

AN AYURVEDIC REVIEW ON SUTIKA PARICHARYA

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Abstract

Bala, Kumari, Rajomati, Yuvati, Proudha, and Vridha are all stages in the life of a woman. Every woman's ability to enjoy every stage of her life. *Ayurveda* has extensive regimens for some of the most important stages of a woman's life, such as *Rajaswala Paricharya, Garbhadhana, Garbhini Paricharya, and Sutika Paricharya*. A woman will live a long and healthy life if these *Paricharyas* are followed correctly. *Sutika avastha* is one of the most beautiful stages of her life, as becoming a mother is a wonderful feeling. When she cuddles, hugs, and feeds her baby, all of her pains and exhaustions fade away. During this time, however, she should require the same level of care as a newborn. Our *Acharyas* has explained a detailed *sutika paricharya* (puerperal regimen) for the lady to follow during this period in order to become physically and mentally fit.

Keywords: *Sutika, Sutika Paricharya, Ayurveda*

Introduction

The importance of prenatal and postnatal treatment for women is stressed in *Ayurveda*. *Sutika* refers to a woman's condition immediately after birth and the expulsion of the placenta. '*soonyasareereprasooha...*' will put the mother and baby's lives in trouble. According to *Acharyas*, the diseases that afflict the *sutika* are difficult to cure or can become incurable.

SutikaParicharya, a strict diet and lifestyle regimen, has been prescribed by *Ayurveda* to prevent further complications and restore the mother's health. *Sutikaparicharya*, includes. *Vatashamana, Agnideepana, Raktavardhaka, Stanyavardhaka, Yonisanrakshaka, Garbhashayashodhaka, Dhatupusti, Balya*. As a result, proper maternal care

is critical for the child's growth, development, and well-being.

Definition

A woman who has just given birth to a child followed by expulsion of the placenta is called as *Sutika*⁽¹⁾.

Sutika kala according to according to different *acharyas*

- 1) Charaksamhita – 5 to 7 days⁽²⁾
- 2) Sushrutsamhita – 1 month⁽³⁾
- 3) Ashtanghriday – 45 days⁽⁴⁾
- 4) Ashtangsangrah – 45 days⁽⁵⁾
- 5) Kashyapsamhita – 6 months⁽⁶⁾

During this period there are some rules and regimens are mentioned. To regain the health status these rules and regimens are expected to follow properly.

Sutika-paricharya (Regimen for post natal woman):

- The post natal woman should tie amulet of *trivrt* over the head.
- For three to seven days after delivery, all classics recommend *mardana*(massage), oral administration of therapeutic oils/ghee, and decoctions. Dietary use of medicated rice gruels is recommended. Medicated meatsoup is directed from the seventh or twelfth day. Various authors have recommended the following general living style and diet:

According to Charaka Samhita⁷

- When a puerperal women is hungry, powdered *pippali* (Piper longum Linn), *chavya* (Pepper chaba), *chitraka* (Plumbago zeylanica Linn) and *pippalimula* (Piper longum radix), *Nagara* (Zingiber officinale) with ghrita or oil and in a quantity that she can easily digest should be recommended.
- Following this, her abdomen should be massaged and wrapped suitably with a large clean towel, which compresses her abdomen and prevents the formation of empty spaces, which prevents *vata* vitiation.
- Following the digestion of ghrita and other herbs, a liquid gruel made with rice and medicated with *pippali* (Piper longum Linn.) and other herbs specified above should be provided, combined with ghrita.
- During both times, i.e. morning and evening, a hot water bath should be taken before using ghrita and rice gruel. According to Chakrapani, irrigation should be given in the morning before consumption of unctuous material and should be repeated after digestion, after which rice gruel should be supplied.
- After using this regimen for five or seven nights (days and nights),

brimhana materials (anabolic) should be gradually administered. This schedule is not good for ladies from *anupadesha* (marshy land), because *kapha* is dominant in this region. This regimen is appropriate for ladies who live in the *jāngala* (wild or dry) region.

According to Sushruta Samhita ⁸

- Following the application of *mardana* (massage) with *bala* (*Sida cordifolia* Linn.) -*taila* (shown under obstructed labour), post-natal women should be encouraged to drink a decoction of *bhadradaru* or other *vata*-relieving remedies for oral management or irrigation.
- Powdered *pippali* (*Piper longum* Linn.), *pippalimula*, *hasti-pippali* (ambiguous drug, Chavaka's fruit), and *chitraka* (*Plumbago zeylanica* Linn) with warm jaggery-water should be given if some *doshas* or blood are still inside (some blood clots are retained in the uterus). This should be done for two or three days until the abnormal blood has been expelled completely.
- After that, three days of rice gruel made with *vidarigandhadi* group herbs and combined with *ghrita* or cow milk should be provided (from 3rd to 7th day following delivery.)

- Then, depending on her digestive power and strength, cooked *shali* rice with meat *yusha* (soup) of wild animals cooked with *kola*, *yava*, and *kulattha* (*Dolichos biflorus* Linn.) should be recommended (from the 7th or 8th day).
- Women should generally avoid anger, coitus, and exercise. Irrigation should be done by pouring water in a stream, according to Dalhana, so that abnormal blood (accumulated in the uterus) created by irrigation by *garbha* (delivery) is evacuated appropriately and *vata* is balanced.

According to Ashtanga Sangraha samhita ⁹–

- *Mardana* with *balataila* (oil prepared with *Sida cordifolia* Linn.) should be given to the puerperal women.
- After feeling of hunger she should be given congenial oleaginous substances mixed with either powdered *yavani* (*Trachispermum amami* Linn. Sprague.) or powder of *panchakola* (a compound of 5 herbs, *Pippali*, *pippalimula*, *chavya*, *chitraka*, *nagara*) *upakuncika*, *chitraka*, *chavya*, *vyosa* and rock salt, in such a volume that she can digest in entire day. The women unfit for use of oily substances should be given decoction of either

laghupancamula or drugs capable of suppressing *vata*.

- After this oral intake of oily materials or a decoction, her abdomen should be *mardana* with ghrta and oil and covered in a cloth to prevent *vata* vitiation, which is common due to a lack of hallow space.
- After she has digested the oleaginous substance, she should be fed liquid rice-gruel with either the above-mentioned herbs or the *vidaryadi* group of herbs or cow milk in a quantity that she can digest.
- Irrigation with hot water should be done every morning and evening during this time, as well as the usage of ghrta or ricegruel.
- Three, five, or seven nights were spent on this regimen. Should be supplemented with a light diet of *yava*, *kola*, and *kulattha* soup. After 12 nights of careful consideration, wild animal meat soup should be employed; additionally, oil, ghrta, or decoction prepared with *jivaniya*, *brmhaniya*, *madhura*, and *vatahara* medications should be used for massage, unguent, irrigation, and bathing. A suitable diet or beverage should also be provided.

According to Ashtanga Hridaya samhita ¹⁰

Arunadutta explains that if meat preparation is employed before 12 days, the danger of infliction by *skanda* and twelve *grahas*.

According to Kashyapa¹¹

- Women should use specifically *raksoghna* (antiseptic) and beneficial things. Detailed management should be done giving due consideration to place of living (*desa* and *videsa*) and traditions of the family.
- The women immediately after delivery should be encouraged by sweet-spoken accoucheuse, and made to lie down in hunch-back position. Now she should rub her back, press her abdomen/flanks and then compress her abdomen having been moved by *vayu* (entire muscular of abdomen acts with force due to effect of *apana vayu* to expel the fetus) in order to expel the *dosas* left over after delivery.
- After this, abdomen and flanks should be wrapped with clean big cloth, 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 becomes healthy.

- Sudation in the *yoni* should be given with oleo prepared with *priyangu* etc drugs. After proper sudation hot water bath followed by rest should be given, after overcoming the tiredness, fumigation with *kushta*, *guggulu* and *agaru* mixed with ghrta should be done. Now, considering her strength and digestive power scum of boiled rice should given for 3 to 5 days, then the women using beneficial diet should take orally oleaginous articles (oil, ghrta).
 - After digestion of this oil etc. salt free rice gruel mixed with little quantity of oleaginous substance and powdered *pippali* and *nagara* should be given. This should follow (after 6 or 7 days) use of rice gruel mixed with sufficient quantity of salt and oleaginous substance, salt and sour articles and *kusmanda* (a kind of pumpkin-gourd), *radish*, *cucumber* etc.
 - vegetables fried in ghrta. After delivery the management of puerperal women should not be considered in isolation, due consideration had to be paid to tradition as well as beneficial things or diet to the family and also place of living. Sudation is contraindicated.
- According to Harita¹²**
- Following delivery the decoction of *Arjuna* (*Terminalia arjuna*), *lodhra* (*Symplocos racemosa* Roxb.), *devadaru* (*Cedrus deodara*), *kadamba* (*Anthocephalus indicus* A. Rich.) and *bijaka* (*Pterocarpus marsupium* Linn.) should be given for cleansing *rakta* (blood) and *yoni* (uterus). Vaginal filling with oil and *mardana* followed by *svedana* (sudation) with hot water should be done.
 - Following fasting for 1st day, on 2nd day in the morning *sunthi* and *haritaki* with jaggery, then in the following noon warm *yusha* (soup) of *kulattha* (*Dolichos biflorus* Linn.) should be given. Rice-gruel blended with *chaturjataka* (a compound of 4 herbs, viz., *tvak* – *Cinamonum zeylonicum*, *ela* – *Elettaria cardamomum*, *tamalapatra* – *Cinamonum tamal*, *nagakeshara* – *Musua ferrea*) or *panchakola* (a compound of 5 herbs, viz., *pippali*, *pippalimula*, *chavya*, *chitraka*, *nagara*, should be given on 3rd and 4th day correspondingly, on 5th day cooked *shali* or *shastika* prescribed in diet. This regimen should continue for 10 or 15 days.
 - The wise physician should allow the post natal women to see or meet other women on 12th day.
- According to Bhava-prakasha**

- Post natal women should use congenial diet and mode of life; give up exercise, coitus, anger and cold air.
- She should use unctuous, light, congenial diet and daily *svedana* and *mardana* for one month with full alertness.

According to *Yoga-ratnakara*

Immediately following delivery her vaginal canal should be pressed to avoid entry of air.

DISCUSSION

The purpose behind "*Sutika Paricharya*" is to protect her from various diseases and her recovery from stress of pregnancy and labour as well as to ensure adequate and quality lactation for the neonate. If *Sutika* does not pursue the *Sutika Paricharya* like *Ashwasana*, *Snehana*, *Mardana* & *Udara Peedana* (Pressed flanks and abdomen) followed by abdomen and flank are wrapped with cloths (*Paata Bandhan*) & by consuming beneficial *Ahara* and *Vihara* then she can overcome from development of one of the 74 diseases occurring in *Sutika*.

Considering *deepana*, *pachana* and *shodhana* property of *Pippali*, *Maricha*, *Shunthi*, it is helpful in *Aamahara* and *Vatanulomana* and expulsion of *Dushita Shonita* from the uterus. *Pippali* and

Twak also act as *Garbhashya* – *Sankochaka*, so helpful in involution of uterus. *Artavajanana* and *Vatanulomana* property of *Maricha* is helpful in *Anulomana Gati* of vitiated *Vata*. As a result *Dushit Shonita* is expelled out from uterus and helps to overcome the abdominal pain.

Vishistha paricharya on the basis of *desha* only mentioned by kasyapa-

A) Anupa Desha 1) Manda with agni-bala vardhaka dravya 2) Ushna dravya sevana,

B) Jangala Desha – Snehopachara, C) Sadharana desha- Sadharana vidhi videsha jati- Rakta, Mamsaniryuha, Kandamoola, Phal Vishistha paricharya according to sex of child-Male child- Taila pana and for Female child- ghrita pana

Generally complete involution of the genital organs takes place after 1 ½ months. As there is disturbed state of *doshas* and *dhatu*s, any variety in *aahara* and *vihara* can lead to diseases. These diseases are very difficult to treat as immunity is less.

Proper *sutika paricharya* causes complete involution of uterus and other pelvic organs, so that they reach to their pre-pregnant state. Aim of puerperium is to maintain maternal &

infant health preventing any complication and to establish infant feeding. The principles in management are 1) To restore the health of the mother 2) To prevent infection 3) To take care of the breast, including promotion of breastfeeding. 4) To motivate the mother for contraception. *Aswasana* to the mother, As she is under great psychological stress during pregnancy and labour. Mental disturbances can lead to psychosomatic disorders. Mental reassurance also help to achieve proper lactation.

CONCLUSION

Ayurveda is the ultimate science of life, focused on every detail of human life at various phases. *Sutika Paricharya* should be taken care of with *AharaVihara* and *Aushadi*. Because there is vitiation of *Vata* in *Sutika Kala*, it is best to take *VataShamaka* medicines.

During *SutikaKala*, a woman requires specific attention and management to ensure the correct and healthy development of her new-born kid as well as the maintenance of her own health. *Garbhashayashuddhi*, *Dhatu-paripurnata*, *Sthanya-vriddhi*, and *Punarnavekarana* are all established by following *Sutika Paricharya*.

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