

CONCEPT OF SUTIKA PARICHARYA IN AYURVEDA**¹*Dr. Prabha Singh and ²Dr. Sunil Kumar**¹MD Scholar, Dept. of *Sharir Rachana*, National Institute of Ayurveda, Jaipur.²Associate Professor, Dept. of *Sharir Rachana*, NIA, Jaipur.Article Received on
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Rachana*, National Institute
of Ayurveda, Jaipur.**ABSTRACT**

Woman is the single one creation of the world which has potency of making new era. The caring of women is prior responsibility of society. Especially when woman create a new generation or make new things for continuation of generation, then it is essential to support or care of woman. During pregnancy or after delivery, some extra care is needed to prevent any miss happening. In modern science there are descriptions of many diseases which can occur as complication of parturition like sepsis, post partum hemorrhage, puerperal psychosis, puerperal venous thrombosis etc. In *Ayurveda* the puerperal period is

known as *Sutikakala*. The *Sutika* term is used for the period after expulsion of placenta. *Ayurveda* not only emphasized for extra care of a pregnant woman at this time but also advised medical treatment of *Sutikajwara*, *Makkal Shoola*, *Yonibhramsha*, *Yonikshata* etc under the headings of *Sutika Roga* or *Sutika Vyapada*. *Sutikaroga* are mainly due to *Vataprakopa*. Massage of *Bala Tail* and decoction of *Bhadradaru* etc are capable of suppressing *Vata*. If some *Doshas* or blood (blood clot) is left inside the uterus, powdered *Pippali*, *Pippalimoola*, *Chitraka*, *Shringbera* etc with warm Jaggery- water are given. This regimen is helpful to excrete the abnormal blood. By the use of these *Ayurvedic* concepts, we can give proper guidelines for prevention and treatment of these problems. In *Ayurveda* all the classics have advised specific management of *Sutika* (puerperal woman) but detail description is given by *Kashyapa*.

KEYWORDS: Parturition, *Sutikakala*, *sutikakala*, *Vata*.**INTRODUCTION**

Puerperium also known as postpartum period lasts from delivery of the placenta until six weeks after delivery. It is a critical phase in the lives of mothers and new born babies as the

most maternal and infant death occurs during this period. It is the period of adjustment after child birth when anatomical and physiological changes of conception are reversed to as almost pre-pregnancy condition. A women may experience a wide range of postpartum problems like post-partum infections, excessive bleeding after delivery, pain, vaginal discharge, breast problems, hemorrhoids & constipation, urinary or fecal incontinence, post partum depression, discomfort during sex, difficulty in regaining of pre-pregnancy shape etc.

Ayurveda, the oldest system of medicine suggest an ideal protocol for puerperal period under the heading of *Sutika Paricharya*. In *Ashtanga Ayurveda Stri* and *Prasuti Roga* are described under the branch of *Kaumarbhritya*. It is believed that the protocol for gestational period and puerperal period as described by *Acharyas* lead to complication free delivery and further healthy life of mother and child. As after delivery all the *Dhatus* decreases and become unsteady due to development of fetus, body becomes exerted and empty due to loss of blood and moisture, decreased digestive fire and muscle mass, all the diseases developing during this period are very difficult to cure. Sometimes due to faulty regimen *Sutika* is unable to get strength and become very weak, and this weakness manifests in her health. To avoid such condition in *Ayurvedic* Text a detailed description of *Ahara* (nutrition), *Vihara* (life style) and *Vichara* (thought process) are prescribed as *Sutika Paricharya* to follow.

Sutika & Sutika kala

In *Ayurveda Acharya Kashyapa* described the *Sutika* “the woman after expulsion of placenta”.^[1] In modern science puerperal period begins immediately after the expulsion of placenta and extending about 6 weeks.

In *Ayurveda Acharya Sushruta* has said that after 1.5 month of regulated and restricted specific dietetics and mode of life the women become free from the epithet of *Sutika* while some *Acharya* believed that *Sutika Kala* until she restart her menstrual cycle.^[2]

Acharya Kashyapa mentioned the *Sutika Kala* as six months.^[3] He described specific dietetic management for one month only.

Ayurvedic Sutika Paricharya

Ayurvedic scholars have given great importance to women’s health during entire pregnancy as well as puerperal period and describe a detail protocol as *Garbhini Paricharya* and *Sutika Paricharya* for a healthy child and mother. Different protocols are as follow:

Charaka Samhita^[4]

- ❖ Administration of *Pippali* (*Piper longum*), *Pippalimool* (*Piper longum's* root), *Chavya* (*Piper retrofractum*), *Chitraka* (*Plumbagozeylanica*), *Shunthi* (*Zingiber officinale*) with any one out of *Ghrta*, *Oil*, *Vasa* or *Majja* for 5-7 nights.
- ❖ Administration of *Brimhana Dravya* From 6th or 8th day should be done.
- ❖ *Abhyanga* of abdomen with *Taila* or *Ghrta* then *Udarveshtana* with big clean cloth.
- ❖ Irrigation or bath with Luke warm water should be advised. This wrapping produces compression of abdomen thus prevents presence of hollow space so the *Vata* does not get vitiated.

Sushruta Samhita^[5]

- ❖ *Sneha Yavagu* or *Kshira Yavagu* saturated with drugs of *Vidarigandhadi* (*Desmodium gangetium* etc.) *Gana* from 3rd or 4th to 6th or 7th days.
- ❖ Meat soup of wild animal saturated with *Yava* (*Vulgaris sativus*), *Kola* (*Ziziphus mauritiana*), *Kulattha* (*Dolichos biflorus*) with cooked *Shali* rice From 7th or 8th day to *Sutika kala*.
- ❖ *Abhyanga* with *Bala* (*Sida cordifolia*) *Taila*, then irrigation with decoction of *Bhadradaru* (*Cedrus deodara*) etc. drugs capable of suppressing the *Vata*.
- ❖ *Pippali* (*Piper longum*), *Pippalimoola* (root of *Piper longum*), *Hastipippali*, *Chitraka* (*Plumbago zeylanica*) and *Shringavera* (*Zingiber officinale*) *Choorna*.
- ❖ **Anupana-** *Ushna Gudodaka* (warm jiggery water).

Ashtanga Hridaya

- ❖ Oil or *ghrita* containing *Panchakola* (*Piper longum*, *Piper longum's* root, *Piper retrofractum*, *Plumbago zeylanica*, and *Zingiber officinale*) followed by *Gudodaka* for 2 or 3 days.^[6]
- ❖ From the third day onwards, *yavagu* processed with decoction of drugs of added with more of *sneha* or *yavagu* prepared from milk.^[7]
- ❖ After 7 days- gradual *Brimhana* diet.^[8]
- ❖ After 12th day meat soup should be used.^[9]
- ❖ There is also description of massage of *yoni* along with body with oil.^[10]

Kashyapa Samhita

- ❖ Massage of back, pressure of abdomen and flanks, then *Udarveshtana*.^[11]

- ❖ Sitting over a small chair covered with leather bag filled with hot *Bala (Sida cordifolia)* *Taila*, then sudation in the *Yoni* with oleo prepared with *Priyangu (Callicarpa macrophylla)* etc.^[12]
- ❖ Hot water bath after proper sudation.^[13]
- ❖ Fumigation with *Kushtha (Saussurea lappa)*, *Guggulu (Commiphora mukul)* and *Agaru (Aquilaria agallocha)* mixed with *Ghrita*.^[14]
- ❖ *Manda* should be given for 3 or 5 days.^[15]
- ❖ *Snehapana* according to *Satmya*.^[16]
- ❖ After digestion of *sneha -Pippali (Piper longum)*, *Nagar (Zingiber officinalis)* *Yukta* and *Saindhavarahita Alpasneha Yukta Yavagu* for 3 days.^[17]
- ❖ Then *Sasneha Lavana Yavagu*.^[18]
- ❖ *Sasneha-Lavana-Amla Yukta Kulattha (Dolichos biflorus)* *Yush* with meat soup of wild animals and *Ghritabhrishta Kushmanda (Benincasa hispida)*, and *Moolaka (Raphanus sativus)*.^[19]

Puerperal management according to the sex of child

Acharya Kashyapa told specifically that oil should be given for drinking to *Sutika* in case of delivery of male child and *Ghrita* in case of delivery of female child.^[20]

Puerperal management according to the *Desha* (place of living)

Acharya Kashyapa described the puerperal management on the basis of *Desha* (place of living) under these headings.

Anupa Deshastha (Living in marshy land) Sutika Paricharya.^[21]

- ❖ In this area initially fat should not be used instead scum of boiled rice (*Manda*) treated with appetizing (*Deepana*) & strength (*Balya*) producing drugs & things should be administered.
- ❖ Living place should be air free and warm.
- ❖ Warm (*Ushna Veerya*) drugs are beneficial.

Jangala Deshastha (Living in wild/dry land) Sutika Paricharya.^[22]

- ❖ Administration of *Ghrita*, Oil or any other oily articles in good quantity using decoction of *Pippli* etc. drugs as after drink.
- ❖ Strong female should be administered with oily substances while rice gruel is prescribed for weak female for 3 to 5 nights.

- ❖ Irrigation with hot water.
- ❖ Avoid anger, exercise & coitus.

Sadharana Deshastha (Living in ordinary land) Sutika Paricharya.^[23]

- ❖ Neither too oily nor too dry management is beneficial.

Single Drugs

Shunthi, Pippali, Maricha (Trikatu), Pippali, Pippalimmola, Chavya, Chitraka, Nagar (Panchakola), Methika, Chandrashura Beeja, Purana Guda, Boiled water treated with Lavang and Kali Maricha, Ajwain, Saindhava Lavan, Dry nuts- these drugs can be used as single drug or in combinations.

Classical Preparation

- ❖ *Traivritta Yoga,*
- ❖ *Saubhagya-Shunthi Paka,*
- ❖ *Pancha-Jeeraka Paka,*
- ❖ *Nagar Paka,*
- ❖ *Dashamoola,*
- ❖ *Drakshasava/ Draksharishta,*
- ❖ *Ashwagandharishta,*

Pathya

1. *Sutika* should have bath with much quantity of Luke warm water (*Sukoshna Jal*).
2. Always take boiled water for drinking purpose.
3. *Parisheka, Avagahana* etc. are always with Luke warm water.
4. She should do *Udarveshtana*.
5. *Snehana* and *Swedana* must be done every day as per *Desha, Kala* etc.
6. Warm atmosphere

Apathya

1. The sexual intercourse.
2. Physical and mental stress, anger etc.
3. Cold water, cold wind and cold things etc.
4. There is contraindication of *Panchkarma* for *Sutika* because it is most prone to complication.

Advantages of *Sutika Paricharya*: It can be help to-

- ❖ Balancing loss of *Dhatu*s.
- ❖ By following this *Paricharya* women can regain pre-pregnancy state.
- ❖ Prevention of pathology of dominant *Doshas*.
- ❖ Maintaining Psychological health.

DISCUSSION

As it is already have been discussed that there are various problems which makes the puerperal stage more complicated, most of them are *Vata Dosha* dominant like anxiety, emaciation, flatulence & constipation etc. So in *Ayurveda* the main basis of *Ahara & Vihara* prescribed for *Sutika* is to treat *Vata Dosha* imbalance. The *Ahara* prescribed by different *Acharyas* have warm, liquid, oiliness, sweet-sour-salty in taste (*Rasa*) etc. properties, helps to regulate *Vata Dosha* as well as improves the digestive fire (*Deepana*) as after child birth digestive fire of women is weakened. Use of *Brimhana Dravya* helps to replenishment of *Dhatu*s and regaining power as previous. As after delivery the abdomen of the lady become very lax for this *Uderveshana* is described by *Acharyas* to produce compression of abdomen, thus prevents hollow space, so the *Vata* does not get vitiated. Oleation & Sudation prescribed for suppression of *Vata*. It also provides strength to the body.

CONCLUSION

Sutikas (puerperant) who is weak due to development of fetus, loss of *Dhatu*s, excretion of *Kleda*, loss of blood and exhaustion due to labour pain can regain her pre-pregnancy state by following strict regimen of *Sutika Paricharya*. It can be concluded that the *Sutika Paricharya* described in *Ayurveda* is very much effective to reduce the complication during *Sutika kala* and helpful to reduce maternal morbidity & mortality.

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