

SUTIKA PARICHARYA: AYURVEDIC REVIEW

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ABSTRACT

Sutika post natal is the most crucial period of woman's life. All energy utilized for development, growth and giving birth to baby is regained and empowering her to face the further challenges of her life. This is the only period, if we not given attention lady may never get her energy back, & so *Ayurvedic* texts has given separate & special *paricharya* for this period. *Aahara* , *Vihara*, & emotional supplements described by *aacharyas* gives strength & support her for all her existence. In modern science only medicines & exercises are the only regimen for *peapura* but studding *Ayurvedic paricharya Acharyas* given attention towards all *doshas, dhatus, malas* including *mana*.

Keywords *Sutika, aahara, vihara, aushadhi, paricharya*

INTRODUCTION: A woman is the unique creation of god, and he has blessed the female with gift of motherhood. *Ayurveda* regards women and her ability to reproduce and care for children as the basis of family life. She is the foundation of society; these qualities only can be manifested if a woman is healthy. In today's era there is change in life style, stress, working women do not follow the post natal regimen and these may lead to hazardous effect on their health. A *sutika sharir* is thought to be empty after delivery due to exertion of labour pain and excretion of *rakta* and *kleda* , so the mother becomes very tired after delivery and hence to be given extra care. The 10th division of the international classification of diseases defines a mother death as the death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of duration and site of pregnancy. The world figure of maternal mortality ratio is estimated to be 400 per 100,000 live births. There is need to find solution to incorporate the knowledge of all health system to overcome this problem. According to *Acharya Charaka, Sushruta* and both *Vagbhat* what so ever

diseases afflict to *sutika* are difficult to cure, or may become incurable. *Ayurveda* mentions a specific regimen so that the puerperal women attains all lost things and reaches her pre pregnancy stage.(1)

AIMS AND OBJECTIVES: To study about the concept of *Sutika*, its *paricharya* and its importance.

SUTIKA: In *Ayurveda* the term *sutika* (puerperal woman) can be used only after expulsion of placenta. *Acharya Kashyapa* said that after delivery of the child the women can't be called as *sutika* till the placenta is not expelled.(2) The word puerperium is derived from latin – puer means child and parus, bringing forth. Currently it defines the time following delivery during which pregnancy induced maternal anatomical and physiological changes return to the non pregnant state.(3) Puerperium is the period following childbirth during which the body tissue, specially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically.(4) Involution is the process whereby the genital organs revert back approximately to the state as they were before pregnancy.(5)

1. Sutika Kala (duration of post natal phase)

Ayurvedic classic text	Sutika Kala (duration of post natal period)
<i>Sushruta Samhita</i>	Following 1½ month of regulated specific dietetics and mode of life of the woman becomes free from the epithet of <i>Sutika</i> and have cited the opinion of others that the women should be called <i>Sutika</i> till she does not restart her menstrual cycle.(6)
<i>Astanga Hridaya</i>	Same as <i>Sushruta Samhita</i> i.e. 1½ month.(7)
<i>Kashyapa Samhita</i>	Six months.(8)
<i>Yoga Ratnakar</i>	Special dietetic management for 1 month.(9)
<i>Bhavprakash</i>	In addition agreeing explanation of <i>Sushruta</i> (i.e. 1½ month), he had cited that following subsidence of complication and aggravation of <i>Doshas</i> , the woman should give up specific mode of life following four months.(10)

Following delivery, *Ahara Rasa* reaches the breast and forms milk, remaining *Rasa* getting transformed into the blood circulating in the whole body reaches to reproductive system. Following achievement of refill of *Dhatus* and steadiness of body, the blood gathered in uterus is discharged cyclically.(11)

Sutika Paricharya includes mainly three parts *Ahara* (Diet), *Vihar* (Lifestyle) and *Aushadhi* (Post natal visit and medicines). As per medical science advises post natal examination i.e. twice daily for first three

days and subsequently once a day till the umbilical cord drops off. At each examination should see about temperature, pulse, respiration and breast examination, progress of normal involution of uterus, examination of lochia for the abnormality, check urine and bowels and advice on perineal toileting including stitches if any. Next visit at 6 weeks to see the involution of uterus and should complete by then and there after once 2 or 3 month till end of one year.(12)

2. Showing Ahara, Vihara and Aushadi Kalpana for Sutika13- 18

Text	Ahara Kalpana (diet)	Vihara (mode of life)	Aushadhi (medicines)
Charaka Samhita	Liquid gruel of rice medicated with <i>Pippali</i> (<i>piperlongum</i>), <i>Pippalimula</i> (<i>piperlongum</i> 's root), <i>Chavya</i> (<i>piper retrofractum</i>), <i>Chitraka</i> (<i>plumbago zeylanica</i>), <i>Shunthi</i> (<i>zinziber officinale</i>) for 5 -7 days. Use of <i>Brihagana</i> drugs from 6 th or 8 th day.	<i>Abhayanga</i> of abdomen with <i>Taila</i> or <i>Grita</i> then <i>Udarveshtana</i> with big clean cloth. Irrigation or bath with luke warm Water.	<i>Sarpi</i> , <i>Taila</i> , <i>Vasa</i> or <i>Majja</i> with <i>Pippali</i> (<i>piper longum</i>), <i>Pippalimula</i> (<i>piper longum</i> 's root), <i>Chavya</i> (<i>piper retrofractum</i>), <i>Chitraka</i> (<i>plumbago zeylanica</i>), <i>Shrinagvera</i> (<i>zinziber officinale</i>) <i>Churna</i> . <i>Anupana-Ushna Jala</i> for 5 or 7 Nights.
Sushrut Samhita	<i>Sneha Yavagu</i> or <i>Kshara Yavagu</i> saturated with drugs of <i>Vidarigandhadi</i> (<i>Desmodium gangetium</i> etc.) <i>Gana</i> from 3 rd or 4 th to 6 th or 7 th days. Meat soup of wild animal saturated with <i>Yava</i> (<i>Vulgarissativus</i>), <i>Kola</i> (<i>Ziziphus maurititana</i>), <i>Kulattha</i> (<i>Doolichos biflours</i>) with coocked <i>Shali</i> rice from 7 th or 8 th day of <i>Sutika Kala</i> .	<i>Abhyanga</i> with <i>Bala</i> (<i>Sida cardifolia</i>) <i>Taila</i> , then irrigation with decoction of <i>Bhadradaru</i> (<i>Cedrus deodara</i>) etc. Drugs capable of Suppressing the <i>Vata</i> .	<i>Pippali</i> (<i>piperlongum</i>), <i>Pippalimula</i> (<i>piper longum</i> 's root), <i>Chavya</i> (<i>piper retrofractum</i>), <i>Chitraka</i> (<i>plumbago zeylanica</i>), <i>Hastipippali</i> and <i>Shrinagvera</i> (<i>zinziber officinale</i>) <i>Churna</i> . <i>Anupana - Ushna Gudodaka</i> (warm jaggery water) for 2 or 3 days.
Astanga Sangrah	Liquid <i>Yavagu</i> prepared with either milk or <i>Vidaryadi Gana</i> (<i>Puerariatuberoze</i> etc.) drugs for 3, 5 or 7 days. Light diet with soup of <i>Yava</i> (<i>Vulgaris sativus</i>), <i>Kola</i> (<i>Ziziphus maurititana</i>), <i>Kulattha</i> (<i>Doolichos biflours</i>) from 4 th , 6 th or 8 th day to 12 th day. Meat soup of wild animals, agreeable diet from 13 th to <i>Sutika Kala</i> .	<i>Abhyanga</i> with <i>Bala</i> (<i>Sida cardifolia</i>) <i>Taila</i> , <i>Udarveshtana</i> after massage of abdomen with <i>Taila</i> or <i>Ghrta</i> . Irrigation with luke warm water. Massage unguent irrigation and bathing with <i>Jivaniya</i> and <i>Brimhaniya</i> , <i>Madhur</i> and <i>Vatahara</i> drugs.	<i>Sneha</i> with <i>Panchakola</i> (<i>piper longum</i> , <i>piper longum</i> 's root, <i>piper retrofractum</i> , <i>Plumbago zeylanica</i> , <i>Zinziber officinale</i>) <i>Churna</i> or <i>Sneha</i> with <i>Yawani</i> (<i>Trachyspermum ammi</i>), <i>Upakunchika</i> (<i>Nigella sativa</i>) <i>Chavya</i> (<i>piper retrofractum</i>), <i>Chitraka</i> (<i>plumbago zeylanica</i>), <i>Vyosh</i> (<i>Zingiber officinale</i> , <i>Piper nigrum</i> , <i>Piper longum</i>) and <i>Saindhava Anupana - Ushna Jala</i> for 7 nights.

<i>Astanga Hridaya</i>	<i>Panchakola</i> (piper longum, piper longum's root, piper retrofractum, plumbago zeylanica,	Almost similar description as Ashtanga Sangraha. There is also Description of massage	Taila or Ghrita with Panchakola (piper longum, piper longum's root, piper retrofractum, Plumbago
	Zingiber officinale) <i>Siddha Peya</i> for first 3 days. <i>Vidaryadi Gana</i> (Pueraria tuberosa etc.) Kwatha <i>Siddha Snehayukta Yavagu</i> or Kshira Yavagu from 4th -7th day, after that gradually Brimhana diet from 8th-12th day, meat Soup should be used.	of <i>Yoni</i> along With body.	zeylanica, zinziber officinale) <i>Churna. Anupana - Ushna Gudodaka</i> (warm jiggery water) for 2 or 3 days.
<i>Kashyap Samhita</i>	<i>Pippali</i> (piper longum), <i>Nagar</i> (zinziber officinale) <i>Yukta</i> and <i>Saindhavarahita Alpasneha Yukta Yavagu</i> for first 3 or 5 days, then <i>Sasnehalavan a Yavagu</i> , then <i>Sasneha- Lavana Amla Yukta Kullatha</i> (<i>Dolichos biflorus</i>) <i>Yusha</i> with meat soup of wild animals and <i>Ghritabrishta</i>	Massage of back, pressure of abdomen and flanks, then <i>Udarveshtan a</i> . Sitting over a small chair covered with leather bag filled with hot <i>Bala</i> (<i>Sida cardifolia</i>) <i>Taila</i> , then sudation in the <i>Yoni</i> with oleo prepared with <i>Priyangu</i> (<i>Callicarpa macrophylla</i>) etc. hot	<i>Snehapana</i> acc. to <i>Satmya. Anupana - Manda</i> for 3 or 5 days.
	<i>Kushamand</i> (<i>Benincasa hispida</i>) and <i>Moolaka</i> (<i>Raphanus sativus</i>).	water bath after proper sudation, fumigation, with <i>Kushtha</i> (<i>Saussurea lappa</i>), <i>Guggulu</i> (<i>Commiphora mukul</i>) and <i>Agaru</i> (<i>Aquilaria agallocha</i>) mixed with <i>Gritha</i> .	

<p>Harita Samhita</p>	<p><i>Ushna Kulattha (Dolichos biflorus)</i> Yush on 2nd day, <i>Panchakola (piperlongum, piper longum's root, piper retrofractum, plumbago zeylanica, zingiber officinale)</i> Yavagu on 3rd day, <i>Chaturjatak (Cinnamomum zeylanicum, Elettaria cardmomum, leaves of Cinnamomum zeylanicum, Mesua ferrea)</i> mixed Yavagu on 4th day, coocked rice of <i>Shali</i> or <i>Shastika</i> on 5th day.</p>	<p>Vaginal filling with oil and massage followed by sudation with hot water.</p>	<p>Decoction of available drugs out of <i>Lodhra (Symplocos racemosa)</i>, <i>Arjuna (Terminalia arjuna)</i>, <i>Kadamba (Anthocephalus indicus)</i>, <i>Devadaru (Cedrus deodara)</i> <i>Beejaka (Pterocarpus marsupium)</i> and <i>Karkandu</i> (a verity of <i>Ziziphus mauritiana</i>). Then <i>Nagara (zingiberofficinale)</i> and <i>Haritaki (terminalia chebula)</i> Churna with jaggery on 2nd day morning.</p>
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Pathya And Apathya Sutika (19)

Pathya

1. *Sutika* should have bath with much quantity of warm water.
2. Boiled water should be taken for drinking purpose.
3. *Parisheka, Avagahana* etc. are always with luke warm water.
4. She should do *Udarveshtana*.
5. *Snehana* and *Swedana* must be done every day as per *Desha, Kala* etc.
6. *Kashyapa* has given the special indication of *Madana* for *Sutika*.

APATHYA

1. Physical and mental stress, anger etc.
2. Cold water, cold wine and cold things.
3. The sexual intercourse.
4. There is contraindication of *Panchakarma* for *Sutika*.
5. Due to administration of *Asthapana Basti*, the *Amadosha* of *Sutika* would be increased.(20)
6. Due to *Nasya Karma*, emaciation, anorexia, body ache would be created in *Sutika*.(21)

Benefits of Sutika Paricharya : It can be concluded that the *Sutika* who is weak due to development of foetus, loss of *Dhatu*s, excretion of *Kleda*, blood and exhaustion due to labour pain can regain her pre-pregnancy state by following this *Paricharya*.(22) We can summarize post

natal care in *Ayurveda* as follows,

1. Strengthen and improves digestion power.
2. Tones muscles, calms nerves and greases all joints.
3. Increase psychological alertness, apparent thinking and emotional steadiness.
4. Helps woman's body reserve into her normal shape.
5. Effortless lactation and more restful feeding.

DISCUSSION: The specialty of giving birth to a child made a woman usually for her creative point of view in the life. In *Sutika Kala*, proper *Sutika Paricharya* cause complete involution of uterus and other pelvic organ, so that they reach to their pre pregnant state. Aim of puerperium is to maintain maternal and infant health preventing any complication and to establish infant feeding. *Abhyanga* have been described in all most all of *Ayurvedic* classics. *Abhyanga* causes toning up of muscles of pelvic floor, abdomen, back and vagina (23). *Ayurveda* advocates *Bala* oil (*sida cardifolia*), *Dasmoola* oil, sesamum oil for *Abhyanga* during postnatal period. *Abhyanga* can prevent the thrombosis because rubbing and friction during massage dilate

superficial blood vessel and thus improves venous blood flow. Vaginal massage facilitates proper drainage of Lochia i.e. vaginal secretion pacifies *Apana Vata* and tones up vagina. *Swedana* for *Sutika* has been described by *Acharya Sushruta, Kashyapa, Harita* and *Yogaratanakar*. Since *Swedana* is having the property of *Vatashamana*, hence it is beneficial during *Sutika Kala* where *Vata* is vitiated. In general all the texts have advised massage, oral administration of fat with drugs and decoction for 3-7 days after delivery.(24)

CONCLUSION: As *Sutika Kala* is a critical period for women, it needs a proper management and care with specific diet, mode of life and *Aushadi*. In *Sutika Kala* there is vitiation of *Vata*, therefore it is most advisable to take *Vata Shamaka* drugs. During *Sutika Kala*, woman needs a special management and care for proper and healthy growth of new born baby as well as for maintenance of her own health.

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