Postnatal care with Diet in Ayurveda

Ghyan Kanwar¹, Pramod Kumar Mishra², Brahmanand Sharma³, Abanikanta Sahoo⁴, Neha Verma⁵

¹,²,³Post Graduate Scholar, PG Department of Swasthvritta & Yoga, PGIA, Dr. S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India.
²Professor & HOD, PG Department of Kayachikitsa, Dr. S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India.
³Associate Professor & HOD, PG Department of Swasthvritta & Yoga, Dr. S. R. Rajasthan Ayurved University, Jodhpur, Rajasthan, India.

INTRODUCTION

The good health of a new mother is ensured by an accurately prescribed postnatal diet. A postnatal diet is one that a woman’s body needs to recover from the exhaustion of pregnancy and childbirth. The first step towards recovery is to ensure that the lady is hydrated. At the postpartum stage, the body is weak and the digestive system is unable to function at its best. Hence, drinking water aids digestion and is also necessary for the production of adequate breast milk. Foods abundant in nutrients and vitamins are an integral part of such a diet. Vegetable such as gourds, carrots and spinach should be ingested.

To maintain energy levels, food products high in carbohydrates or fats are critical. Junk food should be avoided at all costs. Dry fruits such as cashews and raisins should be eaten instead. An Indian diet provides ample opportunities to fulfil the needs of a new mother. Dal or lentils provide the body proteins that ward off infection. Laddoos made with a balanced amount of clarified butter provides fats while gond or tree gum increases lactation. Any sort of grains, be it wheat or rice, are also good for health. Apart from these, fenugreek seeds and chia seeds aid in smooth lactation as well.

ABSTRACT

All the living beings in the universe require Aahaar which sustains the life. That is why it is said to be Praaninam Praana, Mahabhaishajya or Brahma in Ayurveda. Obviously, Lawful dietary intake results in Pran- Anuvartan. There is no life without Aahaar. Aahaar and existence of Agni is responsible for Praana. It maintains the equilibrium of Dhatus and helps in prevention of disorders and promotion of health. Nowadays in developing countries, the incidence and prevalence of postnatal morbidity are poorly known. After proper expulsion of placenta, a woman is said to be Sootika in which Vata-Dosha is in Prakopavastha. Improper knowledge of Sootika Kala diet followed by women, mother as well as child may suffer serious complications. There is definite need to study the preventive aspects described in classics. So, the mentioned diet given for puerperium is a medicated diet not a simple diet. Hence, this study will suggest some guidelines for the care of Sootika with diet.

Key words: Sootika, Pranauvartan, Postnatal, Diet, Prakopavastha, Aahar, Praan.

PRESENTATION

Nowadays in developing countries, the incidence and prevalence of postnatal morbidity are poorly known. After proper expulsion of placenta, a woman is said to be Sootika in which Vata-Dosha is in Prakopavastha. Improper knowledge of Sootika Kala diet followed by women, mother as well as child may suffer serious complications. There is definite need to study the preventive aspects described in classics. So, the mentioned diet given for puerperium is a medicated diet not a simple diet. Hence, this study will suggest some guidelines for the care of Sootika with diet.

Key words: Sootika, Pranauvartan, Postnatal, Diet, Prakopavastha, Aahar, Praan.
always given importance to care of women at every phase of her life in respect of Rajaswala-Paricharya, Garbhini-Paricharya and Sutika-Paricharya. In term of Sutika a woman becomes weak and has empty body due to unsteadiness or indolence of Dhatus, labour pain, excretion of Kleda and blood. According to WHO, the postnatal period defined as the first six months after birth is critical to health and survival of a mother and her newborn child, the most vulnerable time for both. Mithya Aahaar Vihaar in this period results in diseases which are difficult to cure. After following proper care of women, regain all the lost things and reaches pre-pregnancy stage. In this study, special type of diet i.e., medicated diet suggested by Acharyas is discussed in detail to maintain the health of delivered women. Nowadays, in developing countries, it is said that the incidence and prevalence of postnatal complaints are poorly known, and improper diet may result in disability in affecting women, newborn and child as well as missed opportunities to promote healthy life after delivery. Its need to promote awareness about health through diet in postnatal care.

Sutika Paricharya (Postnatal Period)

Dhatukshaya and vitiated Vata results in depletion of Agni in the body. If one such starts Apathy Aahaaar after delivery, Jatharagini gets vitiated results in Ama. Hence, it is needed to use those Aahaaar which enhance Agni in the body and works as Deepana, Pachana. It remembers that the Aahaaar’s qualities opposite of Vata that means to also add small amount of Ghrita in diet. All the classics have advised oral administration of medicated Sneha and decoction of certain drugs for 3 to 7 days after delivery followed by Medicated Yavagu in diet from 7th or 12th day. Medicated Mansraasa is also advised. But there is little bit difference in opinions of Acharyas.

Acharya Charaka when Sutika feels hungry prescribed powdered Panchakola with any one out of Ghrita, oil, Vasa or Majja that is suitable and easily digestible. Yavagu medicated with Ghrita should be given during morning and evening after digestion of Sneha for 5 or 7 days.

According to Acharya Sushrutha, if some Doshas (blood clots) are still left inside the body. It is advised to use Pippali, Pippalimula, Chitrak, Nagar and Gajippali with jaggery water should be given for 2 or 3 days till abnormal blood clots are properly excreted. Afterwards, Yavagu prepared with drugs of Vidari-Gandhadi group should be given for 3 days, and then Shaali rice cooked with Jaangal-Mansa-Rasa prepared along with Yava Kola, Kulattha should be given considering her strength and digestive power. According to Acharya Vagbhat, after feeling of hunger, she should be given oleaginous substance mixed with Panchkola Churna or combination of Yawni, Upkunchika, Chavya, Chitrak, Vyosha, Saindhav-Lavana in the quantity which she can digest in the whole day. A woman is not capable to take Sneha should be given decoction of either Laghu-Panchamula or drugs capable of suppressing Vata. After digestion of oleaginous substance, Yavagu properly prepared with above mentioned drugs or Vidari-Gandhadigana or milk should be given. This regimen uses for 3, 5 or 7 nights should be followed by use of light diet with soup of Yava, Kola, Kulattha. After 12th day, meat soup should be used.

According to Acharya Kashyap, 3 or 5 days use of Manda; then Snehapana whose taken Hittkar-Aahaar. After Sneha digestion, rectify Yavagu with Pippali, Nagar, Sneha without Lavan for 3days. Then Siddhakulattha with Sneha, Lavana, Amlarasa and Jangal Mansa Rasa then use of Ghrita-Bhristakushmanda, Moolak, Kheera. All these herbs are worked synergistically to heal and build while nourishing Agni. Postnatal care related matter is scattered in various ayurvedic classics were critically examined and evaluated that can be included in traditional practice which have benefits in today’s lifestyle without altering the principles of care of Sutika. This purpose can be achieved by rectifying food preparations according to imbalance of Doshas. Advised food preparations are aimed at supporting digestion, restoration, and lactation. After childbirth, a woman’s Jatharagini becomes weak and need to be restored. Sutika diet focusses on that type of food;
those are Ushna, Snigdha, Madhur, Katu, Lavana Rasas.

**DISCUSSION**

Snigdha-Guna (specially of Ghrita) of Sneha incorporated with above mentioned drugs which are having Ushna-Guna acts as Vata-Shamana and by the virtue of their Katutikta Rasas enhance the Agni.

Panchakola, which is having Katu Rasa, Katuvipaka, Tikshna and Ushna-Guna is considered as best in digestion and promotion of Jatharagini” It alleviates Kapha-Vata, absorbs Dushta-Kapha, Kleda and overcome Dhatushaithiliya. Jaggery is a well-cooked sugarcane juice which is aphrodisiac, hard for digestion, unctuous, remove vitiated Vata-Dosha, purifies the urine, not mitigating Pitta greatly, produce fat, Kapha, worms and gives strength but old jaggery is easily digestible, good for health not causing increase of moisture inside, strengthens the Jatharagini, mitigates Pitta and Vata, aphrodisiac, purifies the blood. Hence, in case of Dushta-Shonita, when Panchakola is given with warmed jaggery water causes uterine contraction, hence it helps in proper expulsion of lochial discharge from uterus. Panchakola play a role in Deepana, Pachana and increases Dhatvagini. Due to these, release of proteolytic enzymes which are responsible for uterine contraction and proper involution of uterus as well as maintenance of proper-gut flora (biological bacteria). It also prevents PPH, urine infection and increases Dhatvagini which enhances blood circulation Therefore, early recovery takes place. Despite Katu Rasa, Pippali, Shunthi work as Vrshya due to Madhura-Vipaka helps to regain reproductive power. Pippali, Pippalimula, Chavya, Chitrak, Nagar, Twak, Patra, Yawani, Dadima having Katu and Tikta Rasas properties are Kriminashak i.e., anti-inflammatory, anti-microbial activity. Hence these help in prevention of infections. Nagkeshar causes dryness; digests undigested food; cures fever, itching. Thirst excess perspiration, vomiting, nausea, bad smell, diseases of Kapha, Pitta and prevent poisoning.

Meat is a very good source of iron, vitamins, essential amino acids and trace elements. Madhura and Brihinya Dravvas are anabolic and helpful to recover maternal system from stress and strain of labour and help in galactogeneis and enhance the quality of mother’s milk.

Yava advises due to high nutritional values and good source of carbohydrate, Protein, fibres and minerals in diet; also act as diuretic. Kulattha is antihapatotoxic, diuretic, antispasmodic, abortifacient, hypoglycaemic and anti-infections etc.

Moolaka, Ervaruka is also having action on urinary system. Hence all these helos to prevent urinary tract infections, improvement in blood pressure and abdominal pain, PPH, abnormal.

**CONCLUSION**

In this study, Dravyas of diet works as Deepan, Pachana, Brimhana and Vatahar. The key to postnatal care of the mother is to Shamana of Vata which has Chal, Ruksha, Laghu, Sheeta Gunas because of Vata-Parakopa in this stage after the loss of vital nutrients, energy, blood, fluids i.e., Dhatu Kshaya and a huge space in the abdomen (previously occupied by the baby). The post delivery period is very crucial phase in a mother’s life. She experiences weakness with low digestive power. In this case, all Acharyas has suggested using of medicated diet like as Manda, Peya, Yavagu (rice gruels), various Sneha like Ghrita, Tail, Vasa, Majja with herbs or decoction for 1st - 3 to 7 days followed by medicated Mansa Rasa and Laghu Aahar. Manda, Peya, Yavagu are known for their Karma like - Balya, Tarpana, Dhatuposhan, Vatanashan which are helpful in regaining lost nutrients. Achaarya Kashyop suggests Sansarjan Krama in respect of Agni. By calming Vata and nourishing the mother’s body, enable to relax her mind and body. By diet management, Sutika gets benefits like Restoration of the health status by physically and mentally, Shaman of Vata, Prevention of infections and other complications like PPH.

**REFERENCES**


How to cite this article: Ghyan Kanwar, Pramod Kumar Mishra, Brahmanand Sharma, Abanikanta Sahoo, Neha Verma. Postnatal care with Diet in Ayurveda. J Ayurveda Integr Med Sci 2023;06:44-47. http://dx.doi.org/10.21760/jaims.8.6.7

Source of Support: Nil, Conflict of Interest: None declared.