



### **“Sutika Paricharya and its clinical importance According to various Samhitas.”**

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#### **ABSTRACT:**

Motherhood is all about loving, sharing, sacrificing & struggling. The transformation of female, from a woman to mother is the happiest lifetime event, but this happiness is gained only after undergoing tremendous physical exertion during labour. The women become extremely debilitated physically & mentally, after the delivery & there are more incidences of backache, feeling weakness etc. 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. In Ayurveda, the term Sutika (Puerperal women) can be used only after expulsion of placenta. Puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to pre pregnant state; both anatomically and physiologically. Due to development of foetus, instability of body tissues, exertion of labour pains and excretion of moisture and blood, woman becomes very weak. After following proper puerperal care, woman regains all the lost energy and reaches to pre-pregnant

status. Due to development of foetus, instability of body tissues, exertion of labour pains and excretion of moisture and blood, woman becomes very weak. Mithyaachara during this period definitely results in incurable diseases or diseases which are difficult to cure. After following proper Sutikopacharya (puerperal regimen) woman regains all the lost things and reaches pre-pregnancy status. The mode of Paricharya includes important therapies, nutritional diet & swasthavritthalana. The main achievements through Sutika Paricharya are Garbhashayashuddhi, Dhātu-paripurnata, sthanya- vridhi, punarnavekarana. to destabilization of Physical, mental and physiological wellbeing. So the present study has been selected to review sutikaparicharya & its clinical importance.

#### **Keywords:**

*Sutika, Sutika Paricharya, Ayurveda, Puerperium*

#### **INTRODUCTION:**

A woman is always given importance in Ayurveda by elucidating care at every phase of her life in respect of Rajaswala paricharya (menstrual care), Garbhini Paricharya (Ante Natal Care), and Sutika Paricharya (Post natal Care). In

Ayurveda, the term Sutika (Puerperal women) can be used only after expulsion of placenta.[1] As per modern medical science the puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to pre-pregnant state ;both anatomically and physiologically.[2] Post natal care is a period following child birth which can be co-related with Sutika Paricharya as given in Ayurveda. In this period, recovery of the women after delivery and educate her for proper care of baby is done.

Due to development of foetus, instability of body tissues, exertion of labour pains and excretion of moisture and blood, woman becomes very weak. After following proper puerperal care, woman regains all the lost energy and reaches to pre-pregnant status.[3] Mithyaachar (inappropriate physical and mental behavior) in this period definitely results in incurable diseases or diseases which are difficult to cure.[4] It is said in ayurveda about 74 types of diseases can occur in this period if not properly managed.[5] So ayurveda has advised a specific diet and life style regimen called Sutika Paricharya to prevent further complications and restore the health of mother.

#### **AIMS AND OBJECTIVES:**

To review the literature of Sutika, Sutika Kaala, Sutika samanya and vishishta Paricharya, pathya and apathya with clinical importance of Sutika paricharya.

#### **DEFINITION:**

A woman who has just given birth to a child followed by expulsion of the placenta is called as Sutika<sup>6</sup>. Puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to pre pregnant

state;both anatomically and physiologically.[2]

#### **MATERIAL AND METHODS:**

It is a conceptual study. Data on Sutika Paricharya is collected from classical books and organised in a systematic manner.

When it comes to the postpartum care, Ayurveda suggests women should be treated with warmth, wetness and unctuousness as part of their therapy. This purpose can be achieved by rectifying food preparations according to the imbalance of Dosha, keeping the home warmer, providing appropriate rest and by administering daily peaceful massage with warm oil. Food preparations advised are aimed at supporting digestion, restoration and lactation. After childbirth a woman's digestive agni is weakened and needs to be rekindled and nurtured. Ayurveda focuses on foods that are warm, wet, oily, and have sweet, sour and salty tastes, to bring equilibrium of Vata.

#### **SUTIKA KAALA (Duration of post natal phase):**

- According to different Acharyas
- Ayurvedic Classical Text

#### **SUTIKA KALA: Acc to different Acharya's Table**

Literature	Time period
Charaka	Not specified
Susharuta 7	1 1/2month or until next rajodarshan
Ashtang Hridaya 8	1 1/2month or until next rajodarshan
Ashtanga sangraha	1 1/2month or until next rajodarshan
Bhavaprakasha 9	1 1/2month or until next rajodarshan
Yogaratanakara 10	1 month
Kashyapa 11	6months

There are different opinions about Sutika kaala, ranging from 6 weeks to 6 months and some also believe it lasts until next rajodarshan.

Puerperium begins as soon as the placenta is expelled and lasts for approximately 6 weeks. The period is divided into:[12]

1. Immediate - within 24 hours
2. Early – Up to 7 days
3. Remote – up to 6 weeks

### **SUTIKA PARICHARYA :**

A care of the woman during puerperium comes under the heading of Sutika Paricharya. Its principles are given as follows:

1. Vatashamana
2. Agnideepana
3. Pachana
4. Raktavardhaka
5. Stanyavardhaka
6. Yonisanrakshaka
7. Garbhashayashodhaka,
8. Kostashodaka
9. Dhatupusti, Balya

### **Samanya Paricharya**

**1) Manidhaaran for Puerperal Women :**  
The Sutika should fix amulet of trivruta ( Operculina turpethum ) over her head. It is sort of psychological support to her. Thus may protect her from harmful things.[13]

### **2) Bath for sutika (Prasuta Snana):**

According to the rituals of family the bathing ceremony of puerperal women should be performed on 10th or 12th day after delivery.[14]

### **3) Paricharya According to Charak Samhita [15]:**

Number of days Ahara Vihara -5-7 days.

#### **Ahar-**

- 1) Snehapana
- 2) Yavagupana -Pippalyadidravayas  
pippali (piper longum),

pippalimoola (piper longum's root),  
chavya (piper retrofractum),  
chitraka

#### **Vihar-**

- 1) Abhyanga
- 2) Parisheka- ubhyatakala (Irrigation)
- 3) Udaravestanak ramavat Appyayan  
& Swasthavrittappalana

Anupana - Ushna Jala.

Use of Brihagana drugs from 6th or 8th day.

### **According to Sushruta Samhita [16]:**

#### **Aahara-**

- Pippali (piper longum),  
pippalimoola (piper longum's root),  
chavya (piper retrofractum),  
chitraka (plumbago zeylanica),  
Hastipippali and Shrinagvera  
(ziziber officinale) Churna with  
Anupana as ushna gudodak (warm  
jaggery water) for 2 or 3 days.
- Sneha yavagu or Kshara Yavagu  
saturated with drugs of  
vidarigandhadi Gana (Desmodium  
gangetium etc.) from 3rd or 4th to  
6th or 7th days.
- Meat soup of wild animal saturated  
with Yava (Vulgaris sativus), Kola  
(Ziziphus mauritiana), Kulattha (Doolichos biflours) with cooked  
shali rice from 7th or 8th day of  
Sutika Kaala.
- Abhyanga with Bala taila (Sida  
cordifolia).
- Parishek (Irrigation) with decoction  
of Bhadradaru (Cedrus deodara)  
etc. Drugs capable of suppressing  
the Vata.

### **According to Ashthangasangraha Samhita [17]:**

#### **Aahara –**

- Liquid Yavagu prepared with either milk or Vidaryadi Gana (pueraria tuberosa etc.) drugs for 3,5 or 7 days.
- Light diet with soup of yava (Vulgaris sativus), Kola (Ziziphus mauritiana), Kulattha (Doolichos biflours) from 4th,6th or 8th day to 12th day.
- Meat soup of wild animals,agreeable diet from 13th to Sutika kaala.

#### **Vihar-**

- Abhyanga with bala taila (Sida cordifolia).
- Udarveshtana After massage of abdomen with Taila or Ghrita.
- Parisheka with luke warm water. Massage unguent irrigation and bathing with jivaniya and brimhaniya, madhura and vatahara drugs.

#### **According to Ashtangahridaya Samhita[18]:**

##### **Aahara –**

- Taila or Ghrita with Panchakola (piper longum, piper longum's root, piper retrofractum, plumbago zeylanica, zinziber officinale) churna with Anupana as Ushna gudodaka (warm jaggery water) for 2 or 3 days.
- Panchakola Siddha Peya for First 3 days.
- Vidaryadi Gana Kwatha Siddha Snehayukta Yavagu or Kshira Yavagu from 4th - 7th day, after that gradually brimhana diet from 8th - 12th day, meat soup should be used.

#### **Vihar-**

- Abhyanga with bala taila (Sida cordifolia).
- Udarveshtana After massage of abdomen with Taila or Ghrita.
- Parisheka with luke warm water.
- Massage unguent irrigation and bathing of body along with Yoni with jivaniya and brimhaniya, madhura and vatahara drugs.

#### **According to Kashyapa Samhita [19]:**

##### **Aahara –**

- Snehapana according to Satmya with anupana as Manda for 3 or 5 days Pippali (piper longum), Naagar (zizinber officinale) Yukta Yavagu for first 3 to 5 days, then sasnehalavana yavagu, then sasnehalavana amla Yukta Kullattha (Dolichos biflorus).
- Yusha with meat soup of wild animals and Ghritabrishta Kushmand (Benincasa hispida) and Moolaka (Raphanus sativus).
- Massage of back, pressure of abdomen and flanks, then Udarveshtana.

#### **Vihar-**

- Sitting over a small chair covered with leather bag filled with hot Bala taila (Sida cordifolia), then Sudation in the Yoni with oleo prepared with Priyangu (Callicarpa macrophylla) etc.
- Hot water bath after proper sudation, fumigation with Kushtha (Saussurea lappa), Guggulu (comiphora mukul) and Agaruru (Aquilaria agallocha) mixed with Ghrita.

#### **According to Harita Samhita [20]:**

##### **Aahara –**

Ushna Kulattha (Dolichos biflorus) Yusha on 2nd day, Panchakola, Yavagu on 3rd day, Chaturjataka (cinnamomum zeylanicum, Elettaria cardmomum, leaves of cinnamomum zeylanicum, mesua ferrea) mixed yavagu on 4th day, cooked rice of shali or shastika on 5th day. Vaginal filling with oil and massage following by sudation with hot water.

### **VISHISTHA PARICHARYA:[21]**

It is given on the basis of Desha and sex of child According to Desha:

Desha Aahara Vihara Anupa Desha:

1. Mandaprayog a with agnibalavardhaka dravya.
2. Ushnadravys evana Swedana NivataSha yana JangalDesh a 3-5 days Snehopachara Snehopach ara Sadharana Desha Neither too snehan dravyas nor rukshadravyas.

VideshaJati Rakta, Mamsaniryuha, Kandamoola, Phala .

### **According to sex of child:**

Sex of child

### **Pathya**

Male Tailapana Deepaniy aaushadhi samsakritayav agupana Female Ghritapana Deepaniy aaushadhi samsakritayav agupana

### **Pathya And Apathya:[22]**

### **Pathya:**

1. Sutika should have bath with warm water.
2. Sutika should have boiled water for drinking.
3. Sutika should have adequate sleep.
4. Sutika should do udarveshthana regularly.

5. Sutika should have hitakaraka ahara and vihara.
6. Luke warm oils should be used for Abhyanga and luke warm water should be used for Parisheka, Avagahana
7. Everyday snehana and swedana must be done.

### **Apathya :**

- Cold water, cold wind and cold things.
- Sexual intercourse
- Physical and mental Stress.
- Contra-indication of Panchakarma for Sutika

A) Due to Nasya Karma, emaciation, anorexia, body ache would occur in sutika

B) Due to administration of Asthapana basti, amadosha of sutika would be increased.

- Excessive exercise.
- Anger, Fear and Depression.
- Atapasevana and divaswapa.

### **Importance of sutika paricharya :**

- 1) Snehana is vatashamaka.
- 2) Uttama Stanya is produced by Uttama Rasa which depends on the quality of agni.
- 3) There is agnimandya in Sutika so agni deepana is the basic need of treatment for few days immediately after delivery, which is done before giving brimahana drugs. Agnivardhaka drugs are first given to Sutika After delivery.
- 4) Use of mamsa rasa and brimhaniya dravyas like jeeviniya, brimhaniya or madhura dravyas acts as dhatuwardhaka and it helps to maintain proper lactation.

- 5) Yava, Kola laghu annapana is advised for 5 days as this helps to replenish Dhātu.
- 6) Bala taila is advised in nyubja position for Abhyanga which might help in suppressing vata.
- 7) Kwatha prepared by vatahara dravyas for parishechana act as Vedanahara and kledahara.
- 8) Dhupana as rakshaghna and vedanahara is mentioned and kushtha, guggulu and agarū is used.
- 9) To prevent problems during Sutika kaala such as UTI, Thirst, Anxiety, backache, anger, disturbed sleep, depression, etc.
- 10) Udarpattabandhana- wrapping abdomen with long and clean cloth which helps abdomen to retrieve its normal position and then there is no accumulation of vata in vacant place.

## **Discussion :**

### **1) Abhyanga:**

Abhyanga given to Sutika may be Sthanika(udara or yoni) or arvadaihika 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. It also helps in recovery from soft tissue injury by increased circulation. Improves the digestion, increases red blood cells & prevents anaemia. It prevents thrombosis by rubbing & friction improves the venous blood flow by dilating superficial blood vessels.

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 aginal and perineal wounds.

### **2) Parisheka & Avagaha:**

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

### **3) Udaraveshtana (Pattabandana):**

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. Also helps to straighten back after pregnancy, improving posture.

### **4) Yonidhupana:**

Vaginal defence is lowered due to hypoestrogenic state and patient is prone for infection. Dhupana will maintain the hygiene of the perineum. It keeps pisiotomy healthy, hastens its healing process. The drugs used like kusta, agarū, gulgulu have the properties like jantugna, kandugna, shothahara, vranashodhana, ropana. In Yonipindana vagina is advised to cover completely.

This restricts entry of Vata and prevents vagina from various infections.

## **RESULTS:**

Sutika who becomes weak due to development of foetus, loss of Dhatus, excretion of Kleda, blood and exhaustion due to labour pains regains her pregnant



state by following this Paricharya. And we can summarize post natal care in Ayurveda as follows:

1. It strengthen and improves digestion
2. It increase emotonal steadiness psychological alertness and apparent thinking.
3. It tones muscles, calms nerves and greases all joints.
4. It helps woman's body to get back into her normal shape.
5. Effortless lactation and more restful feeding.

### CONCLUSION:

The diets & regimens which are described by Ayurveda literatures thousands of years ago for Sutika is totally scientific. Different procedures included needs a proper management of ahara, achara for the purpose of punar-naveekarana of the stree itself is Sutika-Paricharya. SutikaParicharya have been told for the prevention of problems of women like backache etc. So by following Sutika- Paricharya, Garbhashayashuddhi, Dhatu- paripurnata, sthanya-vriddhi, punar- navikarana are completely established.

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