



## STUDY OF SUTIKA AAHAR IN ANUPA DESHA - A REVIEW

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## ABSTRACT

Ayurveda gives importance to the mother's care at every phase of her life, one among them is during the sutika kaal. The lady is termed as a sutika after the expulsion of the placenta. The regimen followed during this period is called sutika paricharya. This includes aahar and vihar for the sutika to stay healthy and care for her child. During this period, the sutika undergoes happiness, contentment, and physical and mental fatigue due to delivery, where the body has undergone a strenuous act. There is also weakness due to losing blood and body fluid during delivery. She is much more prone to diseases due to the aggravation of doshas. Hollow space is created due to the expulsion of the foetus, and there is an aggravation of vata dosha, which causes shithilta. Kashyap Samhita says treating sutika is as tricky as cleaning unclean, tattered, and old clothes. To avoid this situation, dietary measures have to be followed. This topic sheds light on the food regimen, especially for sutika in Anupa desha. As Goa comes under Anupa desha, it has a tropical climate all year round with a long sunny and rainy season due to southwest monsoon. There is a lot of moisture in the air, and it is humid. Therefore, food items specifically given to sutika in Anupa desha(Goa) will be discussed, which will help us to understand the dietary measures followed. The Sutika diet helps restore the mother's health through proper vatanuloman, garbhashaya shodhan, and rak-tapasadan karma.

**Keywords:** Sutika, aahar, doshas, vatanuloman, garbhashaya shodhan.

## INTRODUCTION

Sutika term can be used for females after delivery only after expulsion of the Placenta.<sup>1</sup> Similarly, Modern Science explains Puerperium as the period following childbirth during which the body tissue, especially the pelvic organs, revert approximately to the pre-pregnancy state anatomically and physiologically. Puerperium begins as soon as the placenta is expelled & lasts for approximately six weeks when the uterus regresses almost to the nonpregnant size.<sup>2</sup> All Acharyas mentioned different sutika kaal. Acharya Charaka has not specified a duration. Acharya Sushruta & Vaghabhata have said 1½ months. Bhavaprakash & Yoga Ratnakar mentioned a 1-month duration, whereas Kashyap has been 6 months. The body of a sutika becomes weak due to loss of body fluid during delivery. There is vaginal discharge, breast engorgement, discomfort in the perineal area and constipation. All classics of Ayurveda describe different managements of sutika. Still, Acharya Kashyap gives a detailed description of the management of Puerperium, explaining the first principle as 'To restore the health of the mother'. Anupa desh is marshy land which is moist & humid, i.e. coastal belt. Due to the people's delicate & gentle nature, they are more prone to Kaphaj & Vataj diseases.<sup>3</sup> As Goa falls under this belt, we highlight the Aahar given to sutika in this area. So, the aahar, which consists of qualities such as Manda, Ushna, and agnibala vardhak dravyas, should be consumed.<sup>4</sup> Acharya Kashyapa mentioned that in anupa desha, diseases of Vata & Kapha usually occur. As there is the dominance of moisture in this area, initially, Sneha Dravya should not be used; instead, agni and Bala Vardhak dravyas, such as Manda, etc., should be used.<sup>5</sup> MATERIALS AND METHODS: The following recipes are mentioned, which will help increase the Agni bala & Lactation of the Sutika.

### METHI PEZ

**Ingredients:** Ukdi tandul (para boiled rice), Methi (Fenugreek seeds), Coconut kernel milk, Jaggery, Cashew nuts, Cardamom powder and Salt. **Prepara-**

**tion:** Wash and soak the rice and methi seeds together for 4-6 hours. Drain the soaked water and add it to a pressure cooker with 1½ cups of water and a pinch of salt. Cook for three whistles. Add palm or sugar cane jaggery and coconut milk when the rice is soft. Mix and cook on low heat, uncovered, for 10 minutes until the jaggery has dissolved. Add cardamom powder and simmer for 5 minutes. **Benefits<sup>6</sup>:** Lowers blood sugar levels, improves milk production, reduces cholesterol, and Lowers inflammation. **Significance:** Increases milk production, Natural breast augmentation, reduces mouth ulcers, Postpartum anaemia alleviation, improves skin health, clears sinuses, improves blood sugar regulation, Balances cholesterol levels, improves heart health, prevents constipation, improves digestion, Improves sleep.

### DINK LADDOO

**Ingredients:** Dink, Coconut (desiccated), Ghee, Poppy seeds, Almonds, Cashew nuts, Walnuts, Dry dates, Jaggery, and Cardamom powder.

**Preparation:** Roast grated coconut, similarly, roasted almonds, cashew nuts, poppy seeds, dry dates, and fennel seeds. Once roasted, put them all together in a grinder & grind till coarse powder. Heat some ghee in a large vessel and add dink & fry until they get fluffy. Keep stirring till it cooks and prevents burning. Heat some more ghee & add jaggery; let the jaggery melt fully & stir it. Once it starts bubbling, turn off the heat & pour liquid jaggery into a bowl with dink & mix well along with powdered constituents. Mix well to get a homogeneous dough. Take ghee drops on the palm & rub the palms together. Take small portions from the dough & roll them to form Laddoos.

**Significance:** They are high in calories and must meet the extra calories a new mother needs while breastfeeding the newborn. This helps lubricate the joints and reduce back pain and other joint pain. It provides nourishment to the lactating mothers. It is rich in fat & fibre and can be given to build immunity and stimulate the immune system. Dink is very nourishing and is rich in calcium & protein. It contains iron, vitamin A, calcium, proteins, sugar, fibre, and saturated fats. These Laddoos' thermogenic effect is

substantial, making them a great choice; the nutrients are also passed down to the baby through breastfeeding.

#### **DILL SEED TEA**

**Ingredients:** Dill seeds, Water and Sugar

**Preparation:** Heat one glass of water. Add one teaspoon of dill seeds and bring it to a boil. Add a pinch of sugar and stir.

**Benefits<sup>7</sup>:** Vatanuloman, Deepan, Pachan, Vedana shamak, Shotha hara, Balya and rasayan effect.

**Significance:** Dill seed Tea helps the womb shrink back to size and assists the body in cleaning out any toxins left after birth. They are rich in Mg, Fe, and Ca, making them an ideal addition to a breast-feeding mother's diet. It helps reduce menstrual cramps. It boosts energy and aids digestion. Dill seeds contain essential vitamins and minerals. It has unique healing properties in the form of tea to increase lactation. Dill water effectively fights intestinal colic in babies. It is rich in vitamin C, group B, folic acid, vitamin E, ru-

tin, and nicotinic acid, vital for the body's infection resistance. Its composition includes a potent antioxidant, carotene.

#### **ALVI (GARDEN CRESS SEEDS) MILK**

**Ingredients:** Alvi seeds, milk

**Preparation:** The seeds are soaked in water overnight. The next day, they are boiled in a vessel with water. One glass of milk is added to bring the mixture to a boil.

**Benefits<sup>8</sup>:** Bala and Pushti vardhak, Anti-inflammatory, analgesic

**Significance:** Alvi seeds act as oestrogen chemicals which help regulate menstruation and stimulate milk production in lactating mothers. It increases the level of haemoglobin in the body as it is rich in iron content. Essential proteins strengthen the immune system. Fatty acids help in restoring the body after giving birth. It contains antioxidants like vitamins A & E, which protect the cells from damage caused by free radicals.

Table no 1: Rasa-Panchak of the above key ingredients.

<u>Aushadhi</u>	<u>Rasa</u>	<u>Guna</u>	<u>Veerya</u>	<u>Vipak</u>	<u>Doshakarma</u>
Methika <sup>9</sup>	Katu	Laghu, Snigdha	Ushna	Katu	Vata Shamak
Narikel <sup>10</sup>	Madhur	Guru, Snigdha	Sheeta	Madhur	Vata Pitta Shamak
Purana Guda <sup>11</sup>	Madhur	Laghu, Snigdha	Ushna	Madhur	Vata Pitta Shamak
Dink <sup>12</sup>	Kashaya	Guru, Ruksha	Sheeta	Katu	Kapha Shamak
Shatapushpa <sup>13</sup>	Katu, Tikta	Laghu, Ruksha, Tikta	Ushna	Katu	Vata Kapha Shamak
Chandrashur <sup>14</sup>	Katu, Tikta	Laghu, Ruksha, Tikta	Ushna	Katu	Vata Kapha Shamak

## **DISCUSSION**

The use of snehana reduces vata dosha. Eating the right food can help cope with the transformation in the lady's body over the last 9 months. The diets followed in Goa, such as above, have qualities that will help maintain the required number of proteins (19 grams), calcium (600mg/dl), iron, and other vitamins and minerals in the body of sutika. Methi is the main ingredient of methi pez and contains amino acids responsible for the anti-diabetic effect, so I will help regulate the blood glucose level in sutika awastha. Dink laddoo adds to the Snehamsa, which is required to balance vata dosha in sutika. Methi and dink both contain mucilage, which prevents gastritis

by soothing gastrointestinal inflammation, and the laxative effect of methi prevents constipation. Dill seeds have anti-inflammatory and analgesic properties, which help in wound healing and improve breast milk production. Hence, they are indicated in sutika awastha. Alvi seeds contain phytochemicals similar to estrogen and, therefore, are used in lactating women to increase milk production.

## **CONCLUSION**

The diet given to the sutika in Goa helps her regain the strength lost during labour due to vatanuloman, garbhashaya shodhan, and rakta prasadan karma. This diet also increases the breast milk required for the

baby's growth. Overall, the diet followed here is a whole pack of nutritional products.

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