

REVIEW OF SUTIKA PARICHARYA**¹*Dr. Renu Bala Swami and ²Dr. Rashmi Sharma**

¹PG Scholar, PG Department of Prasuti Tantra and Stree Roga Dr. S.R. Rajasthan Ayurved University Jodhpur, Rajasthan.

²Assistant Professor, PG Department of Prasuti Tantra and Stree Roga Dr. S.R. Rajasthan Ayurved University Jodhpur, Rajasthan.

Article Received on
13 July 2020,

Revised on 03 August 2020,
Accepted on 24 August 2020,

DOI: 10.20959/wjpr202010-18559

Corresponding Author*Dr. Renu Bala Swami**

PG Scholar, PG Department
of Prasuti Tantra and Stree
Roga Dr. S.R. Rajasthan
Ayurved University
Jodhpur, Rajasthan.

ABSTRACT

A female from a woman to mother is the happiest lifetime event. The women become extremely exhausted physically & mentally, after the delivery & there are more incidences of backache, feeling weakness etc. After the placenta is expelled then woman is termed as Sutika & the care is termed as SutikaParicharya. Mithyaachara during this period definitely results in incurable diseases which are difficult to cure. After following proper Sutikopacharya woman regains all the lost things and reaches pre-pregnancy status. The mode of Paricharya includes important therapies, nutritional diet pregnancy and puerperium.

INTRODUCTION

In Ayurveda importance of the care of women especially in the prenatal & postnatal period. Sutika is the state of women immediately after delivery & after the expulsion of placenta. 'soonyasareereprasootha..' it can cause life threatening situation for mother & baby. Hence extreme care is to be taken during The period after the prasava is called as sutikavastha. During Puerperium the body tissues, especially the pelvic organs reverse back approximately to pre-pregnant state both anatomically & physiologically. Puerperium begins as soon as placenta is expelled & last for approximately 6weeks when the uterus becomes regressed to non pregnant state.

After delivery the women have physical, mental fatigue & Shunyashareera because of garbhavridhi, shithilasarvashariradhatu, pravahanavedana, kleda- rakta-nisruti, agnimandya. These will lead to dhatukshaya hence extra care to be given to prevent complication during this period. 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 SutikaParicharya to prevent further complications & restore the health of the mother.

AIMS AND OBJECTIVIES

To review the literature of sutika, sutikakala, sutikasamanya & vishistaparicharya, pathya & apathya & Clinical significance of sutikaparicharya.

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 -

Acharya Sushruta has mentioned that after 1 & 1/2 month of regulated & specific dietetics & mode of life. 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: -

- 1) Immediate -within 24hours
- 2) Early - Upto 7days
- 3) Remote- Upto 6weeks

SUTIKA PARICHARYA

It involves the following

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

Samanya Paricharya

- 1) **Use of amulet for Puerperal Women:** - The Sutika should fix amulet of trivruta over her head. It is sort of psychological support to her. Thus may protect her from harmful things.

2) **PrasutaSnana**:- On period of 10th or 12th day, according to the rituals of family the bathing ceremony of puerperal women should be performed.

3) **Paricharya**: -

Sutika Paricharya

A)-**According to Charaka**:- Number of days Ahara - **(5-7days)**

- 1) Snehapana
- 2) Yavagupana Pippalyadi dravyas

Vihara - 1) Abhyanga 2) Parisheka 3)Udarvestana

B) **According to Sushruta** : - Number of days Ahara **(2-3days)**

- 1) Vatahara aushadhadravya kwathapana 2)Ushnudodaka with pippalydidravys

Ahara **(3 or 4 -6 or 7 day)**-Snehayavagu/ksheerayavagu with Vidariganadravyas Ahara **(8th day)** -

- 1) Jangalmamsa rasa
- 2) Yava, Kola, Kulathayusha
- 3) Shaliodanabhojana

Vihara

- 1) Sarvadaihika balataila abhyanga
- 2) Parisheka with vatahara -Bhadra-darvyadidravys

C) **According to Vagbhata (Asthangasangraha)**: - Number of days Ahara **(3 or 5 or 7 days)** -

- 1) Snehayogyas- Snehapana with Panchakola churna with saindhava 2)SnehaAyogyas- Vatahara/ laghupanchamoola kwathapana 3)Ksheerayavagupana (Vidaryadiganasiddh)

Ahara (8- 12days)

- 1) Yava, Kola, Kulathayusha
- 2) laghuannapana
- 4) Peya

After 12 days

- 1) Jangalmamsa rasa
- 2) Jeevaniya, brihmaniya, Madhura, vataharadravya sadhita annapana).

Vihara

- 1) Sarvadaihika balataila abhyanga
- 2) Sthanika Udaraabhyanga- grita/taila
- 3) Udarvesthana
- 4) Ushnodakaparisheka- ubhayat
- 5) Acchadana
- 6) Avagahana

D) According to Vagbhata (AsthanagaHridaya) : - Number of days Ahara (2-3days)

- 1)Snehayogya- Snehapana- mahatimatra with panchakolachurna 2)Ushnagudodaka with panchakolachurna / Vataharaaushadhitoyapana 3)Snehaayogya-without sneha above dravyas
- Ahara (**4-7days**) - SnehaYavagu/ KsheeraYavagu
- Ahara (**8-12days**) - Jeevaniya, brihmaniya, Madhuravarga siddha hriddya annapana Ahara (**After 12 days**):- Mamsa rasa

Vihara

- 1) Yoniabhyanga & sarvadaihika abhyanga
- 2) Sthanika udara abhyanga - ghrita/taila
- 3) Udaravestana
- 4) Udvartana
- 5) Parisheka
- 6) Avagahana

E) According to Kashyapa

Ahara (**3-5 days & 5-7 days**)

- 1) Mandapana
- 2) Hitabhrojana
- 3) Snehapana
- 4) Snehayukta yavagupana-pippali, nagara –lavana-rahitayavagu

Ahara (**7- 12 days**) - Snehayuktayavagupana- with lavana Ahara (**12days**)

- 1) Kulathayusha
- 2) Jangalamamsa rasa
- 3) Grithabharjitashaka

Ahara (**1 Month**)-Snehana, Swedana, Ushnajalasevana

Vihara

- 1) Rakshoghnadravya
- 2) Ashwasana
- 3) Kukshi, Pristha, Parshwaabhyanga samvahana in nyubjashayana
- 4) Udarapidana
- 5) Udaravesthana
- 6) Ushna bala tailapurita charmasana
- 7) Yoniswedana- priyanguetc
- 8) Ushnodakasana
- 9) Vishranti
- 10) Dhupana- kustha, guggulu etc.

F) According to harita

Ahara **After Prasava** - Kwathapana - Lodhra, arjunadidravya Ahara (**1st Day**) - Upavas

Ahara (**2nd Day**) -

- 1) Guda,nagar, haritaki sevana
- 2) Ushnakulathayushasevana

Ahara (**3rd Day**) - PanchakolaYavagupana

Ahara (**4th Day**) -ChaturjatamishritaYavagupana Ahara (**5/10/15 days**) –Shali, shastikodana

Vihara-

- 1) Yoni apurana
- 2) Abhyanga
- 3) Usnajalaswedana
- 4) Mangalavachana
- 5) Yosharthapradarshana

DISCUSSION

- 1) **Abhyanga:** - Abhyanga given to Sutika may be Sthanika (udara or yoni) or Sarvadaihika with the help of Ghrita and Taila especially with BalaTaila which is Vatasanshamaka, Rasayana to Mamsadhatu, 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 vaginal and perineal wounds.

- 2) **Parisheka & Avagahana**:- Parisheka is vatakaphahara, vedanahara, 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.
- 4) **Yonidhupana**: - Dhupana will maintain the hygiene of the perineum. It keeps episiotomy healthy, its healing process. The drugs used like kusta, agaru, guggulu have the properties like jantugna, kandugna, shothahara, vranashodhana, ropana.

Mode of Action of Diet & Drugs

- 1) **Snehapana**: - The Sneha (Ghrita/ Taila / Vasa/ Majja) given to sutika is mixed with dravyas like Pippali, Pippalimoola, Chavya, Chitraka, Shrungavera, Yavani, Upakunchika. These also should be advised according to Prakruti, Agni, Kala, Desha of sutika. These dravyas do agnideepana & amapachana. It also prevent vataprakopa. These dravyas helps to digest the sneha and act as appetizer. Ghrita is Vata pitta shamaka, Balya, Rasayan, Agnideepak, Raktavikaranashak, & Yogavahi. Ghrita provides many essential fatty acids such as omega 6 which provides anti- inflammatory properties. Ghrita 0.04g/tbsp, which includes 17 amino acids essential for good health. It contains 3% linoleic acid, an antioxidant. It also contains vitamins A, D,E,K.
- 2) **Garbhashayashodhana**: - Drugs like Panchakola are given with warmed jaggery water for excretion of DushtaShonita from uterus. These drugs having the garbhashayashodhaka & garbhashayasankochaka properties and removes the dushtashonita from grabhashaya. It excrete the lochial discharge. Kashyapa advised Udarapeedana for Shonita shuddhi. This may facilitate uterine stimulation inducing contraction which may result in expulsion of residual blood clots.
- 3) **Snehayavagu or Ksheerayavagu**:- Yavagupana in the form of manda, peya with sneha or kwatha stimulate the agni, it is grahi, laghu in nature, dhatuposhana, tarpana properties, easily digestible & absorbable and reduces thirst thus does the maintenance of water in

the body. Ksheera is rich source of proteins, vitamins and calcium provides energy & maintains tissue.

- 4) **Yusha:-** Yusha is prepared of Yava, Kola, Kulatha. It is semisolid & rich in protein. It act as agnideepaka, balya, swedajanana, pusti sukhaprasadana.
- 5) **Mamsa rasa:-** Meat is an excellent source of iron, Vitamins, essential amino acids and trace elements. Madhura, brimhaniya drugs are helpful to recover maternal system from stress and strain of labour and help in galactogenesis and enhance the property of maternal milk.
- 6) **DRUGS:** Pippali, Pippalimula, Chavya, Chitraka, Shringavera are Ushna, Teekshna, Deepana, Pachana, Shoolagna & Kaphavatashamaka, so it is helpful in reducing Agnimandya & shoola in sutika. It is also helpful for prakrit yonigata raktasrava. These drugs are katurasatmaka & katuvipaki has the properties of shonitasanghat bhedana leads to normal yoni srava because of this garbhashayashuddhi occurs. Pippali, Pippalimula are antiinflammatory & shows anti bacterial activity. Chavya is liver stimulant & blood cleansing and has rejuvenating properties. Chitraka is useful as appetizer, digestive, anti-helminthic, causes uterine contractions, and cures postpartum disorders. Shunthi is known to stimulate digestion. It has anti-inflammatory & antimicrobial property. Kola is a good source of calcium, phosphorus, Vitamin A. It has anti oxidant property, wound healing & anti inflammatory properties. Kulatha is an excellent source of iron, molybdenum and manganese. It has antispasmodic activity and is used in uterine disorders and anemia. Ervaruka has 94% water content, keeps the body hydrated, regulates blood pressure, aids in digestion and acts as a diuretic. It contains magnesium, potassium, silica, vitamin A, B, C and K. Yava is a good source of fibre. It contains copper, phosphorus, zinc and Vitamin E. Rice gruel prepared with vidaryadigana act as rasayana. Therefore the above mentioned drugs are administered during suthikakala for the wellbeing of the Suthika.

7) **Pathya**

- 1) Sutika should have bath with warm water.
- 2) Sutika should use hitakaraka ahara.
- 3) Drinking, boiled water should be used
- 4) Adequate sleep
- 5) Abhyanga with luke warm oils & Parishek, Avagahana etc with always luke warm water.
- 6) Udaravesthana should be done.
- 7) Diet must contain Garbhashayashodaka, Sthanyavardhaka, Sthanyajanana,

Vataharadravya.

- 8) Pelvic floor exercise (kegal's exercise)
- 9) Use birth controls measures

8) Apathya

- 1) Mental & Physical stress
- 2) Excess exercise
- 3) Sexual intercourse
- 4) Diwaswap, Atapasevana
- 5) Cold water, Cold wind & Cold things etc
- 6) Contraindication of Panchakarma
- 7) Anger, Fear, Depression

9) Clinical Significance of Sutika Paricharya

- 1) In Sutikaagni is manda,agnideepana is the need of treatment for few days immediately after delivery, which may be needed prior to the administration of brimhana drugs. The drugs which are used instantly after delivery are agnivardhaka by their nature.
- 2) Uttama rasa produces uttamastanya which with always luke warm water.
- 3) Use of snehana suppresses vata.
- 4) Yava, Kola laghuannapaana is advised after 5 days, this form of food helps to replenish Dhatu.
- 5) Advise for the usage of mamsa rasa & brimhanadravyas, using jeevaniya or brimhaniya or madhuradravyas. This might act as dhatuwardhaka and helps to proper lactation.
- 6) Abhyanga recommended by using balataila in nyubja position, which might help to restraint vitiated vata, spiralling the abdominal muscles.
- 7) Parisechana by using kwatha prepared by vataharadravyas act as vedanahara, kledahara
- 8) 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.
- 9) Dhupana as rakshoghna and vedanahara is mentioned by using kushtha, guggulu and agaru. To prevent the complaints during Sutika Kala such as UTI, Backache, Thirst, Anxiety, Anger, Disturbed Sleep, Depression etc.
- 10) Benefits of Sutika Paricharya: The woman become weak & due to growth of foetus, & also empty body due to instability of all dhatus, labour pains, excretion of kleda & rakta.

By Paricharya she attain all the lost things and reaches her pre- pregnant state.

CONCLUSION

In ayurveda 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 Sutika Paricharya, Garbhashayashuddhi, Dhatu- paripurnata, sthanya-vriddhi, punarnaveekarana are completely established.

REFERENCES

1. www.iamj.in. Review of sutika paricharya & its clinical importance.
2. Kashyapa Samhita Sanskrit introduction by Pt. Hemaraj Sharma, Chaukhambha Sanskrit Sansthan, Varanasi.
3. D.C. Datta's, Textbook of Obstetrics, edited by Hiralal Konar, 7th edition, pub- Jaypee Brothers medical publishers (P) Ltd, New Delhi, edi, 2013.
4. Asthanga Sangraha of Vagbhata, edited by Atridev Gupta, reprinted, pub- Krishnadas Academy, Varanasi, edi, 2005; 1.
5. Prof,(km) P.V. Tiwari, Ayurvediya prasutitantra & Streeroga, Prasutitantra, First part, Pub- Chaukhambha Sanskrit Samsthan, Varanasi, Edi., 2003.
6. Bramhananda Tripati. Charaka Samhita of Agnivesha, pub-Chaukambha Surbharati Prakashana, Varanasi, 2013; 1.
7. Sushruta Samhita of Sushruta, Ambika Dattashastri, pub-Chaukambha prakashana, Varanasi, 2012; 1.
8. Asthanga Sangraha of Vagbhata, editedby Atridev Gupta, Vol1 reprinted pub- Krishnadas Academy, Varanasi, 2005.
9. Asthanga Hridaya of Vagbhata, Pandit Hari Shastri, Commentary of Arundatta, pub- Krishnadas Academy, Varanasi, edi- 2005.
10. Prof.(km) P.V.Tiwari, Kashyapa Samhita text with English translation & Commentary, pub-Chaukambha Bharati Academy, Varanasi, edi-2002.
11. D.C. Datta's, Textbook of Obstetrics, edited by Hiralal Konar, 7th edition, pub- Poonam.P.Khot & Amit.L.Tamadaddi: Review Of Sutika Paricharya & Its Clinical Importance IAMJ: JULY, 2017 2666 Jaypee brothers medical publishers (P) Ltd, New Delhi, 2013.
12. Kashyapa Samhita Of Vriddha Jeevaka, Satyapala Bhigacharya, Varanasi, pub-

- Chaukhambha Sanskrit Sansthan, edi- 1994, Khilasthana chapter 10, 4th edition.
13. Charaka Samhita, of Agnivesha, revised by Charaka Acharya, Yadavaji Trikamaji Chaukhambha Orientalia, 5th edition, 2001.
 14. Sushruta Samhita Of Sushruta, by-Acharya Yadavaji Trikamaji, pub- Chaukhambha Orientalia, 8th edition, 2005.
 15. Asthanga Sangraha Of Vagbhata, by- Kashinath Shastri, pub-Chaukhambha Orientalia, 9th edition, 2005.
 16. Prof,(km)P.V.Tiwari, Ayurvediya Prasutitantra & Streeroga, Prasutitantra First- Part, pub-Chaukhambha Sanskrit Samsthan, 2003.
 17. Kashyapa Samhita by Pt. Hemaraj Sharma, pub-Chaukhambha Sanskrit Sansthan, 10th edition, 2005.
 18. Harita Samhita with Nirmala Hindi Commentary by Acharya Ramavalamba Shastri, 1st edition, Prachya prakashana, Varanasi, 1985.
 19. Kashyapa Samhita by Pt. Hemaraj Sharma, Chaukhambha Sanskrit Sansthan, 10th edition, 2005.
 20. Susruta Samhita by- Yadhavji Trikamaji, 5th edi. pub- Chaukhambha Orientalia, 1992.
 21. Udaravestana-www.ayurvedalife.in>post- delivery mother care for 1st week- Ayurveda
 22. Susruta Samhita Of Sushruta, by Yadhavji Trikamaji, 5th edi, pub-Chaukhambha orientalia, 1992.
 23. Bhavamishra. Bhavaprakasha Samhita. by- Misra Brahmasankara, Vaisya Rupalalaji, 8th edi, pub-Chaukhambha Sanskrit Sansthan; 1993. Haritakyadivarga.
 24. Livestrong.Com (Homepage On Internet), Santa Monica, CA 90404, Healthy Living For Prevention Of Diseases. Inc; C Available From [Http://WWW.Livestrong.Com/](http://WWW.Livestrong.Com/); 2013.
 25. Kashyapa Samhita by Pt. Hemaraj Sharma, pub-Chaukhambha Sanskrit Sansthan, 10th edition, 2005.
 26. [Http://En.Wikipedia.Org/Wiki/Milk/](http://En.Wikipedia.Org/Wiki/Milk/); 2013.
 27. Kashyapa Samhita, by-Pandit Hemaraj Sharma, pub-Chaukambha Sanskrit Samsthan, 10th edition, 2005.
 28. Sharangadhara Samhita, Pandit Parusharam Shastri Vidyasagar, pub- Chaukhambha Orientalia, 2005.
 29. Kapil Soni, Sutika Paicharya In Present Scenario, Department of Prasutitantra evam Strirog, R.G. Govt. Post graduate Ayurvedic College, Paprola, H.P., 2010.
 30. Kumar A, Panghal S, Mallapur SS, Kumar M, Veerma Ram, Singh BK. Antiinflammatory activity of Piper longum. Indian Journal of Pharmaceutical Sciences, 2009.