AYURVEDIC MANAGEMENT IN SUTIKA PARICHARYA

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ABSTRACT
Ayurveda elucidate due importance for the care of mother at every phase of her life especially when it comes to antenatal and postnatal care. Post natal care (post-natal) is a period following child birth which can be certainly co-related with Sutika paricharya. The women become extremely debilitated physically & mentally, after the delivery & there are more incidences of backache, feeling weakness etc. 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 & swasthavrithapalana. The main achievements through SutikaParicharya are Garbhashayashuddhi, Dhatu-paripurnata, sthanya- vridhdi, punarnavekarana. To destabilization of Physical, mental and physiological wellbeing. So the present study has been selected to review sutikaparicharya &its clinical importance.

KEYWORDS: Sutika Paricharya, Ayurveda, Post natal care, swasthavrithapalana.

INTRODUCTION
Ayurveda has always given importance to care the stree (female) at every phase of her life in respect of Rajaswala paricharya (menstrual care), Garbhini paricharya (Antenatal care) and Sutika paricharya (Post natal care). In Ayurveda, the term sutika (puerperial woman) can be used only after expulsion of placenta. Puerperium is a period following child birth during which the body tissues especially the pelvic organ revert back to the pre-pregnant state both
anatomically & physiologically. During this time, women are recovering from their delivery and are beginning to care for the newborn. This period is used to make sure the mother is stable and to educate her to take care of the baby. This period is of happiness & contentment on one hand & physical, mental fatigue due to delivery on the other hand.

After delivery the woman become emaciated and have Shunyashareera because of garbhavriddhi, shithilasarvsharirradhatu, pravahanavedana, kleda- rakta-nisruti, agnimandya, these will lead to dhatukshaya hence extra care to be given to prevent complication during this period to avoid 74 types of disease which can happen in this period if not managed properly. So Charak, Sushruta and both Vagbhatas said that what so ever diseases afflict the Sutika are difficult to cure or may become incurable. Ayurveda has advised a specific diet & lifestyle regimen called Sutika Paricharya to prevent further complications & restore the heath of the mother.

**DEFINITION**
A woman who has just given birth to a child followed by expulsion of the placenta is called as Sutika.

**Sutika Kala**
Acc to different Acharya’s.

**Table 1: Sutika kala (Time period) according to different Acharyas/samhita.**

<table>
<thead>
<tr>
<th>Literature</th>
<th>Time period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charaka</td>
<td>Not specified</td>
</tr>
<tr>
<td>Sushruta</td>
<td>1.5month or until next rajodarshan</td>
</tr>
<tr>
<td>AstangaSangraha</td>
<td>1.5month or until next rajodarshan</td>
</tr>
<tr>
<td>AstangaHridya</td>
<td>1.5month or until next rajodarshan</td>
</tr>
<tr>
<td>Bhavprakasha</td>
<td>1.5month or until next rajodarshan</td>
</tr>
<tr>
<td>Yogratinakara</td>
<td>1.5month or until next rajodarshan</td>
</tr>
<tr>
<td>Kashyapa</td>
<td>6 months</td>
</tr>
</tbody>
</table>

Acharya Sushruta has mentioned that after 11/2 month of regulated & specific dietetics & mode of life the woman become free from the epithet of Sutika. Some Acharyas opines that Sutika Kala is until the next rajodarshana. Puerperium begins as soon as the placenta is expelled & lasts for approximately 6 weeks. The period is divided in to: 10 1) Immediate - within 24hours 2) Early - Upto 7days 3) Remote- Upto 6weeks.
Mode of Diet & Lifestyle

When it comes to the postpartum care, Ayurveda suggests women to 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 fire 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.

Present study protocol of Sutika Paricharya is divided into three major components as follows
1. Ashwasana (Psychological Reassurance)
2. Vihara (Normal daily activities and therapeutic procedures)
3. Aahara (Normal diet in puerperium).

Ashwasana- (Psychological Reassurance)

After expulsion of fetus, woman should be immediately encouraged with sweet spoken words.

Vihara- (Normal daily activities and therapeutic procedures).

It includes various regimens consisting of internal, external and or local therapies beneficial for Sutika.

She should be treated with massage, anointment, irrigation, & ghrutha, oil, decoction, prepared with bhuthika, jivaniya, brumhniya, madhura, vatahara drugs along with specific dietetics.

Oil should be given to drink in case male child delivery. in case female ghrutha should be given. After digestion of these fat, rice gruel prepared with appetiser should be given for 5 or 7 days, then scum of boiled rice etc should be used in gradual manner.

Aahara

Considering the strength & digestive power boiled rice should be given for 3 or 5 days. Then 6 or 7th day salt free gruel mixed with little quantity of oil & ghrutha sneha dravya with pippali & nagara should be given. Then 9th day use of rice gruel mixed with sufficient quantity of salt, sneha dravya (oil & ghrutha) the meet soup of wild animals, should take then
soup of kulatta mixed with sneha dravya salt & sour substance. also kushmanda, radish, cucumber etc vegetable fried in ghrutha should use.

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Various regimen of internal, external and or local therapies for Sutika
5. Kashyap- Aashwasana (Psychological Reassurance) Sanvahana (Gental massage) Udarmando (abdominal massage) Udarveshtana (Abdominal tightening) YoniSnehana (Vaginal oiling) Yoni Swedan (Vaginal sudation) Snana (Bath) Dhupana (Medicated fumigation)

Apathyakara Vihara
During post natal care, Sutika has been advised to avoid factors such as Vyayama (Exercise), Maithuna (Sexual Intercourse), Krodha (Anger), Sheetasevana (breezy things). Women experiences lots of physical and mental stress during labour and get exhausted. This may be the reason behind restricting her from exercise. Emotional imbalances like anger, fear and depression badly affect lactation Consumption of cold things aggravates Vata Dosha. Sexual intercourse involves strain & friction of genital tract which is already lacerated & weakened during the process of labour resulting into injury, bleeding & infection.
Clinical Significance of Sutika Paricharya

In Sutika agni is manda, agnideepana is the need of treatment for few days immediately after delivery, which may be needed prior to the administration of brimahana drugs. The drugs which are used instantly after delivery which are agnivardhaka by their nature.

1. Uttama rasa produces uttamastanya depends upon quality of agni.
2. Use of snehana suppresses vata.
3. Yava, Kola laghuannapaana is advised after 5 days, this form of food helps to replenish Dhatu.
4. Advise for the usage of mamsa rasa & brimhanadravyas, using jeevaniya or brimhaniya or madhuradravyas. This might act as dhatuvardhaka and helps to maintain proper lactation.
5. Abhyanga recommended by using balataila in nyubja position, which might help to restraint vitiated vata, spiralling the abdominal muscles.
6. Parisechana by using kwatha prepared by vataharadravyas act as vedanahara, kledahara.
7. Udarapattabandhana -Wrapping the abdomen with long and clean cloth, which in turn helps abdomen to retrieve its normal position and there is no accumulation of vata in vacant sites.
8. Dhupana as rakshoghna and vedanahara is mentioned by using kushtha, guggulu and agaru.
9. To prevent the complaints during Sutika Kala such as UTI, Backache, Thirst, Anxiety, Anger, Disturbed Sleep, Depression etc.

DISCUSSION

The speciality of giving birth to a child made a woman usually for her creative point of view in the life. In Sutika Kala proper Sutika Paricharya cause complete involution of uterus and other pelvic organ, so that they reach to their pre pregnant state. Aim of puerperium is to maintain maternal and infant health preventing any complication and to establish infantfeeding. Abhayanga have been described in all most all of Ayurvedic classics. Abhayang causes toning up of muscles of pelvic floor, abdomen, back and vagina.

Ayurveda advocates Balaoil (sida cardifolia), Dasmoola oil, sesamum oil for Abhayanga during postnatal period. Abhyanga can prevent the thrombosis because rubbing and friction during massage dilate superficial blood vessel and thus improves venous blood flow. Vaginal massage facilitates proper drainage of Lochia i.e. vaginal secretion, pacifies Apana Vata and
tones up vagina. Swedana for Sutika has been described by Acharya Sushruta, Kashyapa, Harita and Yogaratnakar. Since Swedana is having the property of Vatashamana hence it is beneficial during Sutika Kalawhere Vata is vitiated. In general all the texts have advised massage, oral administration of fat with drugs and decoction for 3-7 days after delivery.

CONCLUSION

As Sutika Kala is a critical period for women, it needs a proper management and care with specific diet, mode of life and Aushadi. In SutikaKala there is vitiation of Vata therefore it is most advisable to take Vata Shamaka drugs. During Sutika Kala woman needs a special management and care for proper and healthy growth of new born baby as well as for maintenance of her own health.

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 punarnaveekarana of the stree itself is SutikaParicharya. SutikaParicharya have been told for the prevention of problems of women like backache etc. So by following SutikaParicharya, Garbhashayashuddhi, Dhatu- paripurnata, sthanya-vriddhi, punarnavekarana are completely established.

REFERENCES