-

A) Amulet for puerperal woman The puerperal woman should tie amulet of trivrt (trivrutt mani dharana) over the head.

B) General care i.e. mode of life and diet.

Ahara, Vihar and Aushadhi kalpana for Sutika :**1 According to Charaka**¹⁰

NO OF DAYS	AAHAR	VIHAR
5-7 days	1 snehapan 2 yavagupana	1 Abhyanga 2 Parisheka in ubhyatakala
Kramavat	Appyayan & Swasthavritta palana	3 Udarvestana

2 According to Sushrut¹¹

NO OF DAYS	AAHAR	VIHAR
2-3 days	1)Vatahara kashaya pana 2)Ushna gudodaka with pippalyadi dravyas	1)Sarvadaihika balataila abhyanga 2)Parisheka with vatahara dravyas
3 or 4 -6 or 7 Days	1)Sneha yavagu/ksheera yavagu with Vidarigana dravyas	
8 days	1) Jangal mamsarasa 2) Yava, Kola, Kulatha yusha 3) Shaliodana bhojana.	

3 According to Asthang hridayam¹²

NO OF DAYS	AAHAR	VIHAR
2-3 days	1) Snehapana- with panchakola churna 2)Ushna gudodaka with panchakola churna / Vatahara aushadhi toyapana 3) Peya – Purvokta dravya	1)Yoni abhyanga & sarvadaihika abhyanga 2)Sthanika udara abhyanga - ghrita/taila 3) Udaravestana 4) Udvartana 5) Parisheka 6) Avagaha
4-7days	SnehaYavagu KsheeraYavagu	
8-12 day	Jeevaniya gana/brihmaniya gana/ Madhuravargasiddha Hridhya annapana	
After 12 days	Mamsa rasa	

4 According to Asthang sangraha¹³

NO OF DAYS	AAHAR	VIHAR
8 -12 days	1)Yava, Kola, Kulatha yusha 2) laghu annapana	
After 12 days	1) Jangal mamsarasa 2) Jeevaniya gana/ brihmaniya gana/ Madhura, vatahara dravyasadhit	
3-4 days	1)Snehapana with Panchakola churna with saindhava 2)SnehaAyogya Vatahara/ laghupanchamoola kwatha pana 3)Ksheera yavagu pana Vidaryadigana siddha	1)Sarvadaihika balataila abhyanga 2)Sthanika Udara abhyanga grita/taila 3)Udarvesthana 4)Ushnodaka 5)Acchadana 6)Avagahana

5 According to kashyapa¹⁴

	AAHAR	VIHAR
3-5 OR 5-7	1) Manda pana 2) Hitakar bhojana 3) Snehapana 4)Snehayukta yavagu panapippali, nagaralavana rahita yavagu	1) Rakshoghnadravya dhupan 2) Ashwasana 3)Kukshi,Pristha, Parshwa abhyanga /samvahana 4) Udarapidana 5) Udaravesthana 6) Yoniswedana 7) Ushnodakasana 8) Vishranti 9) Dhupanakustha, guggulu etc.

7-12	Snehayukta yavagu panawith lavana	
12 days	1)Kullatha yush 2) Jangala mamsarasa 3) Gritha bharjita shaka	
1 month	Snehana, Swedana, Ushna jala sevana	

6 According to harita¹⁵

NO OF DAYS	AAHAR	VIHAR
After prasava	Kwatha pana - Lodhra, arjunadi dravya	1) Yoni purana 2) Abhyanga 3)Usnajala swedana 4) Mangalavachana
1 st day	Upvaas	
2 nd day	1) Guda,nagar, haritaki sevana 2) Ushna kulatha yusha sevana	
3 rd day	Panchakola Yavagu pana	
4thday	Chaturjata mishrita Yavagupana	
5/10/15 days	Shali Shastik odana	

VISHISTHA PARICHARYA¹⁶

It is explained on the basis of types of Desha & Gender of child.

1.According to Desh-

DESH	AAHAR	VIHAR
Aanup desha	1) Manda prayoga with agnibalavardhaka dravya 2) Ushna dravya sevana	Swedana Nivata Shayana
Jangal Desha 3-5 days	1) Snehopachara	Snehopachara
Sadharana desha	Neither too sneha nor ruksha dravyas	

2.According to gender of child-

NO OF DAYS	GENDER OF CHILD	PATHYA
5-7 days	Male	Tailapana Deepaniya aushadhi
5-7 days	Female	Ghritapana Deepaniya aushadhi samsakrita yavagupana samsakrita yavagupana
Later	Mandadi prayoga	

Pathya and Apathya:¹⁷

Pathya:

1. Ushnodaka snana
2. Koshna (warm) jala pana.
3. Adequate sleep
4. Udarveshthana (tie abdominal belt).
5. Hitakaraka ahara and vihara.
6. Abhyanga , Parisheka, Avagahana .
7. Daily snehana and swedana.

Apathya:

1. Shita ahara, vihara.
2. Maithuna.
3. Physical and mental Stress.
4. Ati vyayama.
5. Shoka, Bhaya ,Krodha.
6. Atapasevana and divaswapa.
7. Panchkarma is contra indicated in sutika

DISCUSSION-

In Sutika kala , proper Sutika Parichaya cause complete involution of uterus and other pelvic organs, so that they reach to their pre pregnant state. Aim of puerperium is to maintain maternal and fetal health. Preventing a complications and to establish infant feeding. Abhyanga causes toning up of muscles of pelvic floor, abdomen, back and vagina. Ayurveda advocates Bala taila, sassamum oil for Abhyanga during postnatal period. Vaginal massage facilitates proper drainage of lochia i.e. vaginal secretion, pacifies apana vata and tones up vagina. Swedan is having the property of vatashaman ,hence it is beneficial during Sutikakala where vata is vitiated. In general all the texts advised massage, oral administration of fat with drugs and decoction for 3- 7 days after delivery. Sutika who becomes weak due to development of fetus, excretion of kleda, blood and exhausted due to labour pains regain her pre pregnant state by following Sutika Parichaya.

1. **Abhyanga**^{18,19,20}:

Abhyanga may be Sthanika(udara or yoni) or sarvadaihika with the help of Ghrita and Taila especially with BalaTaila which is vatasanshamaka, Mamsadhathu vardhaka, Shramahara Abhyanga tones up the pelvic region, abdominal, back muscle and relieve the muscle spasm, Abhyanga at lower back helps to drain lochia. Yoni Abhyanga tones up vagina and perineum, relieve pain and heals vaginal and perineal wounds.

1. **Parisheka & Avagaha**²¹:

Parisheka is vatakaphahara, vedanahara, agnideepak, twakaprasannata, sroto vishodhak, so helps to drain lochia after the delivery and Vata Dosha also subsides.

2. **Udaraveshtana (Pattabandana)**²²:

It prevents sanchiti of vatadosha by compressing hollow space produced after delivery of foetus. Abdomen should be tightly wrapped with long cotton cloth , It provides support to the back & abdomen. It mainly helps the uterus to shrink back to its normal size (subinvolution). Also helps to improve posture.

3. Yonidhupana²³:

Vaginal defence is lowered and patient is prone for infection

. Dhupana will maintain the hygiene of the vagina and perineum. It keeps episiotomy healthy. The drugs used like kustha, agaru, guggula have the properties like jantugna, kandugna, shothahara, vranashodhana, ropana

4. Snehapana²⁴:

Snehapana (Ghrita/ Taila / Vasa/ Majja) is mixed with dravyas like Pippali, Pippalimoola, Chavya, Chitraka, Shrungavera, Yavani, Upakunchika. All these drugs are agnideepak, vatashamak & amapachak and helps for the digestion and act as appetizer.

5. Garbhashayashodhana²⁵:

Drugs like Panchakola are given with warmed gudodaka for excretion of Dushta Shonita from uterus. It normalises the lochial discharge and does proper uterine involution. Drugs having the garbhashaya shodhaka and garbhashaya sankochaka properties, removes the dushta shonita or shesha dosha from garbhashaya.

6. Sneha yavagu or Ksheera yavagu²⁶:

Yavagupana in the form of manda,, peya with sneha or kwatha. It stimulates the agni, it is grahi, laghu in nature, dhatuposhana, tarpana properties, easily digestible & absorbable, reduces thirst & maintain water content in the body. Ksheera is rich source of proteins, vitamins and calcium provides energy.

7. Yusha^{27,28}:

Yusha is given to the Sutika is prepared from Yava, Kola, Kulatha. It is semisolid, rich in protein. It acts as agnideepaka, balya, swedajanana, pustikar and prasadak.

9) Mamsa rasa²⁹:

Mamsarasa is an excellent source of iron, vitamins, essential amino acids and trace elements , helpful to recover maternal system from stress and strain of labour & enhance the properties of maternal milk.

CONCLUSION

Ayurveda described diets and regimen in Sutika kala is totally scientific. After following Sutika Parichaya Sutika can achieve shuddhi, dhatu paripurnata , sthanya vriddhi and avoid postnatal complications.

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