Post natal care through Ayurveda

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ABSTRACT:

Puerperium is a dynamic period when the physiological changes that occur during pregnancy resolve and the body system return to their pre pregnant state. The word Sutika signifies women who delivered a child along with expulsion of placenta. Mithyacharya during this period definitely results in curable disease. sutika is puerperal women, all the classics have advised management of sutika paricharya, proper adherence to sutika paricharya advised in Ayurveda result in faster restoration of health of a mother, improves her physiological condition but also protect her from upcoming diseases. In general all the Acharyas have explained massage, oral administration of sneha with decoction and medicine, medicated rice gruel, medicated soup to overcome this problem, so present study has been selected to review.

Key words: Puerperium, Sutika, Sutika Paricharya, Mithyacharya.

INTRODUCTION:

Women life changing day by day in various aspects special concern to health, unhealthy diet, faulty life style, stress, many more unknown causes. Pureperium is rapidly losing medical interest and importance. 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. Sutika refers to the woman after the expulsion of placenta.(1) In puerperium womens is thought to be empty after delivery due to exertion of labour pain and excretion of kleda and rakta[2],so the mother becomes very tired after delivery and hence to be given extra care. Achary Charaka Sushruta and both Vaghbata, what so ever diseases afflict to sutika are difficult to cure, or incurable.[3],[4] post natal care told by ayurveda is very much important to restore all loss that occurs during antal and delivery period.

AIMS AND OBJECTIVIES:

To review the literature in ayurveda related to post natal care.

MATERIALS AND METHODS:

By using Ayurvedic Samhita and modern science of obstetrics branch books and also websites reference collected.

According to Acharya Kashyapa, post natal care start with expulsion of placenta. In Ayurveda Word sutika used for women in post natal period
POST NATAL PHASE DURATION:

There are various opinion regarding post natal phase duration which ranges from six weeks to six months(5), (6) and some believes that it lasts until reestablishment of menstruation. Acharya charak not given any specific time. Modern science told post natal phase duration is approximately 6 weeks when the uterus becomes regressed almost to the non pregnant size. The period is arbitrarily divided into - 1)immediate -within 24 hours 2)early -up to 7 days and 3) remote-up to 6 weeks.

POST NATAL MANAGEMENT IN AYUVEDA:

Kashyapa explains post natal management in detail.(8). Acharya says that the puerperal women should use specially raksoghna (antiseptic) and beneficial things.

The woman immediately after delivery should be encouraged by sweet-spoken accoucheuse (9), and made to lie down in hunk-back position. Now she should rub her back, press her abdomen and compress her abdomen having been moved by vayu to expel the dosa left over after delivery. After this, abdomen and flanks should be wrapped with clean big cloth(10),by this wrapping abdomen reaches its proper place and vayu also subsides.

The puerperal women should always sit over a small chair covered with leather bag filled with hot balataila,with this her yoni (genital parts) become healthy.

Sudation(11) in yoni should be given with oleo prepared with priyangu etc. After proper sudation hot water bath followed by rest should be given after overcoming the tiredness, fumigation with kushta, guggulu and agaru mixed with ghruta should be done.

Considering her strength and digestive power scum of boiled rice should be given for three to five days, then the women using beneficial diet should be taken orally oleaginous articles (oil, ghruta etc) After digestion of oil etc. salt free rice gruel mixed with little quantity of oleaginous substance, then meat soup of wild animals and soup of kulaitha mixed with oleaginous substances, salt and sour articles and kushmanda, radish, cucumber etc vegetables fried in ghrt. After delivery the woman should use operation, sudation, and hot water for one month

| 3-5 days | 1) Mandapana (scum of boiled rice)  
2) Hitabhojana (beneficial diet)  
3) Snehapanas (oleaginous articles)  
4) Snehayuktayavagupana-pippali, nagara-lavanarahitayavagu (salt free rice gruel mixed with little quantity oleaginous substance and powdered pippali (12) and nagara) |
| 6-7 days | Snehayuktayavagupana- with lavana (rice gruel mixed with little quantity oleaginous substance and sufficient salt.) |
| 12days | 1) Kulathayusha (soup of kulatha)  
2) Jangalamamsa rasa(meat soup)  
3) Grithabharjitashaka (vegetable fried in ghruta ) |
| 1 month | Snehana,(oleation) Swedana,(sudation) Ushnajalasevana (hot water) |

Vihara
- Rakshoghnadrayva
- Ashwasana
- Kuksh,Pristha,
- Parshwaabhyangasamvahana in nyubjashayana
- Udarapidana
- Udaravesthana
- Ushnabalatailapuritacharmasana
- Yoniswedana- priyangu etc
• **Ushnoddakasnana**
• **Vishranti**
• **Dhupana- kustha, guggulu etc.**

**APATHYA:**
• Excess exercise
• Sexual intercourse
• Mental & Physical stress
• Cold water, Cold wind & Cold things etc
• Contraindication of Panchakarma
• Anger, Fear, Depression Diwaswap, Atapasevan (13)

**DISCUSSION:**

• **RAKSHOGHNADRAVYA:** The antiseptic major avoid sepsis in puerperium period.
• **Ashwasan:** It gives mental stability to mother, avoid psychiatric problems in women.
• **Udaraveshtana (Pattabandana)** Abdomen should be tightly wrapped with long cotton cloth after bath. It prevents vitiation of *vata* by compressing hollow space produced after expulsion of foetus. It provides support to the back & abdomen. It mainly helps the uterus to shrink back to its normal size. Also helps to straighten back after pregnancy, improving posture.
• Sudation is *vatakaphahara, vedahanaha, does agnideepti, twakaprasannata, srotoniramalata*, so that abnormal blood clots accumulated in uterine cavity after the delivery excreted properly and *VataDosha* also subsides.

• **Kulathayusha** (soup of *kulatha*), (14),(15)
• *Kulatha* is semisolid, rich in protein. It act as *agnideepaka, balya, pusti sukhaprasadana*. (16)
• Liquid diet - Tarpana, vatashamaka
• Mansa rasa- source of iron, vitamin, essential amino acid, and trace element.

Post natal care explained in Ayurveda has scientific view and Protect her from upcoming diseases.

**CONCLUSION:**

The overall objective is to promote and maintain good physical and mental health of mother and baby. The availability of routine and focused post natal care through *ayurveda* has played a part in reducing maternal complications and help to restore health of a women.

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