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Ayurvedic review of Sutika Aahar according to different Acharyas

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Abstract:
Ayurvedic science is one of the most ancient science. The matter regarding Sutika and its management are very well described in almost all Ayurvedic classics which are collected and compiled for a better and easier study. In Sutika kal vital nutrients are lost from Sutika. Agnimandya is observed due to blood loss. She experience weakness. It is the period to replenish the vital element lost during pregnancy and labour. Ancient Acharyas has mentioned special dietary regime which helps Sutika to regain her pre-pregnancy status.

All Acharya has suggested use of medicated Manda, Peya, Yavagu, Taila, Vasa, Majja for 1st 3-7 days. Followed by medicated meat, soup, with light diet. Manda, Peya, Yavagu are known for their Balya, Tarpan, Datuposhan and Vatashaman properties which helps for regaining lost nutrients.

Keyword: Sutika Aahar, Sutika kal, Diet in Pregnanancy.

Introduction:
Ayurvedic science is one of the most ancient science. The main aim of Ayurveda is Swastha Rakshan and Vikar Prshaman. Ayurveda has given prime importance to the Stree at every phase of her life and mentioned it in Ayurvedic samhita as – Rajaswala paricharya, Garbhini paricharya, Sutika paricharya. All the Paricharya mentioned according to Dosha bal and their management in that Avastha. All Acharyas have advised specific management of Sutika only after expulsion of placenta. However explicit discription is given only by Kashyapa. He has defined that after delivery of child till the placenta is not expelled, the women can not be called Sutika. In other words ‘Sutika’ term can be used only after expulsion of placenta. Here, we will discuss Ahar in Sutika kal according to different Acharya. The word Sutika signifies a women who after delivering a baby expells the placenta. The scientific term for Sutika is puerperal.
women. All the Ayurvedic Samhita has advised Sutika Ahar in Sutika paricharya. Sutika prone to many diseases. In Ayurveda 74 types of diseases are mentioned which can happen during the Sutika period if proper care not taken. Mithyachar in this period definitely results in incurable disease or diseases which are difficult to cure. The women become debility and emaciated due to instability of all Dhatus and Raktakshaya, by Ahar vidhi palan given in Sutika paricharya she reaches her pre-pregnacy state. So attempt is made to enlighten the scientific concept of Sutika ahar given in Sutika paricharya. The objectives of this article are-

**Aims_and_Objects:**

1. To review the literature of Sutika kal, Pathya and it’s importance given by different Acharyas in Sutika paricharya.
2. To review the anatomical and physiological changes during sutika kal.

**Materials_and_Methods**

Literary reference are collected from Charak samhita, Sushrut samhita, Kashyapa samhita and various other Ayurvedic samhita and Modern science. First we will discuss Sutika kal according to different Acharyas

**Sutika Kal**-

There are various opinion regarding Sutika kal which ranges from 6 Weeks to 6 Months and some believes that it lasts until reestablishment of menstruation.

1) **Acharya charak** has not given any specific duration.
2) **Acharya Sushrut and Vagbhata** mentioned Sutika kal from the placental expulsion to the 1½ month or until she gets her 1st menstruation after delivery.
3) **Kashyap** mentioned Sutika kal as a six month from placental expulsion.
4) **Acharya Bhavprakasha and Yogratnakar** described Sutika kal for 1½ month from placental expulsion.
5) According to modern science, it is up to 6 weeks. Anatomical changes occur in reproductive organs during pregnancy, which reach their almost pre-pregnancy stage after about six weeks. However in resumption of pre-pregnancy physiology, that is ovarian and menstrual cycle great individual variation occurs in starting their menstruation.

Proper care of the women in Sutika kal, that is Sutika paricharya is mentioned in the Ayurvedic samhita by various Acharyas which involves following points.

- **Vata shaman** - Yonisaurakshak
- **Agnideepan** - Garbhashay-Shodhak
- **Panhan** - Koshtha-shodhak
- **Raktavardhak** - Datupushtikar
- **Stanyavardhak** - Balya-vardhak

Sutika Ahar according to different Acharya-

1) **Acharya charaka** -
   5-7 Days: Panchakol Sadhita Snehan., Pippalyadi dravyasahit Yavagupan.
   8th Day:- Jangalmansa ras, Yav, kola, Kualthathasiddha, Shalidhanya odona.

2) **Acharya Sushrut** -
   2-3 Days: - Vatahar Aushadi-dravya Kwathpan, Pippalyadidravyasah Ushnagudodaka. 8th Day:- Jangalmansa ras, Yav, kola, Kualthathasiddha, Shalidhanya odona.
3) Acharya Vagabhata (Astanga Sangraha)
3-5 Or 7 Days - In Sneha-Yogya sutika - Snehapan with Panchakola churna.
With saindhava
- In Sneha- Ayogya sutika - Vatahar / Laghupanchamul Kwathapana.
Vidaryadigansiddha Ksheer yavagupan in both
8-12 Days - Yav- kola- kulathayusha- Laghuannapan.
After 12 Days- Jangalmansa Ras.
Jeevaniya, Brihaniya, Madhur and Vathar Dravya.

4) Acharya Vagabhata (Astanga Hridya)
2-3 Days _ In Sneha-yogya sutika – Snehapan - mahatimatra with panchakola churna.
Ushnagudodaka with panchakola churna.
Vathar-aushadhipan.
Sneha-Ayogya- Sneharahit Panchkola churna.
4-7 Days _ Sneha- yavagu/ Ksheera yavagu.
8-12 Days _ Jeevaniya, Brihmaniya, Madhur-dravya siddha hridya annapan.
After 12 Days _ Mamsa Ras.

5) Acharya Kashyapa

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<th>3-5 Days</th>
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<tr>
<td>5-7 Days</td>
<td>Snehayuktapan- Pippali-Nagar- lavan rahit Yavagupan.</td>
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<td>12 Days</td>
<td>Kulihayusha Jangalmansa ras, Ghrita bharjita shaka</td>
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<td>1 month</td>
<td>Snehan, Swedan, Ushnajalsevan.</td>
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Vishesha Parciharya according to Kashyapa_
- Anup Desh - Mandaprayoga with agni- balavardhaka dravyapan ushnadrayasevan.
- Jangal Desh- Snehopachara
- adharan Desh- Neither too sneha nor too ruksha dravya.

Discussion:
SNEHAPAN-
The Sneha given to Sutika is mixed with Dravya like Pippali, Pippalimula, Chavya, Chitraka, Shrungvera, Yavani, Upkunchika. These drugs helps in Agnideepan and Amapachak.

PANCHAKOLA-
It includes Pippali, Pippalimula, Chavya, Chitraka, and Nagar. It is Dhatushaithilyahar, Deepan, Pachan and Shulaghna. These drugs having Garbhashayashodhak and Garbhashaysankochak properties. All above drugs are katu rasatmaka and Katu Vipaki so it acts as a Shonit-sangha-bhedak which leads to normal Yonigat strava. That is it normalized the lochial discharge and does proper uterine involution.

GHRTA-
It is Vat, Pitta Shamak. Balya, Rasayan, Agnideepak, Raktavikarnashi and Yogavahi. Ghrita provides many essential fatty acids such as omega 6 which provides anti inflammatory properties. It is Yogavahi.

**SNEHA-YAVAGU AND KSHEERA - YAVAGU**
Yavagupan in the form of Peya with Sneha or Kwatha stimulates the Agni. It is Grahi and Laghu in nature, it’s Datuposhan and Tarapan properties easily digestible and absorbable, reduces thirst. Ksheera is rich source of proteins, vitamins, calcium provides energy and maintain tissue.

**YUSHA** -

It is given to the Sutika prepared of Yava, Kola, Kulatha. It is a rich source of proteins. It acts as a Agnideepak, Balya, Swedajanan, Datupushitikar. It acts as a Tridosha-shamak, as it is snigdha and Ushna so Vatashamak, Snigdha and Kashaya so Pitashamak, Katu and ushna so kaphashamak. Yush also promotes Swara, Varna, Bal and Agni.

**LAGHUPANCHAMULA** -

It is Vataghna, Brihana, Balya, Deepan, Mutral, Jawarghna.

**VIDARYADI- GAN**

It is known as Rasayan, having Madhur ras, Madhur vipak and Sheeta Virya. It promotes lactation and increase the production of milk in Sutika so very useful in Sutika.

**MANDA** -

It is only mentioned by Acharya Kashyapa. And is given with Kultha-which is good source of iron. Manda is Agnideepak, Vatanulomak and Strotoshodhak.

**Conclusion:**

- Use of Snehapan suppress the Vata.
- In Sutika, Agni-mandya is present, Panchkola acts as a Dhatushaithilyahar, Deepan, pachan and Shulaghna.
- Yavagu having the properties of Grahi, Balya, Tarpan and Vatanashini.
- Yusha- It is Tridosha-nashak, agnideepak, Balya, Swedajanan.
- Manda- It is Vatanulomak, Strotoshodhak.
- Vidaryadigan- Promotes Lactation.

A thorough review of various samhita, it can be concluded that our Ancient Acharya had properly mentioned the Ahar vidhi in Sutika kal by focusing at every aspects of post natal period.

Sutika ahar, strength and improves digestive power, promotes milk secretions, helps women body reverse into her normal pre-pregnancy state.

The diets which are described by ayurvedic literature thousands of years ago for sutika is totally Scientific.

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