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Sutika Paricharya - Post Natal Care in Ayurveda

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ABSTRACT

Ayurveda gives importance to the care of women at every stage of life like during *Rajasvala* (during menstruation), *Garbhini* (during pregnancy) and *Sutika* (during puerperium). A postnatal period beginning immediately after the expulsion of placenta and extending up to 12 weeks, otherwise puerperium, puerperal period. In Ayurveda puerperal period is called *Sutika Kala* and postnatal care is named as *Sutika Paricharya*. During delivery due to loss of blood and other important *Dhatu*s of body a *Sutika* becomes more prone to disease; therefore, she needs special and proper care which also ensures the healthy child to grow in a healthy way. Archaryas have explained 74 types of *Sutika Roga* which occurs due to improper *Sutika Paricharya*, *Apatarpana*, *Vata Prakopa*, *Dhatu Ksheenata*. Prognosis of *Sutika Roga* is incurable or difficult to cure as purifying measures are contraindicated in this stage. *Sutika Paricharya* includes the regimen that helps the women to regain her vitality and helps her body to revert back in pre-pregnant state. Three factors have been emphasized that is *Dhatu Pratipurnata*, *Sharira Samavashthita*, *Sanchita Rudhira Yoni* for which *Acharyas* have mentioned certain *Ahara*, *Vihara*, *Aushadi*, *Yogasana*, some *Pathya* and *Apathya*.

Key words: *Sutika Paricharya*, *Postnatal care*, *Puerperium*, *Dhatu Pratipurnata*

INTRODUCTION

A woman becomes special after she becomes a mother. Ayurveda emphasizes much importance to the care of women especially in the prenatal and postnatal period. A woman who has just given birth to a child followed by expulsion of placenta is called as *Sutika*.^[1] During puerperium the body tissues, specially the pelvic organs revert back approximately to pre-pregnant state both anatomically and physiologically.

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After delivery the woman become emaciated and have *Shunya Shareera* because of *Garbha Vriddhi*, *Sithila Sarva Shareera Dhatu*, *Pravahana Vedana*, *Kleda Rakta Nisruti*, *Agni Mandya*, these will lead to *Dhatu Kshaya*. hence extra care to be given to prevent complication during this period to avoid *Sutika Rogas* which can happen in this period if not managed properly. *Acharyas* said that *Sutika Rogas* are difficult to cure and sometimes are incurable.^[2] Ayurveda has advised a specific diet and lifestyle regimen called *Sutika Paricharya* to prevent further complications and restore the health of mother.

AIM AND OBJECTIVES

To review the literature on *Sutika*, *Sutika Kala*, *Sutika Samanya* & *Vishista Paricharya*, *Pathya* & *Apathya* with Clinical significance of *Sutika Paricharya*.

MATERIALS AND METHODS

It is a conceptual study. Data on *Sutika Paricharya* is gathered from classics and organised in a systematic manner.

After childbirth a woman's *Agni* (digestive power) is weakened and needs to be rekindled and nurtured.

Definitions

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

Sutika Kala

According to different Acharyas

Literature	Time Period
<i>Charaka</i>	Not specified
<i>Sushruta</i>	1½ month or until next <i>Rajodarshan</i>
<i>Ashtanga Sangraha</i>	1½ month or until next <i>Rajodarshan</i>
<i>Ashtanga Hridaya</i>	1½ month or until next <i>Rajodarshan</i>
<i>Bhavaprakasha</i>	1½ month or until next <i>Rajodarshan</i>
<i>Yogaratanakara</i>	1½ month or until next <i>Rajodarshan</i>
<i>Kashyapa</i> ^[5]	6 months

Sutika Paricharya

It involves the following principles:-

1. *Vata Shamana*
2. *Agni Deepana*
3. *Pachana*
4. *Rakta Vardhana*
5. *Stanya Vardhana*
6. *Yoni Sanrakshana*
7. *Garbhashaya Shodhana, Kosta Shodhana*
8. *Dhatupusti*

Samanya Paricharya

- 1) **Use of amulet for Puerperal Women:** The *Sutika* should fix amulet of *Trivruta* over her head. It is a

sort of psychological support to her. Thus, may protect her from harmful things.

- 2) ***Prasuta Snana*:** On auspicious period of 10th or 12th day, according to rituals of the family, the bath ceremony of puerperal woman should be performed.

3) *Paricharya*

According to *Charaka*^[1]

Number of days	Ahara	Vihara
5-7days	<i>Snehapana</i> with <i>Pippalyadi Dravyas</i> <i>Pippalyadi Dravya Sadhita Yavagu Pana</i>	<i>Abhyanga</i> <i>Parisheka</i> of <i>Ushnoudaka</i> <i>Udaravestana</i>
<i>Kramavat</i>	<i>Appyayan</i>	

According to *Sushruta*^[2]

Number of days	Ahara	Vihara
2-3 days	<i>Vatahara Aushadha Kwatha Pana</i> <i>Ushna Gudodaka</i> with <i>Pippalyadi Dravyas</i>	<i>Bala Taila Abhyanga</i> <i>Parisheka</i> with <i>Vatahara-Bhadradarvadi</i> decoction
3 or 4 -6 /7days	<i>Sneha Yavagu/Ksheera Yavagu Pana</i> with <i>Vidarigandhadi Gana Dravyas</i>	
8th day	<i>Jangal Mamsa Rasa</i> with <i>Yava, Kola, Kulathya</i> Cooked <i>Shali</i> rice	

According to *Vagbhata (Ashtanga Sangraha)*^[3]

Number of days	Ahara	Vihara
3 or 5 or 7 days	<i>Sneha Yogya- Sneha Pana</i> with <i>Panchakola Churna</i> with <i>Saindhava</i> <i>Sneha Ayogya- Vatahara/Laghu Panchamoola Kwatha Pana</i>	1. <i>Bala Taila Abhyanga</i> 2. <i>Sthanika Udara Abhyanga - Grita/Taila</i>

	<i>Ksheera Yavagu Pana-Vidaryadi Gana Siddha</i>	3. <i>Udarvesthana</i>
8-12 days	<i>Yava, Kola, Kulatha Yusha Laghu Annapana</i>	4. <i>Ushnodaka Parisheka</i>
After 12 days	<i>Jangal Mamsa Rasa Jeevaniya, Brihmaniya, Madhura, Vatahara Dravya Sadhita Annapana</i>	5. <i>Achadana</i> 6. <i>Avagahana</i>

According to Vagbhata (Asthang Hriday)^[4]

Number of days	Ahara	Vihara
2-3 days	<ul style="list-style-type: none"> <i>Sneha Yogya - Snehapana with Panchakola Churna</i> <i>Ushna Gudodaka or Water Medicated with Vatahara Aushadhi Pana</i> <i>Sneha Ayogya- only Panchkola or Vatahara Drugs</i> <i>Peya medicated with Panchkola</i> 	<ol style="list-style-type: none"> <i>Yoni Abhyanga & Sarvadaihk Abhyanga</i> <i>Udaravestana</i> <i>Udvartana</i> <i>Parisheka</i> <i>Avagaha</i>
4-7 days	<ul style="list-style-type: none"> <i>Snehayavagu/ Ksheera Yavagu medicated with Vidaryadi Gana drugs</i> 	
8-12 days	<ul style="list-style-type: none"> <i>Jeevaniya, Brihmaniya, Madhuravarga Siddha</i> <i>Hridya Annapana</i> 	
After 12 days	<ul style="list-style-type: none"> <i>Mamsa Rasa</i> 	

According to Kashyapa^[5]

Days	Ahara	Vihara
3-5 Days	<ul style="list-style-type: none"> <i>Manda Pana</i> <i>Hita Bhojana</i> <i>Sneha Pana</i> 	<ul style="list-style-type: none"> <i>Rakshoghna Dravya</i> <i>Ashwasana Pristha Samvahana in</i>

5-7 Days	<ul style="list-style-type: none"> <i>Sneha Yavagu-Pippali, Nagara Yukta Yavagu - Lavana Rahita</i> 	<i>Nyubja Shayana Avasthe</i> <ul style="list-style-type: none"> <i>Udara Pidana</i> <i>Udara Vesthana</i>
7- 12 Days	<ul style="list-style-type: none"> <i>Sneha Yavagu- with Lavana</i> 	<ul style="list-style-type: none"> <i>Ushna Bala Taila Apurita Charmasana</i> <i>Yoni Swedana</i> <i>Ushnodaka Snana</i> <i>Vishranti</i> <i>Dhupana- Kustha, Guggulu, Agaru mixed with Ghrita.</i>
12days	<ul style="list-style-type: none"> <i>Kulathya Yusha Jangala Mamsa Rasa with Sneha Lavana and Amla</i> <i>Gritha Bharjita Shaka</i> 	
1 Month	<ul style="list-style-type: none"> <i>Snehana, Swedana, Ushna Jala Sevana</i> 	

Vishistha Paricharya**According to Desha**

Desha	Ahara	Vihara
<i>Anupa Desha</i>	<ul style="list-style-type: none"> <i>Manda with Agni and Bala Vardhaka Dravya</i> <i>Ushna Dravya Sevana</i> 	<ul style="list-style-type: none"> <i>Swedana</i> <i>Nivata Shayana</i>
<i>Jangal Desha</i>	<ul style="list-style-type: none"> <i>Snehopachara</i> 	<ul style="list-style-type: none"> <i>Snehopachara</i>
<i>Sadharana Desha</i>	<ul style="list-style-type: none"> Neither too <i>Sneha</i> nor <i>Ruksha Dravyas</i> 	

Depending upon the sex of child

Sex of child	Pathya
Male	<i>Taila Pana</i>
Female	<i>Grita Pana</i>

DISCUSSION

- In *Sutika Agni* is *Manda* hence *Agni Deepana* drugs should be used for few days immediately after delivery, prior to the administration of *Brimhana* drugs. The drugs which are used instantly after delivery are *Agni Vardhaka* by their nature.^[3]
- Use of *Snehana* suppresses *Vata*.

- *Uttama Rasa* produces *Uttama Stanya* which depends on quality of *Agni*.
- *Yava, Kola, Laghu Annapana* is advised after 5 days, this form of food helps to replenish *Dhatu*.
- *Mamsa Rasa, Madhura Dravyas, Jeevaniya* and *Brimhaniya Dravyas* might act as *Dhatu Vardhaka* and helps to maintain proper lactation.
- *Abhyanga* recommended with *Bala Taila* might help to restrain vitiated *Vata Dosha*.
- *Parisechana* by using *Kwatha* prepared by *Vatahara Dravyas* act as *Vedanahara, Kleda Hara*.
- *Udara Patta Bandhana* - 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, Vedanahara* should be given by using *Kustha, Guggulu, Agaru*.
- To prevent the complaints during *Sutika Kala* such as *Pristha Shoola, Kati Shoola, Yoni Vedana, Adhamaan, Prajagarana, Trishna* etc. *Sutika Paricharya* is needed.

Pathya

- *Sutika* should use *Hitakarak Aahara & Vihara*.
- *Sutika* should bath with warm water.
- Adequate sleep.
- For drinking boiled water should be used.
- *Abhyanga* should be done with lukewarm oils.
- *Parishek, Avagahana* with lukewarm water.
- *Udaravestana* should be done.
- *Garbhashaya Shodaka*
- *Sthanya Vardhaka, Stanya Janana, Vatahara Dravyas* should be given
- Pelvic floor exercise (kegal's exercise)^[6]
- Use birth control measures

Apathya

- 1) Excessive exercise

- 2) Sexual intercourse
- 3) Mental & Physical stress
- 4) Cold water, Cold wind etc.
- 5) Panchakarma
- 6) Anger, Fear, Depression
- 7) *Diwaswapna, Atapasevana*

Benefits of *Sutika Paricharya*

The woman becomes weak & emaciated due to growth of foetus, & also *Shunya Sharira* due to instability of all *Dhatus*, labour pains, and excretion of *Kleda & Rakta*. By *Sutika Paricharya* she attains most of the lost things and reaches her pre-pregnant state.

CONCLUSION

The diets & regimens which are described in *Ayurvedic* classics thousands of years ago for *Sutika* is totally scientific. Following *Sutika Paricharya*, *Sutika* can achieve *Garbhashya Shuddhi, Dhatu Paripurnatva, Stanya Vriddhi* and are saved from further postnatal complications.

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