

TRADITIONAL METHODS OF FOOD HABITS AND DIETARY PREPARATIONS FOR *SUTIKA*

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ABSTRACT

Ayurveda, the ancient science of life has given utmost importance for women health. There are particular *Paricharyas* i.e. rules and regulations exclusively mentioned for women during various transitional period of her life including *SutikaParicharya*. Post partum period is considered as a highly sensitive period, as lots of physical and emotional changes occur in women's body and all the post-partum care systems as per the Indian culture, place a great emphasis on encouraging fast healing, boosting immunity, and improving the production of milk. India is a country linked to its history, geography, demography and culture. In addition to historical diversity, cultural influences have also contributed unique dishes and styles to Indian tradition. In this study, an attempt is made to highlight various traditional food preparations and practices exclusively mentioned for *Sutika* from a particular village in northern region of Kerala and its scientific relevance.

Keywords: *Sutika paricharya, Post partum period, Traditional practice etc.*

INTRODUCTION: World Health Organization defines traditional medicine as "The sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness"¹ Post partum period is considered as a highly sensitive period, as lots of physical and emotional changes occur in women's body and all the post-partum care systems as per the Indian culture, place a great emphasis on encouraging fast healing, boosting immunity, and improving the production of milk.

TRADITIONAL METHODS OF FOOD HABITS FOR *SUTIKA*:

1) *Krishna Jeeraka Kashaya* :

Kashaya should be prepared with *Krishna jeeraka*, 2 dry red chilli, *maricha* and *Haridra churna* (Q.S)

Time: 1 hour after delivery till 7 days

SCIENTIFIC RELEVANCE²

- *Haridra (Curcumin)* is a proven anti-inflammatory agent and beneficial effect of curcumin is mediated by the upregulation of peroxisome-proliferator-activated receptor.

- Curcumin has shown enhanced expression of fibronectin and collagen by fibroblast and increased rate of granulation tissue formation and suggesting an enhancement in wound healing.

- Curcumin is a potent immunomodulatory agent.

2) **TANGALU ANNA** : Previous night's boiled rice with little crystal salt and garlic.

Time duration : for 7 days after delivery.

SCIENTIFIC RELEVANCE³:

- Rich in fibre and it helps relieve constipation.
- Natural coolant and helps in thermoregulation of body.
- High on micro-nutrients and minerals such as iron, potassium, and calcium, hence it can help in increasing breast milk.
- It can speed up recovery of wound.

3) OLE BELLA (PALM JAGGERY) KASHAYA :

Time duration : It should be taken in empty stomach for a period of 7 days after delivery.

SCIENTIFIC RELEVANCE⁴ :

- Rich in iron and increases haemoglobin and treats anemia if consumed regularly.
- Presence of Calcium will help in increasing the breast milk.
- Presence of Potassium will decrease the cramps.
- Over all it helps in boosting the immunity.
- It activates digestive enzymes, treats constipation and indigestion by regulating bowel movement.
- Boosts the energy and immunity.

4) KESUVINA DANDU :

Curry prepared from the stem of plant *Colocasia esculanta*

Time duration : From 3rd day after delivery till 7 days

SCIENTIFIC RELEVANCE⁵ :

- Anti bacterial in nature and known to be effective for treating wounds.
- Good laxative in nature.
- Prevents swelling and pain. (relieves from retention of fluid)

5) SURANA PALYA :

Curry prepared from *Surana*(*Amorphophallus paeonifolius*)

Time of administration : After 7 days of delivery.

SCIENTIFIC RELEVANCE⁶ :

- Methanol extract of *Amorphophallus paeonifolius* has prominent Anti inflammatory activity.
- Methanolic extract has also exhibited significant analgesic activity.
- Ethanolic extract of tubers is anti-bacterial and anti-fungal in nature.
- Methanolic and aqueous extract is beneficent in Haemorrhoids.

6) MENTE ANNA :

White Rice processed with *Methika*, *Sarshapa* and grated coconut should be given.

Time duration : after 7 days of delivery

SCIENTIFIC RELEVANCE⁷ :

- Fenugreek seed contains trigonelline, 4-hydroxysoleucine, sotolon, phenolic, luteolin etc, and is a proven galactagogue to increase milk supply.
- Coconut is a good source of potassium, magnesium, protein, calcium, vitamin C and fiber.

FOOD PREPARATIONS AFTER 15 DAYS OF DELIVERY FOR A PERIOD OF ONE MONTH:

1) HASI MADDU :

½ kg *Dhanyaka*, 100gm *Sarshapa*, 50gm *Methika*, 1/4kg *Ajamoda*, 50gm *Jeeraka*, 2 *Haridra*, 200gm *Maricha*, 10 dry red chilli. All the drugs should be properly dried and powdered, it should be mixed with ghee, palm jaggery and while consuming a piece of garlic or onion should be mixed.

2) UNDE MADDU :

Same drugs of Hasi maddu powdered 100gm should be taken, it should be mixed with 5 Palm jaggery, ¼ kg achu bella, ghee and small balls are to be prepared. It should be dipped in white rice batter and fried in oil.

3) KODI MADDU:

Tender leaves of plant Guava (*Psidium guava*), Nerale Kodi (*Syzygium cumini*),

Kuntalu Kodi (*Syzygium caryophyllatum*), Daddele (*Pterygota alata*), Tere Kodi (*Acacia catechu*), Nekkare Kodi (*Melastoma malabaricum*), Chi mullu Kodi (*Mimosa pudica*), Tottampady Kodi (*Achyranthes Aspera*) boiled and added with dry red chilli, *Dhanyaka*, *Jeeraka*, *Chincha*, Salt, and Garlic tempering.

DISCUSSION:

- Most of the drugs have digestive, diuretic, anti-inflammatory and anti-septic properties. So helpful in preventing infectious diseases, atony of bladder during postpartum period and also for diuresis of accumulated fluid in body.
- The *Sama dosha*, *sama agni*, *sama dhatu* and *mala* attained by *sutika paricharya* helps in the proper formation of *Dhatus*, increasing *Agni*, proper excretion of *mala*, *mutra* and *dushta shonita*.
- Different procedures followed including *ahara* and *achara* for the purpose of *Punar-naveekarana* as well as *Dhatu poshana* of the stree in *Sutika paricharya* is a process of rejuvenation done for the purpose of *swastya rakshana*.
- All the *Sutika paricharyas* followed in ancient days has its own importance and scientific relevance in the management of health of women during Post partum period.

CONCLUSION:

- India is a country linked to its history, geography, demography and culture. In addition to historical diversity, cultural

influences have also contributed unique dishes and styles to Indian tradition

- All the post-partum care systems as per the Indian culture, place a great emphasis on encouraging fast healing, boosting immunity, and improving the production of milk.

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