Sutika Paricharya in Ayurveda – a review
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ABSTRACT –
Ayurveda gives importance to the care of mother and her baby at every phase of her life under antenatal care and post-natal care. A post-natal period comes just after the expulsion of placenta up to 6 weeks thus defined as Puerperium and duration called as Puerperium period. Postpartum or Puerperium is explained under Sutika Paricharya in Ayurveda classics. Acharyas have explained Ahara (dietary regimen), Vihara (Lifestyle), Aushadhi (Medicines) and management since from pregnancy up to 6 months. After delivery. For Sutika there is happiness and contentment on one hand and weakness, fatigue due to Dhatuksheenata, Balakshaya, Agnimandya, loss in blood and fluid loss during delivery so Sutika Paricharya gives her mental, emotional strength and boosts her energy but if not followed it results into incurable or diseases difficult to cure as per medical science the post-natal care includes examination twice daily for the first three days and subsequently once a day till the umbilical cord drops off. At each examination breast, involution of uterus, pulse, temperature, respiration, urine, bowels, lochia and advice on perineal toileting including stitches if any

INTRODUCTION –
According to Modern science Puerperium is a period following child during which the body tissues especially the pelvic organ revert back to the pre pregnant state both anatomically and physiologically. In Ayurveda the term Sutika can be used only after the expulsion of placenta [1] Mithyachara (an inappropriate physical and mental behaviour) in this period definitely results in incurable diseases. Sutika after delivery gets weakness, fatigue due to Dhatuksheenata, Balakshaya, Agnimandya, loss in blood and fluid loss during delivery so Sutika Paricharya gives her mental, emotional strength and boosts her energy [2] but if not followed it results into incurable or diseases difficult to cure [3] as per medical science the post-natal care includes examination twice daily for the first three days and subsequently once a day till the umbilical cord drops off. At each examination breast, involution of uterus, pulse, temperature, respiration, urine, bowels, lochia and advice on perineal toileting including stitches if any
is mandatory. The next visit at 6 weeks to see the involution of uterus and should complete by then and there after once 2 and 3 month till end one year [4].

NORMAL PUERPERIUM [8] –

Puerperium is defined following childbirth during which the body tissues, especially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically.

ABNORMAL PUERPERIUM –

Any deviation from the definition of normal Puerperium like Pyrexia, PPH, Low-back pain, perineal pain, bowel problems, mastitis, psychological problems, thromboembolism, postnatal anaemia etc called as Abnormal Puerperium.

SUTIKA [6] :-

Sutayaschapi Tatra Syadapara Chenna Nirgata |
Prasutaapi Na Suta Stree Bhavatyevam Gate Sati ||

(Ka.S.11/6)

Kashyapacharya has said until and unless Aparapatana takes place stree should not be considered as Sutika. This clearly indicates that Aparapatan (expulsion of placenta) is also very important and it is also the part of delivery process.

Evam cha masadadyardhamuktaharadiyantranacha |
Gatasutabhidhana syata punaravartavadarshanat ||

(Va.sha.1/100)

Prasuta sardhamasante drishthe va punartave |
Sutikanamahina syaditi dhanvantarermatam ||

(Yo.ra.pa.6/10-2)

Sutika as per Ayurvedic literature references of Ashtanga Hridaya and Yogaratnakar is she that should be considered for one and half month (45days) from the time of Apatarpana [7] [8].

SUTIKAKALA –

The phase of regaining lost strength and attaining pre pregnant state of woman is called as Sutika Kala. It is stated by different acharyas like,

<table>
<thead>
<tr>
<th>TEXTS</th>
<th>DURATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Sushruta [9]</td>
<td>1 ½ month</td>
</tr>
<tr>
<td>2) Ashtanga Hridaya [10]</td>
<td></td>
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<tr>
<td>4) Bhavaprakasha [12]</td>
<td></td>
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<tr>
<td>5) Charaka [13]</td>
<td>5 – 7 days</td>
</tr>
<tr>
<td>6) Kashyapa [14]</td>
<td>6 months</td>
</tr>
<tr>
<td>7) Yogratnakara [15]</td>
<td>1 month</td>
</tr>
<tr>
<td>8) Modern Science</td>
<td>6 – 8 weeks</td>
</tr>
</tbody>
</table>

SUTIKA PARICHARYA

It includes some principles as follow,

1) Vatashamana
2) Agnideepana
3) Pachana
4) Raktavardhaka
5) Stanyavardhaka
6) Yonisranrakshaka
7) Garbhashayashodhana, Koshthashodhana
8) Dhatupushti, Balya

According Ashtanga Hridaya,

Atham Sutika Balatailenabhyayat |
According To Ashtanga Sangrahakara, Balataila should be given in Puerperal woman. After feeling of hunger she should be given with Congenial oleaginous substances mixed with either powdered Panchakola or powder of Yawani, Upakunjika, Cavya, Chitraka, Yosa and Rocksalt, which she can digest in whole day. The woman who is unfit for Oil should be given with Laghupanchamula. After administration of oily substance or decoction her abdomen should be massaged with Ghrita and Oil and wrapped with cloth. After digestion liquid rice gruel properly with Vidaryadi group or Milk. Hot water precedes Ghrita. Regimen used for 3/5/7 nights with light diet along with Yava, Kola, Kulattha. After twelve nights meat soup of wild animals besides oil, ghrita or decoction prepared with Jeevaniya, Brimhaniya, Madhura, Vatahara drugs used in the form of massage, unguent, irrigation and bathing.

<table>
<thead>
<tr>
<th>OTHER ACHARYAS –</th>
<th>SAMHITA</th>
<th>AHARA (DIET)</th>
<th>VIHARA (LIFESTYLE)</th>
<th>AUSHADHI (MEDICINE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHARAKA [17]</td>
<td>1) 5 – 7 Days Snaha Yavahu Gruel Of Rice Medicated With Panchakola Churna 2) 6th And 8th Day Onwards Brinhana Dravyas</td>
<td>1) Abhyanga With Taila/Ghrita At Udara (Abdomen) 2) Udara Vesthana 3) Parisheka With Warm Water</td>
<td>1) Panchakola Siddha Sneha (Ghrita, Taila, Vasa, Majja) 2) Ushna Jala Anupana For 5 – 7 Nights</td>
<td></td>
</tr>
<tr>
<td>SUSHRUT [18]</td>
<td>1) 3rd / 4th – 6th / 7th Day – Vidarigandhadi Gana</td>
<td>1) Abhyanga – Bala Taila 2) Parisheka With Pippali, Pippalimoola, Hastipippali,</td>
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<tr>
<td><strong>BHAVAPRAKASHA</strong></td>
<td>1) Snigdha</td>
<td>1)Nitya Swedana</td>
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</tbody>
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**References:**

1) Snigdha Yavagu Or Ksheera Yavagu. 2) 7th / 8th Day Onward Yava, Kola, Kulattha, Siddha Sneha Yavagu, Snigdha Jangalarasa, Shali Odana.

1) First 3 Days – Panchakola Siddha Peya 2) 4th – 7th Day – Vidayadi Gana Siddha Sneha Yavagu Or Ksheera Yavagu 3) 13th Day Onward – Mansarasa

1) Abhyanga – Bala Taila 2) Udara Veshthana 3) Parishekha - Koshnajala 4) Jeevaniya, Bruhaniya, Madhura, Vatahara

1) Ashwasana 2)Sanvahana 3)Udaramardana 4)Udaraveshtana 5)Yoni Snehana With Bala Taila 6)Yoniswedana With Priyanggu, Krishara, Snaana 7)Dhupana With Kushtha, Guggula, Agaru, Ghrita

1) Yoni Poorana With Taila 2) Yoni Swedana With Koshna Jala

1) Lodhra, Arjuana, Kadamba, Devadaru, Bijaka, Karkandhu Kwatha 2) 2nd Day – Shunthi, Haritaki, Choorna With Guda
YOGARATNAKARA

| 2) Laghu  
| Pathya  
| 4) Alpa Ahara  
| 2) Mardana  
| 3) Abhyanga For One Month |

Immediately following delivery vaginal canal should be closed or pressed to prevent from air entry.

SHARANGDHARA

| Snehana and Swedana with Bala taila |

PATHYA – APATHYA –

<table>
<thead>
<tr>
<th>PATHYA</th>
<th>APATHYA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Bath – Warm water</td>
<td>1) Physical and Mental stress</td>
</tr>
<tr>
<td>2) Drink – Boiled water</td>
<td>2) Cold water</td>
</tr>
<tr>
<td>4) Udaraveshtana</td>
<td>4) Cold things</td>
</tr>
<tr>
<td>5) Snehana</td>
<td>5) Sexual intercourse</td>
</tr>
<tr>
<td>6) Swedana</td>
<td>6) <em>Panchakarma</em></td>
</tr>
<tr>
<td>7) Madana (Kashyapa)</td>
<td>Asthapana basti – if given <em>amadosha</em> ↑</td>
</tr>
</tbody>
</table>

Nasya karma – if given causes Emaciation, Bodypain, Anorexia

MEDICINES –

A. Single drugs –

- Panchakola dravyas
- Methika
- Chandrashura beeja
- Purana guda
- Koshnajala medicated with Lavanga, Maricha, Ajwain and Saindhava lavana.

B. Combination –

- *Traivritta yoga*

- *Saubhagya shunthi paka*
- *Pancha jeeraka paka*
- *Nagara paka*
- *Dashamoolarishta*
- *Drakshasava*
- *Ashwagandharishtha*

IMPORTANCE OF SUTIKA PARICHARYA

In Sutika condition following of Sutika routine is very important. Samhita has said that diseases caused in Sutika condition are difficult or impossible to
treat. In this context, Acharya has also mentioned about female body condition in Sutika. Acharya Charak in eight lesson of Sharir sthan has said that there is Kshayata and shithilta of all dhatus due to development of fetus [27]. During the process of labour, there is loss of energy, bodily fluids and blood, hence the patient is all together exhausted. This is the reason, Sutika Paricharya is very important to follow. All the dhatus would regain their samyaavastha by following this sutika paricharya. Acharya Sushruta has specially mentioned Apatarpana Chiktsa in Sutika, but if the female follows Sutika Paricharya properly, she gains the health soon. In Ashtang Sangraha, Acaharya Vruddha Vagbhata has also mentioned the above things in the third chapter of Sharir sthana. So considering all the above factors, if the Sutika paricharya is followed properly then the loss of energy, loss of dhatus, excretion of kledas, exhaustion and strength which occurs due to the development of the fetus is restored back again [28]. Also, after all she has gone through the pain during labour, loss of bodily fluids and blood, she gains a healthy new life again, if she follows Sutika paricharya.

DISCUSSION –

Sutika paricharya causes complete involution of uterus and proper pelvic organ to reach up to its prepregnant state. Abhyanga causes toning up of muscles of pelvic floor, abdomen, back and vagina. It also prevents from thrombosis by dilating superficial blood vessels thus improves venous blood flow. Vaginal massage promotes proper drainage of lochia i.e. vaginal secretions, lochia and pacifies Apana vayu. Snehana and Swedana works as Vatashamana.

CONCLUSION –

Sutika needs proper care and management with specific diet. Vata is aggravated in Sutika kala thus by giving Vatashamaka treatment during this period reduces chances of Sutikaroga formation further.

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