



AN AYURVEDIC CONCEPTS OF SUTIKA PARICHARYA

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ABSTRACT

The Ayurveda Science give importance role to the care of mother and her life especially in ANC (antenatal) and PNC (postnatal care). A postnatal period is starting immediately after the separation of placenta and extending up to six weeks, called as puerperium or puerperal period. Postnatal care is named as Sutika Paricharya in Ayurvedic classics. Garbhini and Sutika Paricharya are very well Detail described by our Ayurvedic Samhitas. This period is of happiness, contentment physical and mental fatigue due to delivery, she become weak or emaciated after loss of blood and body fluid during delivery. The lady after such a difficult process of Prasava must be advised certain mode of life called Sutika Paricharya. The regimen that helps the woman to regain her lost vitality and helps her body to revert back to pre-pregnant state is called Sutika Paricharya. Sutika Paricharya Should be cared with Ahara Vihara and Aushadi and with some Pathya and APathya.

KEYWORDS: Sutika Paricharya, Post Natal Care, Prasava, Ahara Vihara, Puerperium.**INTRODUCTION**

Sutika Paricharya includes mainly three parts Ahara (Diet), Vihar (Lifestyle), and Aushadi (Post natal visit and Medicines). As per medical science has advises Postnatal examination to see the temperature, pulse, respiration, Breast examination, Progress of Normal involution of Uterus Examination of Lochia for the abnormality, check urine bowels and advise on perineal toilet including stiches if any. The immediate postnatal complications viz. puerperal sepsis, thrombophlebitis, secondary haemorrhage should be kept in mind. In Ayurveda, All the classics have advised specific management of Sutika only after expulsion of placenta, however exclusive, description is given only by Acharya Kashyapa. He says that after delivery of the child till placenta is not expelled the woman cannot be called Sutika. In day to day life we see so many mothers who are in puerperal period complaining of lower backache, body pain, blood loss, constipation, abdominal pain. According to Charaka Sutika is Shunya Sharira due to exertion of labor pains and loss of Kleda and Rakta. There is profuse Dhatu Kshaya due to development of fetus. So there is need for proper treatment which not only improves her psychological condition but also protect her from upcoming diseases. Puerperium is the

period following child birth during which the body tissues specially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and psychologically. The intimate relationship between physical and psychological will being of mother and child has always been obvious so the subject of puerperium and the cause of mother and child are of great importance as they are crucial to social and economic development. Postnatal care includes systematic examination of the mother and the baby and appropriate advise given to the mother during post partum period. METHODS Literary references were collected from different classical texts viz. Charak Samhita, Sushrut Samhita, Kashyap Samhita, Ashtang Hridaya, Bhavprakash, Yogratnakar, Sharangdhar Samhita and modern obstetrics textbooks SUTIKAKALA: Sutika kala is different according to different Acharyas.

ACHARYA	SUTIKA KALA
Acharya charak	Sutika kala is not exactly mentioned
Acharya susruta	1 1/2 months i.e. 45 days
Astanga sangraha	1 1/2 months i.e. 45 days or up to recurrence of menses
Acharya Hridaya	1 1/2 months i.e. 45 days or up to recurrence of menses
Acharya Kasyapa	6 months
Acharya Bhavaprakasha	11/2 months i.e. 45 days or up to recurrence of menses
Acharya Yogratnakara	1 1/2 months i.e. 45 days or up to recurrence of menses
Modern - immediate	Within 24 hours
Early	Up to 7 days
Remote	Up to 6 weeks

Sutika Paricharya

The Sutika is described in Ayurvedic texts with a particular mode of a stipulated period. The life of pregnant women will be at risk during delivery or it is one of the most crucial period of her life. The sarva shareera dhatu of mother will be in sheetilaavastha because of growth and development of fetus in her. This is further added by Pravahana Vedana and Kleda Raktha srava during delivery. Hence the woman is with Shunya Shareera because of Prasava vedana and she is prone to Sutika rogas. The Sutika Paricharya itself helps in punar navikarana of her body. Hence Sutika Paricharya not only supports the women but also prevents Sutika rogas. After delivery there is vitiation of Vata, 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 Sutikakala many complications can occur as described in Ayurveda about 74 diseases can occur during this period. So Sutika must be given more attention to prevent these complications. Ayurveda has suggested a very good

protocol during Sutika kala which includes a detailed description of Ahara (nutrition), Vihara (life style), and Aushadhi (medicine) to maintain the health of the women. Sutika Paricharya is divided into three major components as follows.

Aashwasana (Psychological Reassurance)
 Aahara (Normal diet in puerperium)
 Vihara (Normal daily activities and therapeutic procedures)
 Regimen For Sutika

In post natal period vital elements are lost. She experiences weakness with low digestive power. Acharya have mentioned special dietary regimen which helps Sutika to regain her pre pregnancy status. Acharya Caraka have suggested using of Manda, Peya, Yavagu, Ghrita, Taila, Vasa (animal fat), Majja (bone marrow) with herbs or decoction for first 3 to 7 days followed by Mamsa Rasa with light diet

Samhita	Ahara
Charak Samhita	<ul style="list-style-type: none"> ➤ Ghrita, taila vasa, majja medicated with pippali (piper longum linn), Pippalimula, chavya (piper retrofractum Vahl) ➤ Chitraka (plumbago zeylanica Linn, shunthi (Zingiber officinale Rose)- Susnigdha yavagu (liquid gruel of rice) medicated with above mentioned drug for 5-7 days ➤ Aapyayna (vrnhana chikitsa)
Susruta Samhita	<ul style="list-style-type: none"> ➤ Sneha yavagu or kshira yavagu medicated with drugs of Vidarigandhadi gana from 3rd or 4th to 6th or 7th day. ➤ Meat soup of wild animals medicated with Yava, ➤ Kola, Kulattha cooked with Sali rice from 7th or 8th day to Sutika kala
Astanga Sangraha	<ul style="list-style-type: none"> ➤ Liquid Yavagu prepared with either milk or drugs of vidarigandhadi gana For 3,5 or 7 days ➤ Yusha of yava, Kola, Kulatha from 4th, 6th or 8th day to 12th day ➤ Laghu ahara (light diet) ➤ Meat soup wild animals (jangal mamsarasa)
Astanga Hridaya	<ul style="list-style-type: none"> ➤ Panchkola churna along with ghrita or taila ➤ Usna gudodaka or vataharu aushadhi saadhita peya for 2 to 3 days ➤ Vidarigandhadi gana sidha snehyukta yavagu orkshira yavagu from 4th to 7th day ➤ Brimhana diet from 8th to 12th day ➤ After 12th day meat soup should be used
Kasyapa Samhita	<ul style="list-style-type: none"> ➤ Manda (the clear supernatant water in which rice is boiled) 6th or 7th day ➤ Snehapana ➤ Lavana rahita alpa sanchayukta yavagu with Pippli and Nager for 3 days ➤ Sasneha salavana kulatha yusha (soup of dolichous biflorus containing salt and fat) meat soap of wild animals

	➤ Ghratabharishta kushmanda (Benincasa hispida cong.), raddish cucumber etc given to sutika.
Harita samhita	➤ Fasting on 1 st day ➤ Nagara, Haritaki (Terminalia chebula Retz.) and Gudasevana on 2 nd day ➤ Ushna kulattha yusha pan on 2 nd day.

Vihara (Normal Daily Activities and Therapeutic Procedures)

It includes various regimen consisting of internal, external and local therapies which will be beneficial for Sutika

SAMHITA	VIHARA REGIMEN
Charak Samhita	➤ Snehapana (consumption of fat) Abhyanga (massage) with taila or ghrita. ➤ Udarveshtana (abdominal tightening) ➤ Parishechana (hot water pouring)
Susruta Samhita	➤ Abhyanga (massage) with Bala taila. ➤ Parishechana (hot water pouring) with or vatahara aushadhisiddha kwatha. ➤ Dushashonitshuddhi by taking Pippali ,Pippalimula ,Hastapippali, chitraka ,srngabera with ushna gudodaka ➤ Woman should avoid anger, exercise and coitus
Astanga sangraha	➤ Abhyanga (massage) with bala taila ➤ Snehapana (consumption of fat) ➤ Udarveshtana(abdominal tightening) after massage of abdomen with taila or ghrita. ➤ Parisechana with ushnodaka (hot water pouring) in morning and evening before sneha and yavagu pana

Various Asanas for Sutika

S.No	NAME OF ASANA	IN NORMAL, FORCEP AND VENTOSE	IN LSCS
1	Suryanamaskara	After 2 wks	After 6 months
2	Siddhasana	After healing episiotomy wound	After 2 wks
3	Ardha padmasana	After healing episiotomy wound	After 2 wks
4	Padmasana	After abhyas of ardha padmasana	After ardha padmasana
5	Pavanmuktasana	After 2 wks	After 6 wks
6	Sukhasana	Soon after delivery	After 7-10 days (after removal of stitches)
7	Vajrasana	After healing episiotomy wound	After 7-10 days (after removal of stitches)
8	Matsyendrasana	After 2 wks	After 6 wks
9	Janu shirsasana	After 2 wks	After 6 wks
10	Tadasana	After 2 wks	After 6 wks
11	Trikonasana	After 2 wks	After 6 wks
12	Halasana	After 2 wks	After 6 months
13	Utkatasana	After healing episiotomy wound	After removal of stitches on the abdomen
14	Passchimottanasana	After 6 wks	After 6 months
15	Bhujangasana	After 2 wks	After 6 wks
16	Ardha shalabhsana and shalabhasana	After 2 wks	After 6 wks

DISCUSSION

Abhyanga

Abhyanga given to Sutika may be Sthanika (udara or yoni) or Sarvadaihika with the help of Ghrita and Taila especially with BalaTaila which is Vatasanshamaka, Rasayana to Mamsadhathu; Shramahara. Abhyanga tones up the pelvic floor, abdominal, back muscle, tissues and relieve the muscle spasm. Abhyanga at lower back helps for proper drainage of lochia. Yoni Abhyanga tones up vagina and perineum and prevents laxity and prolapse, alleviates pain and heals vaginal and perineal wounds.

Parisheka & Avagaha

Parisheka is pouring hot water in a stream, it is vatakaphahara, vedanahara, twakaprasannata, srotoniramalata, so that abnormal blood clots accumulated in uterine cavity after the delivery of Garbha excreted properly and Vata Dosha also subsides.

Udaraveshtana (Patta Bandana)

It prevents vitiation of vatadosha by compressing hollow space produced after expulsion of foetus. Abdomen should be tightly wrapped with long cotton cloth after

bath. It provides support to the back & abdomen. It mainly helps the uterus to shrink back to its normal size.

Yoni Dhupana

Dhupana will maintain the hygiene of the perineum. It keeps episiotomy healthy, hastens its healing process.

Mode of action of diet & drugs

Snehapana

The Sneha (Ghrita/ Taila / Vasa/ Majja) given to sutika is mixed with dravyas like Pippali, Pippalimoola, Chavya, Chitraka, Shringavera, Yavani, Upakunchika. Ghrita is Vata pitta shamaka, Balya, Rasayan, Agnideepak, Raktavikaranashak, & Yogavahi. Ghrita provides many essential fatty acids such as omega 6 which provides anti-inflammatory properties. It also contains vitamins A, D,E,K.

Garbhashaya Shodhana

Drugs like Panchakola are given for excretion of DushtaShonita from uterus. These drugs having the garbhashayashodhaka & garbhashayasankochaka properties, removes the dushtashonita from grabhashaya. This may facilitate uterine stimulation inducing contraction which may result in expulsion of residual blood clots.

Sneha Yavagu or Ksheerayavagu

Yavagupana in the form of manda, peya with sneha or kwatha stimulate the agni, it is grahi, laghu in nature, dhatuposhana, properties, easily digestible & absorbable, reduces thirst thus does the maintenance of water in the body. Ksheera is rich source of proteins, vitamins and calcium provides energy & maintains tissue.

Yusha

Yusha is given to the Sutika is prepared of Yava, Kola, Kulatha. It act as agnideepaka, balya, swedajanana, pusti sukhaprasadana.

Mamsa Rasa

Meat is an excellent source of iron, Vitamins, essential amino acids and trace elements. Madhura, Brimhaniya drugs are anabolic and helpful to recover maternal system from stress and strain of labour and help in galactogenesis and enhance the property of maternal milk.

Drugs

Pippali, Pippalimula, Chavya, Chitraka, Shringavera are Ushna, Teekshna, Deepana, Pachana, Shulaghna & Kaphavatashamaka, so it is helpful in reducing Agnimandya & shoola in sutika. These drugs are katurasatmaka & katuvipaki and has the properties of shonitasanghat bhedana leads to normal yonigatasrava because of this garbhashayashuddhi occurs.

CONCLUSION

The diets & regimens which are described by Ayurvedic classics thousands of years ago for Sutika is totally

scientific. Different procedures included a proper management of ahara,vihar and aushadi in SutikaParicharya. So by following Sutika Paricharya, Garbhashayashuddhi, Dhatuparipurnata, Sthanya- vriddhi, punarnavekarana are completely well established.

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