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SUTIKA PARICHARYA IN AYURVEDA

Patil T, ¹Gholap S.²

1. M.S.(Sch), Dept.of Stree Roga & Prasuti Tantra, S.M.B.T. Ayurved College, Nashik.
2. Associate Professor, Dept.of Stree Roga & Prasuti Tantra, S.M.B.T. Ayurved College, Nashik.

Abstract:

After delivery of baby, after the placenta is expelled then woman is termed as Sutika & the care is termed as Sutika Paricharya. Ayurveda give importance to care of the mother at every stage of her life especially in antenatal and postnatal period. Due to pregnancy and delivery the woman becomes weak due to development of fetus and also empty bodied due to unsteadiness of all tissues, labour pains, excretion of kleda and blood. The world figure of maternal mortality ratio is estimated to be 400 per 100,000 live births. So health of the mother in purperium period is more important and must be given more attention to prevent any complication during this period. So ayurvedic classics described sutika paricharya which includes the regimen that helps the woman to regain her vitality and helps her body to revert in pre – pregnant state. Sutika paricharya includes aahara, vihara, aushadhi, yogasana, some pathya and apathya etc.

Keywords: *Sutika paricharya, purperium, postnatal period, pathya and apathya in sutika paricharya.*

Corresponding Author:

Dr. Tejswi Patil

S.M.B.T. Ayurved College and Hospital Dhamangaon, Nashik.

Email. : tejmacpatil111@gmail.com

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Introduction:

According to Ayurvedic classics, women life is divided into three phases and Ayurveda has always given importance to care the female (stree) at every phase of her life in respect of Rajswala paricharya (Menstrual care), Garbhini paricharya (Antenatal care), Sutika paricharya (Postnatal care). Motherhood is all about loving, sharing, sacrificing & struggling. Ayurveda emphasizes much importance of the care of women especially in the prenatal & postnatal period. Sutika is the state of women immediately after delivery & extends till the time she continues breast feeding. Women and her ability to reproduce and care for children as the basis of family life. These qualities can only be manifested in society, if women are safe and protected. Sutika avastha is the important phase in women life. There are many changes occurring in garbhavastha and sutikavastha.

MATERIALS AND METHODS

After delivery there is vitiation of vata; immunity and strength of the mother will be weak. Expulsion of fetus, loss of fluid, and exhaustion during labour are responsible for dhatukshaya and during this period even a minor ailment can cause a lot of harm to the body. In purperium many complications can

occur as described in ayurveda about 74 diseases can occur during this period if not managed properly. So sutika must be given more attention to prevent these complications to occur during this period. Ayurveda has suggested a very good protocol during sutika kala which includes a detailed description of aahara (nutrition), vihara (life style), and aushadhi (medicine) to maintain the health of the women. Sutika paricharya is divided into three major components as follows.

A) Aashwasana (Psychological Reassurance)

B) Aahara (Normal diet in purperium)

C) Vihara (Normal daily activities and therapeutic procedures)

A) Aashwasana (Psychological Reassurance)

After expulsion of fetus, women should be immediately encouraged with sweet spoken words. It is a kind of satvavajaya chikitsa. It includes mental boosting which is required for the women to take care of herself and her baby.

B) Aahara (Normal diet in purperium)

According to modern science, dietary regimen during purperial period includes-

- Purperial women should take normal diet of her choice.
- The patient is lactating additional protein, fat, minerals, vitamins, high caloric diet, plenty of fluids should be needed and all this is fulfilled by ayurvedic diet.

- The motive of this dietary regimen is to improve the involution process, immunity, lactation, digestive power and ultimately restore her health.

C) Vihara (Normal daily activities and therapeutic procedures). It includes various regimen consisting of internal, external and local therapies beneficial for sutika.

Table no.1 Showing Ahara,Vihar & Aushadhi according to Samhita

Samhita	AHARA KALPANA(DIET)	VIHAR (MODE OF LIFE)	AUSADHI(MEDICINE)
Charaka samhita	Liquid gruel of rice medicated with pippali (piper longum), pippalimula (piper longum's root), chavya (piper retrofractum), chitrak (plumbago zeylanica), sunthi (zingiber officinale) for 5-7 days.	Abhyanga of abdomen with taila or ghrita then udaraveshtana with big clean cloth. Irrigation or bath with luke warm water	Sarpi ,taila ,vasa, majja with pippali (piper longum), pippalimula (piper longum's root), chavya (piper retrofractum),chitraka (plumbago zeylanica) & shringavera (zingiber officinale) churna
Sushruta samhita	Sneha yavagu or kshira yavagu saturated with drugs of vidarigandhadi (desmodium gangeticum etc.) gana from 3rd or 4th to 6th or 7th days. meat soup of wild animals saturated with yava (vulgaris sativus), kola (ziziphus mauritiana), kulattha (dolichos biflorus) with cooked shali rice from 7th or 8th day to sutika kala	Abhyanga with bala (sida cordifolia) Taila , then irrigation with decoction of bhadradaru (cedrus deodara) etc. drugs capable of suppressing vata	Pippali (piper longum), pippalimula (piper longum'root), hastipippali, chitraka (plumbago zeylanica) and shringabera (zingiber officinale) churna with gudodaka (jiggery water) for 2 or 3 days.
Ashtanga samgraha	Liquid yavagu prepared with either milk or vidaryaadi gana (pueraria tuberosa etc.)drugs for 3,5 or 7 days,light diet with	Abhyanga with bala (sida cordifolia) taila, udarveshtana after massage of abdomen	Sneha with panchakola (pippali, pippalimula, chavya, chitrak, sunthi) churna or sneha with

	soup of yava (<i>vulgaris sativus</i>), kola (<i>ziziphus mauritiana</i>) and kulattha (<i>dolichos biflorus</i>) from 4th, 6th, or 8th day to 12th day. meat soup of wild animal, agreeable diet from 13th to sutika kala	with taila or ghrita, irrigation with luke warm water. massage, unguent, irrigation and bathing with jivaniya, brimhaniya, madhura and vatahara drugs	yavani (<i>trachyspermum amni</i>), upakunchika (<i>nigella sativa</i>), chavya, chitraka, vyosha (sunthi, maricha, pippali) and saindhav with usna jala for 7 nights
Ashtanga hridaya	Panchakola (piper longum, root of piper longum, plumbago zeylanica, piper retrofractum, zingiber officinale) siddhapeya for first 3 days, vidaryaadi gana kwath siddha snehayukta yavagu or kshira yavagu from 4th to 7th day, after that gradually brimhana diet from 8th to 12th day, after 12th day meat soup should be used.	Same like astanga samgraha. massage of yoni is described along with body	Taila or ghrita with Panchakola (piper longum, root of piper longum, plumbago zeylanica, piper retrofractum, zingiber officinale) churna along with usna gudodaka (warm jaggery water for 2 or 3 days)
KASHYAPA SAMHITA	Pippali (<i>piper longum</i>), nagar (<i>zingiber officinalis</i>) yukta and saindhavarahita alpasneha yukta yavagu for first 3 or 5 days, then sasneha lavana yavagu, then sasneha-amlalavan yukta kulattha (<i>dolichos biflorus</i>) yush with meat soup of wild animals and ghritabhrista kushmanda (<i>benincasa hispida</i>), and moolaka (<i>raphanas sativus</i>)	Massage of back, pressure of abdomen and flanks then udaravestana. sudation in the yoni, hot water bath after swedan, fumigation with kustha (<i>saussurea lappa</i>), agaru (<i>aquilaria agallocha</i>) mixed with ghrita	According to satmya snehapana and manda for 3 or 5 days
Harita samhita	Usna kulattha (<i>dolichos biflorus</i>) yush on 2nd day, panchakola yavagu on 3rd day, chaturjataka (<i>cinnamomum cardomomum</i> , <i>cinnamomum zeylanicum</i> , <i>messua ferra</i>)	Massage and oil filling of vagina then swedan.	Kwath of lodhra (<i>symplocos racemosus</i>), arjuna (<i>terminalia arjuna</i>), kadamba (<i>anthrocephalus indicus</i>), devadaru

	mixed yavagu on 4th day, shali rice on 5th day.		(cedrusdeodara) etc. guda with haritaki (terminalia chebula) & sunthi (zingiber officinale) churna on 2nd day morning.
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General Principal of treatment of Sutika

kala :

- i. Avoidance of etiological factors
- ii. By giving congenial diet and properly administering oleaginous substances with due consideration to place of living, time factor and suitability of the diseases.
- iii. Women should be treated with massage, an ointment, irrigation, and ghrita along with jivaniya (life prolonging), brimhaniya (anabolic), madhura (sweet) and vatahara drugs.
- iv. The woman who is diseased due to difficult labour should be given oleation and sudation which suppress the vayu.

BENEFITS OF SUTIKA PARICARYA:

After delivery body becomes weak and emaciated due to development of fetus and unsteadiness of all dhatus, excretion of kleda (moisture) due to labour pain and loss of blood during delivery. Sutika paricarya helps to replenish those lost things and attain pre pregnancy state.

DISCUSSION

Giving birth to a child makes a woman complete. But, starting from the period of Garbhini till delivery, a woman undergoes lots of changes in the body. Comparison of pregnant woman is done with the pot filled with oil, that slightest oscillation of such pot causes spilling of the oil. Pregnancy and delivery are a physiological process, where we need to support it through proper diet, regimen and medicines, otherwise it may lead to many complications. Sutika kala in most of classic is described as adyaardha masa (1 ½ months), it is the duration till when sutika paricharya (post-natal care) is required, which mainly decreases vata and do brimhana. Aim of post natal care is to maintain maternal and infant health preventing any complication & to establish infant feeding. It also helps to attain sama dosha, sama dhatu, sama agni and sama mala of the mother. It increases maternal and fetal health status.

CONCLUSION

Sutika kala is the most delicate and critical stage in a woman's life, so, special diet, regimens, medicines are required which are mentioned by various acaryas under the heading sutika paricarya. Post-natal care (sutika paricarya) mentioned in ayurveda in a meticulous fashion helps a woman to adjust herself socially, mentally and psychologically, to grow up in every aspect and attain proper growth of newborn.

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