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## Importance of *Sutika Paricharya* : A Review

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### ABSTRACT

From pregnancy to motherhood the transformation of female includes immense physical exertion during labour, so *Acharya Kashyapa* gives statement that "*Ek Shita Pado Bhaved Anyo Yamakshye*" that means during labour mothers life is at risk, with a leg on earth and other in hell. After the baby deliver and once the placenta of women is expelled the women is termed as *Sutika*. After delivery the women become extremely debilitated physically & mentally and there are more incidences of *Katishool*, *Daurbalya* etc. A *Sutika* body cannot withstand if the doshas get vitiated, as there is severe *Agnimandya* and *Vataprakopa*. It will lead to 64 *Sutika Rogas*. So, to prevent *Sutikaroga* proper care of *Aahar* and *Vihar* of *Sutika* is important. This care is termed as *Sutika Paricharya*.

**Key words:** *Sutika*, *Sutika Paricharya*, *Sutika Roga*

### INTRODUCTION

Mortality & Morbidity of mother are most challenging problems of our country. In day today life, we see many mothers complaining of increase in their physical problems like back ache, joint pains, anaemia and many other infections. In *Sutika Avastha* the female is having *Kshinaagni*, *Kshinadhatu*, *Kshinamansa*, *Kshinabala*. At this stage *Vataprakop*, *Agnimandya*, *Klant Indriya*, *Deha Shaithilya* occurs. *Sutika Paricharya* includes important therapies, nutritional diet and *Swasthviritta Palana*. The main achievements through *Sutika Paricharya* are *Pachan*, *Agnideepan*, *Raktavardhan*, *Vatashamana*, *Garbhashayshodhan*, *Dhatuposhan*, *Balvardhan*, *Yonisanrakshan*, *Kostashodhan*.

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### MATERIALS AND METHODS

#### Definition of *Sutika*

Woman who just deliver baby followed by expulsion of placenta is called as *Sutika*.<sup>[1]</sup>

#### *Sutika Kala*

In Ayurved *Samhitas* duration of *Sutika Kala* is one and half month after delivery of baby followed by expulsion of placenta.<sup>[2]</sup>

#### *Sutika Kala according to various Acharyas*

Authors	Name of samhitas	Reference	<i>Sutika Kala</i>
<i>Sushruta</i> <sup>[3]</sup>	<i>Sushruta Samhita</i>	Su.Sha.10 /16	One and half month i.e., 45 days
<i>Charaka</i> <sup>[4]</sup>	<i>Charaka Samhita</i>	Ch.Sha. 8/48	No specific duration and regimen
<i>Vagbhata</i> <sup>[5]</sup>	<i>Ashtanga Sangraha</i>	A.S.Sha. 3/40,43	One and half month i.e., 45 days
<i>Vagbhata</i> <sup>[6]</sup>	<i>Ashtanga Hridaya</i>	A.Hr.Sha. 1/100,101	Same as above

<i>Kashyapa</i> <sup>[7]</sup>	<i>Kashyapa Samhita</i>	Ka.Khila. 11/52,53	Six months as all the <i>Dhatus</i> will resume to their original state by this time.
<i>Bramha Shankar Shastri</i> <sup>[8]</sup>	<i>Yogaratanakara</i>	Yog. R. Stree Roga Chikitsa.	Either after 11/2 months or after restoration of menstrual cycle.
<i>Bhavamishra</i> <sup>[9]</sup>	<i>Bhava Prakash</i>	B.P.4/5,6	One and half month i.e., 45 days or until she gets her first menstrual cycle.

#### Implication of *Sutika Kala*<sup>[10]</sup>

- In normal uncomplicated delivery 45 days is well accepted period of *Sutikavastha*.
- *Pathya* based on *Ahar Vihar*
- One of the criteria being *Artava Darshana*.
- 4 months duration is necessary for in cases of *Prasutivypad* & for *Doshas* to return normal state.
- 4 months of *sutikavastha* is also considered after delivery of *Mudha Garbha*.

#### *Samanya Sutika Paricharya*<sup>[11]</sup>

**Abhyanaga** - massage with *Ksheera Bala Taila* and *Swedana*. This wrapping procedure helps in compression of abdomen. *Abhyanga* is a *Vatashamak* procedure.

**Sudation of Yoni** - puerperal woman should always sit in small chair covered with leather bag filled with hot *Bala Taila*. With this her *Yoni* becomes healthy.

**Prasuta Snana** - Hot water bath in morning & evening.

**Udara Abhyanga** - upto one-month *Udara Abhyanga* with *Ghruta* or *Bala Tail*, cloth *Sweda*, hot water bath is necessary.

#### General principles of treatment for puerperal disorders<sup>[12]</sup>

- Aetiological factors should be avoided
- Woman should be given *Snehan* & *Swedana* which suppresses *Vayu*. *Sutika* should take rice-gruel treated with appetizing drug.
- *Sutika* should be treated with *Snehana*, decoction prepared with *Madhura*, *Vatahara*, *Jivaniya*, *Brumhaniya* drugs along with specific dietetics.

#### *Aahar Yojna* in *Sutik Paricharya*

1. *Snehapana*: *Sneha* (*Ghruta*, *Tail*, *Vasa*, *Majja*) is mixed with *Churna* like *Pipalli*, *Pippalimoola*, *Chavya*, *Chitraka*.
2. *Snehayavagu* or *Ksheeryavagu*: *Vidarigandhadi Dravya Sadhit Sneha Yavagu* or *Ksheeryavagu*
3. *Manda*, *Peya*, *Yavagu*, *Yusha*
4. *Garbhashayshodhana*: *Panchakola* and *Usna Guda-Odak*

#### *Pathya*

*Sutika* must bath with hot water or warm water only

Must drink boiled water

Must take adequate sleep.

*Udaravesthana* should be done.

*Abhyanga* should be done with lukewarm oils

Vegetables like *Kushmanda* (pumpkin), *Mulak* (radish) must be stirfried in ghee and used.

#### *Apathya*

*Vyayaam*, *Krodh*, *Maithun*, *Shital Jal*, *Shital Vayu*, *Diwaswap*, *Aatapsevana*, *Panchakarma*.

#### *Sutika Paricharya* - Do's & Don'ts

- Puerperal woman should tie amulet of *Trivrit* over head<sup>[13]</sup>
- Effect of *Asthapana Basti* on puerperal woman increase of *Ama Dosh*<sup>[14]</sup>
- General care i.e., by proper mode of life & diet.<sup>[15]</sup>

- Benefits of *Sutika Paricharya* are she attains all the lost things & reaches her pre-pregnancy stage<sup>[16]</sup>
- Effect of *Nasya* or sternutatory drugs is anorexia, bodyache, emaciation etc.<sup>[17]</sup>

### Clinical Significance of *Sutika Paricharya*

During *Sutika Avastha*, *Agni* is *Manda* so *Agnideepana Chikitsa* is required after delivery. After delivery *Agnivardhak* drugs are used with *Sneha* that suppresses *Vata*. According to *Bala* of *Agni Yava*, *Kola Laghunnapaana* is advised. *Mamsa Rasa* is given to replenish *dhatu*. *Brimhana Dravyas* are given. By using *Ushnodak Parisechan* or bath is helpful for *Agnideepan* that helps in *Snehapachan*. Thus, during *Sutika Awastha* *Yogya Aahar* helps in preventing *Sutika Roga* by bringing *Dosha Satmya* and help in *Dhatuwardhana*. If *Agni* is good or *Balwaan*, all types of *Sutika Roga* can be avoided.

### CONCLUSION

In Ayurveda for *Sutika Paricharya* was described. As *Agni* is *Manda* during *Sutika Awastha*, *Sutika Roga* occurs that's why proper management of *Ahara* should be given so that it will leads to *Agnivardhan* which helps in avoiding *Sutika Roga* and further it helps in dosha *Prashaman* and brings all elements of body in pre-pregnancy stage. Thus, by following *Sutika Paricharya* it helps in *Agnivardhar*, *Pachana*, *Vatashaman*, *Stanyavardhan*, *Raktavardha*, *Garbhashayshodhan*, *Yonisanrakshan*, *Dhatuposhan*, *Kostashodhan*, *Balavardhan*, *Punarnavekarana*.

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