

**“SUTIKA PARICHARYA-AN AYURVEDIC MANAGEMENT TO
AVOID PUERPERIAL DISORDERS.”*****Dr. Subhash G. Marlewar¹ and Dr. Pournima Hiremath²**¹(Asso.Professor, Streeroga Prasutitantra Dept., R.A.Podar Ayu.College, Worli, Mumbai 18.)²(P.G. Scholar, Streeroga Prasutitantra Dept., R.A.Podar Ayu.College, Worli, Mumbai 18.)Article Received on
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Labour can be the most dangerous journey a human ever undertakes. Transformation of Women to Mother is the happiest lifetime event. Delivering the baby is tiring to say the least. The mother's body is weary and needs to recuperate. All the *dhatu*s decreases and becomes languid or unsteady due to development of foetus during pregnancy. In *Sutikavastha* all the *doshas* are in increased state especially *vatadosha*. In such condition she is vulnerable to many types of diseases. Though *Sutikavastha* is not the diseased state but due to *agnimandya*, *vataprakop* and *dhatukshaya* she is prone to develop disease very earlier. So to avoid puerperal disorders and to maintain her normal

condition by suppression of aggravation of *doshas* and increasing *Agni*, and also the strength of women the *sutika paricharya* is mentioned in Ayurveda by different *Acharya*s.

KEYWORDS: *Sutika, Paricharya, Health, Pathya, Apathya.***INTRODUCTION**

For healthy progeny mother should be healthy. New mother may have a sigh of relief after the nine month of pregnancy and a stressfull delivery, there are many changes which have happened to pregnant lady during her antenatal period and even more are happening in post delivery period. Women plays a multifaceted role in life from birth to child. While doing all these duties perfectly she can't pay attention towards her health. The psychological and physical health of women decides happiness of home and ultimately that of society. Woman is the root of reproduction.^[1] That is why it becomes necessary to pay attention to prevent and cure diseases in puerperal women. All the *dhatu*s decreases and becomes languid or unsteady due to development of foetus during pregnancy.^[2]

Birth production impurity caused by child birth is called *Sutak* and the entity is called *sutika*. In Ayurvedic classics *sutika* means a woman after delivery (expulsion of placenta), without expulsion of placenta a woman cannot be called as *sutika*.^[3] Puerperium is the period of confinement following childbirth during which the body tissues, especially the pelvic organ reverts back approximately to pre-pregnant state both anatomically and physiologically.

Sutika Kala

Sushruta and *Vagbhata* have explained the duration of diet and regimen management for 1½ month after delivery.^[4] *Kashyapa* said it upto one month. Some *Acharya* said it to be upto reappearance of her menstruation, six months and four months.^[5] According to modern science, the puerperal period begins as soon as the placenta is expelled and lasts for approximately about 6 weeks.^[6]

SUTIKA PARICHARYA-(MODE OF DIET & LIFE)

why it is necessary

The care of the woman during puerperium called as *paricharya*.

Due to the growing foetus in uterus, all the *dhatu*s in the body become *ksheena* and *shithil*. Due to *pravahanvedana* (labour pains), *raktaklednisruti*, the body of *sutika* becomes *nirbal*. Due to all above factors she becomes more susceptible to many diseases and it becomes very difficult to treat the diseases in *sutika*.^[7] So to restore normal physiology for subsequent pregnancies, it is very necessary to manage the puerperal woman as described in ayurvedic texts. The regimen should include following principles-

- a) *Vatashamak*
- b) *Deepan*
- c) *Pachan*
- d) *Raktavardhak*, *Balya*, *stanyavardhak*
- e) *Garbhashayashodhak*

A. *Samanya Sutika Paricharya*.^[8]

TABLE-1: showing Ahara,Vihara and Aushadhi for Sutika

Charaka		sushruta	Vagbhata	Kashyapa
Vihara-	1.Parisheka (ubhayata kala) 2.Abhyanga 3.Udara vestana	1.Abhyanga (sarvadaihi-ka Bala Taila) 2.Parisheka (vatahara Aushadhi-Bhadra-darvyadi Kashaya etc.)	1.Abhyanga (Yoni& Sarvadaihika Tail mardana-Bala Taila) 2.Parisheka-Ushna jala (ubhayata kala) 3.Sthanik udara Abhyanga 4.udarveshtana 5.Acchadana 6.Udvartana 7.Avagaha (Jeevaniya, madhura, bruhaniya varga aushadi Siddha	1.Rakshoghna Dravya 2.Kukshi, Parshva, Prustha Abhyanga Samvahana in Nubja shayana 3.udarveshtana 4.Bala tail purit Ushna charma Asana 5.Yoni swedana (Priyangu, krushara) 6.Sutika snana 7.vishranti 8.Dhupana (kushta, guggula, agaru, ghruta)
Ahara 3-7 Days	1.snehapana (pippalyadi dravyas) 2.Yavagupana (pippalyadi dravyas)	1.Ushna Gudodaka (pippalyadi dravyas) 3-4 days. 2.sneha or Ksheera yavagu (Vidari gana siddha) 3-7 days.	1. snahapana (pippalyadi dravya with Saindhava) 2. Ushna Gudodaka/ Vatahara kwath With panchmool. 3.ksheera yavagupana (pippalyadi or Vidari gana) 4.Peya (purvokta dravya)	1.mandapana 2.Hita bhojana 3-5 days 3. snehapana 4.sneha yavagu pana (pippali, nagara, etc lavana rahita) 5-7 days.
7-11 days	Swastha Vritta palana	1.Jangala Mamsa rasa 2.Yava, kola, Kulathayusha 3.shali bhojana	1.Yushapana (Yava, kola, Kulatha dravya) 2.Laghu annapana	Yavagupana (Lavana, sneha Aushadha yukta)
12 days	--	--	1. Jangala Mamsa rasa 2.Jeevaniya, madhura, Bruhaniya, vatahara dravya Sadhita annapana	1.Kulatha yusha 2. Jangala Mamsa rasa 3.Ghrita bharjit Shaka 4.Snehana, swedana, Ushnajala sevana 1 month

***Vishistha Sutika Paricharya.*^[9]**

Kashyapa have explained this particular regimen based on particular type of *desha*-

1. Anupa desha-

Manda processed by *agni vardhaka dravya*, *nivata shayana*, *swedana* and *ushna dravya*.

2. Jangala desha-

Snehopachara for 3-5 days, *Ushnodaka parisheka*.

3. Sadharana desha-

neither too *sneha* or too *ruksha dravyas*.

4. Videsha jati-

Raktha, *mamsarasniryuha*, *kandamool* and *phala*.

According to sex of child-

Kashyapa also mentioned the use of *tail* and *ghrita* in case of delivery of male and female child respectively

*Sutika Snana*10-*Vagbhata* has advised bath on 10th or 12th day according to rituals of family.

Pathya And Apathya for Sutika

In the past, women were surrounded by their own mothers and other older women during and after birth. But now a day where families are fractured, motherhood is undervalued. Women plays a multifaceted role in life from birth to child. While doing all these duties perfectly she can't pay attention towards her health. In this modern era the women doesn't have the sufficient time to give herself to follow this all regimen but she can follow as possible as she can. Some Do's and don'ts are given below to follow the regimen now a days-

Pathya

- *Sutika* should use *hitakaraka ahara* and *vihara*,
- Adequate sleep.
- *Sutika* should have bath with warm water.
- For drinking boiled water should be used. Adequate hydration should be maintained.
- *Abhyanga* should be done with luke warm oils and *Parishek* ,*Avagahan* etc. with always luke warm water.
- *Udarveshathana* should be done.
- Diet must contain *Stanyajanan* and *Stanyavardhaka*, *Garbhashaya shodhaka* and *Vatashamaka dravyas* like *Shunthi*,*Chandrashur*,*Dashmool*,*Musta* etc. Moderate amount

of *Ghrut* is beneficial. Diet with high fiber, proteins, carbohydrates including whole grains, cereals, raw vegetables, raw and dried fruits and beans.

- Avoid alcohol, smoking.
- Snigdha, Pathya Alpa Bhojana, Abhyanga and swedan should be followed every day.
- Use of birth controls.
- Exercise should be started after 4 to 6 weeks of delivery-
 - walking,
 - pelvic floor kiegel's exercise,
 - Pavanmuktasana (supine knees to chest),
 - Supta Badakonasana (reclined supported bound angle pose),
 - Veerabhadrasana 2 (Warrior 2),
 - Garudasana (Eagle pose),
 - Navasana (Boat),
 - Viloma Breathing

In case of caesarian section exercises should be started 6 to 8 weeks by consulting doctor.

- Kandharasana for pelvic area
- Bhujangasana to strengthen abdominal muscles
- Urdhwa prasarita padasana.
- Adho mukha Svanasana
- Tadasana
- Vrikshasana
- Surya-Namaskara
- Apathya-
- Sexual intercourse.
- Mental and Physical Stress should be avoided.
- Sutika should avoid vyayama, vyavaya, sheeta maruta sevana and krodha
- The panchkarma procedures like *Asthapana Basti, nasya, virechana, sira vyadhana, teekshana swedana* are contraindicated in *Sutika*.

DISCUSSION

Excitement of the pregnancy, fear and anxiety during labour and delivery; immense pleasure after seeing own child, it becomes a challenge to her to adopt and adjust with the changes in her body and lifestyle. Both mother and new born are prone to diseases during postnatal period. The proper care is the only critical opportunity to save them. The puerperial

management helps to recuperate physically and emotionally. The changes which have occurred during *garbhavastha*, *prasavavastha* like *chala doshas*, *dhatu kshaya* and *sharirshunyata* makes her prone to *vata* vitiating disorders. *Sutika paricharya* is not so easy to follow for her now a days; so mother should be enforced with energizing or potent medications which will ignite the *mandagni* and *ama pachana*; also avoids the vitiation of *vata dosha*, resulting in *garbhashaya shuddhi*, *dhatupurnata*, *stanya vriddhi* and *punarnavikaran*. Proper *Sutika paricharya palan* causes complete involution of uterus and other pelvic organs so that they reach to prepregnant state. Aim of the *sutika paricharya* is to maintain the health of both mother and infant and the prevention of diseases. *Abhyanga* helps in toning up of muscles of pelvic floor, abdomen, back and vagina. It also prevents thrombosis and dilates superficial blood vessels and improves blood supply⁹. As there is *Vata* vitiation in *Sutika Swedana* is beneficial for *Vatashaman*. In general all the *Acharyas* have advised the massage, *Swedana* and Drugs, decoction for 3 to 7 days after delivery and after 7th day meat soup processed with drugs is advised. Due to *udarveshtana*, it prevents vitiation of *vata dosha* by compressing hollow space produced after expulsion of foetus. *Harita* have advised vaginal oil massage which facilitates proper drainage of lochia and tones up vagina. Exercises after delivery will help to recover better, tone the muscles and strengthen them. *Yogasana* also calm inner mind, body and soul and mother can deal with any kind of stress and nervousness.

CONCLUSION

Woman in present era, is struggling between the increased responsibilities of her family and profession. She has no time for herself. To fulfil her responsibilities successfully, she has to be fit and fine. So she should follow the *paricharya* from her busy scheduled life. If proper regimen is not followed during puerperium she may develop many health issues and diseased conditions. *Sutikavastha* is the delicate period of motherhood. As there is *raktasravajanya*, *kledajanya* *Dhatukshaya*, *pravahanjanya* *vataprakop*, *dhatukshayajanya* *agnimandya*, *vrana* during delivery and *stanya pravartana*. So she needs a proper management and care with specific diet, mode of life and medications. The different procedures followed by *ahara* and *achara* for the purpose of *punarnavikarana* of the mother itself is *Sutika paricharya*. It is the *paricharya* followed in order to protect herself and her infant too.

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