

## **REVIEW OF SUTIKA PARICHARYA & ITS CLINICAL IMPORTANCE**

**Poonam.P.Khot<sup>1</sup>, Amit.L.Tamadaddi<sup>2</sup>**

<sup>1</sup>Consultant in Department of Prasuti Tantra & Streeroga, Mathoshri Dhavalbha Hospital, Krishna Ayurveda Medical College, Vadodara, Gujarat, India

<sup>2</sup>Associate Professor, Agadtantra Department, J.S Ayurvedic medical College, Nadiad, Gujarat, India

**Email:** [khotpoonam86@gmail.com](mailto:khotpoonam86@gmail.com)

### ABSTRACT

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, so old people used to term 'labour' as women's rebirth. The women become extremely debilitated physically & mentally, after the delivery & there are more incidences of backache, feeling weakness etc. After delivery of baby, after the placenta is expelled then woman is termed as *Sutika* & the care is termed as *Sutika-Paricharya*. *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 *Sutika-Paricharya* are *Garbhashayashuddhi*, *Dhatu-paripurnata*, *sthanya- vridhhi*, *punarnavekarana*. to destabilization of Physical, mental and physiological wellbeing. So the present study has been selected to review *sutikaparicharya* & its clinical importance

**Keywords:** *Sutika*, *SutikaParicharya*, *SutikaParichary*, *Mithyaachara*

### INTRODUCTION

Motherhood is all about loving, sharing, sacrificing & struggling. *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. *Sutika* refers to the woman af-

ter the expulsion of placenta<sup>1</sup>. The sound '*puthramsuthe...*' brings back jeeva, i.e, life to a parturient woman. But this is possible if her health is taken care of during post natal. '*soonyasareereprasootha..*' mild derangement can cause life threatening situation for mother

& baby. Hence extreme care is to be taken during pregnancy and puerperium.

The period after the *prasava* is called as *sutikavastha*. During Puerperium the body tissues, especially the pelvic organs revert 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.<sup>2</sup>

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 *Shunya-shareera* because of *garbhavridhhi*, *shithilasarvashariradhatu*, *pravahanavedana*, *kledarakta-nisruti*<sup>3</sup>, *agnimandya*, these will lead to *dhatukshaya* hence extra care to be given to prevent complication during this period to

avoid 74 types of disease<sup>4</sup> 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<sup>5,6,7,8</sup>. *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* with 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*<sup>9</sup>.

#### SUTIKA KALA:

Acc to different *Acharya's*

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

Literature	Time Period
<i>Charaka</i>	Not specified
<i>Sushruta</i>	1 1/2month or until next <i>rajodarshan</i>
<i>AshtangaSangraha</i>	1 1/2month or until next <i>rajodarshan</i>
<i>AshtangaHridaya</i>	1 1/2month or until next <i>rajodarshan</i>
<i>Bhavaprakasha</i>	1 1/2month or until next <i>rajodarshan</i>
<i>Yogaratakara</i>	1 1/2month or until next <i>rajodarshan</i>
<i>Kashyapa</i>	6months

*Acharya Sushruta* has mentioned that after 1 1/2 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:<sup>10</sup>

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

### **SUTIKA PARICHARYA:**

Care of the woman during puerperium come under the heading of *Sutika Paricharya*. It involves the following principles,

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

According to *Charaka*<sup>12</sup>:

**Table 2:** *Sutika Paricharya* according to *Charaka*

Number of days	Ahara	Vihara
5-7 days	1) <i>Snehapana</i> 2) <i>Yavagupana Pippalyadidravys</i>	1) <i>Abhyanga</i> 2) <i>Parisheka- ubhyatakala</i>
<i>Kramavat</i>	<i>Appyayan &amp; Swasthavrittapalana</i>	3) <i>Udaravestana</i>

According to *Sushruta*<sup>13</sup>:

**Table 3:** *Sutika Paricharya* according to *Sushruta*

Number of days	Ahara	Vihara
2-3 days	1) <i>Vatahara aushadhadravayakwathapana</i> 2) <i>Ushnagudodaka with pippalyadidravys</i>	1) <i>Sarvadaihi kabalataila abhyanga</i> 2) <i>Parisheka with vatahara - Bhadra-darvyadidravys</i>
3 or 4 -6 or 7 days	1) <i>Snehayavagu/ksheerayavagu with Vidariganadravyas</i>	
8th day	1) <i>Jangalmamsa rasa</i> 2) <i>Yava, Kola, Kulathayusha</i> 3) <i>Shaliodanabhojana</i>	

According to *Vagbhata (Asthangasangraha)*<sup>14</sup>:

**Table 4:** *Sutika Paricharya* according to *Asthangasangraha*

Number of days	Ahara	Vihara
3 or 5 or 7 days	1) <i>Snehayogya- Snehapana with Panchakolachurna with saindhava</i> 2) <i>Sneha Ayogya-Vatahara/ laghupanchamoolakwathapana</i> 3) <i>Ksheerayavagupana-Vidaryadiganasiddh</i>	1) <i>Sarvadaihi kabalataila abhyanga</i> 2) <i>Sthanika Udara abhyanga- grita/taila</i> 3) <i>Udarvesthana</i> 4) <i>Ushnodakaparisheka- ubhayat</i> 5) <i>Acchadana</i>
8- 12 days	1) <i>Yava, Kola, Kulathayusha</i> 2) <i>laghuannapana</i>	6) <i>Avagahana</i>

After 12 days	1) Jangalmamsa rasa 2) Jeevaniya, brihmaniya, Madhura, vataharad-ravyasadhitaannapana
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According to Vagbhata (Asthangahridaya)<sup>15</sup>:

**Table 5:** Sutika Paricharya according to Asthangahridaya

Number of days	Ahara	Vihara
2-3days	1)Snehayogya- Snehapana- mahatimatra with panchakolachurna 2)Ushnagudodaka with panchakolachurna / Vataharaaushadhitoyapana 3)Snehaayogya-without sneha above dravyas 4) Peya - Purvoktadravyas	1)Yoniabhyanga & sarvadaihi-kaabhyanga 2)Sthanikaudaraabhyanga - ghrita/taila 3) Udaravestana 4) Udvartana
4-7days	SnehaYavagu/ KsheeraYavagu	5) Parisheka
8-12days	Jeevaniya, brihmaniya, Madhuravarga siddha hriddyaannapana	6) Avagaha
After 12 days	Mamsa rasa	

According to Kashyapa<sup>16</sup>:

**Table 6:** Sutika Paricharya according to Kashyapa

Days	Ahara	Vihara
3-5 days	1) Mandapana 2) Hitabhojana 3) Snehapana 4)Snehayuktayavagupana-pippali, nagara- lavana-rahitayavagu	1) Rakshoghnadravya 2) Ashwasana 3)Kukshi,Pritha, Parshwaabhyangasamvahanana in nyubjashayana 4) Udarapidana
5-7 days		5) Udaravesthana
7- 12 days	Snehayuktayavagupana- with lavana	6)Ushnabalatailapuritacharmasana 7) Yoniswedana- priyanguetc 8) Ushnodakasana 9) Vishranti 10) Dhupana- kustha, guggulu etc.
12days	1)Kulathayusha 2) Jangalamamsa rasa 3) Grithabharjitashaka	
1 Month	Snehana, Swedana, Ushnajalasevana	

According to Harita<sup>17</sup>:

**Table 7:** Sutika Paricharya according to Harita

Days	Ahara	Vihara
After Prasava	Kwathapana - Lodhra, arjunadidravya	1) Yoni apurana
1st Day	Upavas	2) Abhyanga
2nd Day	1) Guda,nagar, haritakisevana 2) Ushnakulathayushasevana	3)Usnajalasedana 4) Mangalavachana
3rd Day	PanchakolaYavagupana	5)Yosharthapradarshana
4th Day	ChaturjatamishritaYavagupana	

5/ 10/ 15 days	Shali, Shastikodana	
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#### 4) VISHISTHA PARICHARYA<sup>18</sup>:

It is explained on the basis of types of *Desha*,

**Table 8: Vishistha paricharya according to *desha***

	Ahara	Vihara
AnupaDesha	1) Mandaprayoga with agni-balavardhakadravya 2) Ushnadravayasevana	Swedana NivataShayana
JangalDesha 3-5 days	1) Snehopachara	1)Snehopachara
SadharanaDesha	Neither too sneha nor rukshadravyas	
VideshaJati	Rakta,Mamsaniryuha,Kandamoola,Phala	

Depending upon the sex of child:

**Table 9: Vishistha paricharya according to sex of child**

	Sex of child	Pathya
5-7 days	Male	Tailapana Deepaniyaaushadhisamsakritayavagupana
5-7 days	Female	Gritapana Deepaniyaaushadhisamsakritayavagupana
Later		Mandadiprayoga

#### 5) DISCUSSION

##### 1) *Abhyanga*:

*Abhyanga* given to *Sutika* may be *Sthanika(udara or yoni)* or *Sarvadaihika* with the help of *Ghritha* 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 vaginal and perineal wounds.<sup>19</sup>

##### 2) *Parisheka & Avagaha*:<sup>20</sup>

*Parisheka* is pouring hot water in a stream, it is *vatakaphahara, 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<sup>21</sup>.

#### 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 episiotomy healthy, hastens its healing process. The drugs used like *kusta*, *agaru*, *guggulu* have the properties like *jan-tugna*, *kandugna*, *shothahara*, *vranashodhana*, *ropana*<sup>22</sup>. In *Yonipindana* vagina is advised to cover completely. This restricts entry of *Vata* and prevents vagina from various infections.

### 6) 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*, *Shringavera*, *Yavani*, *Upakunchika*. These all should be advised considering *Prakruti*, *Agni*, *Kala*, *Desh* of *sutika*. These *dravyas* do *agnideepana* & *amapachana*. It also avoids *vataprakopa*. These *dravyas* helps to digest the *sneha* and act as appetizer.<sup>23</sup>

*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 anti-oxidant. It also contains vitamins A, D,E,K.<sup>24</sup>

#### 2) Garbhashayashodhana:

Drugs like *Panchakola* are given with warmed jaggery water for excretion of *DushtaShonita* from uterus. These drugs having the *garbhashayashodhaka* & *garbhashayasankochaka*

properties, removes the *dushtashonita* or *sheshadosha* from *grabhashaya*.

It normalises the lochial discharge & does proper uterine involution. *Kashyapa* advised *Udarapeedana* for *Shonita shuddhi*<sup>25</sup>. 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, reduces thirst thus does the maintenance of water in the body. *Ksheera* is rich source of proteins, vitamins and calcium provides energy & maintains tissue.<sup>26</sup>

#### 4) Yusha:

*Yusha* is given to the *Sutikais* prepared of *Yava*, *Kola*, *Kulatha*. It is semisolid, rich in protein. It act as *agnideepaka*, *balya*, *swedajanana*, *pusti sukhaprasadana*.<sup>27,28</sup>

#### 5) Mamsa rasa:

Meat is an excellent source of iron, Vitamins, essential amino acids and trace elements. *Madhura*, *brimhaniya* drugs are anabolic and helpful to recover maternal system from stress and strain of labour and help in galactogenesis and enhance the property of maternal milk.<sup>29</sup>

### 7) 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 *prakri-tyonigataraktasrava*. These drugs are *katu-rasatmaka* & *katuvipaki* has the properties of *shonitasanghatbhedana* leads to normal *yonis-*

*gatasrava* because of this *garbhashayashuddhi* occurs. *Pippali*, *Pippalimula* are antiinflammatory<sup>30</sup> & shows anti bacterial activity<sup>31</sup>.

It is also useful for the recovery of the relaxed organs soon after delivery<sup>32</sup> *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*.<sup>33</sup>

#### 8) **PATHYA:**

- 1) *Sutika* should use *hitakarakaahara* & *vihara*
- 2) *Sutika* should have bath with warm water
- 3) Adequate sleep
- 4) For drinking, boiled water should be used
- 5) *Abhyanga* should be done with luke warm oils & *Parishek*, *Avagahana* etc with always luke warm water.
- 6) *Udaravesthana* should be done

7) Diet must contain *Garbhashayashodaka*, *Sthanyavardhaka*, *Stanyajanana*, *Vataharadravya*

8) Use birth controls measures

9) Pelvic floor exercise (kegal's exercise)

#### 9) **APATHYA:**

1) Excess exercise

2) Sexual intercourse

3) Mental & Physical stress

4) Cold water, Cold wind & Cold things etc

5) Contraindication of *Panchakarma*

6) Anger, Fear, Depression

7) *Diwaswap*, *Atapasevana*

#### 10) **CLINICAL SIGNIFICANCE OF SUTIKA PARICHARYA:**

- 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.
- Use of *snehana* suppresses *vata*.
- *Uttama rasa* produces *uttamastanya* which depends on quality of *agni*.
- *Yava*, *Kola laghuannapaana* is advised after 5 days, this form of food helps to replenish *Dhatu*.
- Advise for the usage of *mamsa rasa* & *brimhanadravyas*, using *jeevaniya* or *brimhaniya* or *madhuradravyas*. This might act as *dhatuwardhaka* and helps to maintain proper lactation.
- *Abhyanga* recommended by using *balataila* in *nyubja* position, which might help to restraint vitiated *vata*, spiralling the abdominal muscles.

- *Parisechana* by using *kwatha* prepared by *vataharadravyas* act as *vedanahara*, *kle-dahara*.
- *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.
- *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.

#### 11) BENEFITS OF *SUTIKA PARICHARYA*<sup>34</sup>:

The woman become weak & emaciated due to growth of foetus, & also empty body due to instability of all *dhatu*s, labour pains, excretion of *kleda* & *rakta*. By *Paricharya* she attain all the lost things and reaches her pre-pregnant state.

#### 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-navekarana* 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-vridhhi*, *punar-navekarana* are completely established.

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