

REVIEW OF SUTIKA PARICHARYA AND ITS CLINICAL IMPORTANCE

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ABSTRACT

Ayurveda gives importance to the care of mother at every phase of her life especially in antenatal and postnatal care. The transformation of female, from a woman to mother is the happiest lifetime event, but this happiness is gained only after undergoing tremendous physical exertion during labour, so old people used to term 'labour' as women's rebirth. A postnatal period is the period beginning immediately after the separation of placenta and extending up to six weeks, otherwise called as puerperium or puerperal period. In Ayurveda it is called as Sutika Avastha and postnatal care is termed as Sutika Paricharya.

Acharya Kashyapa stated that process of prasava says that her one foot situated in this loka and other in yamloka. The lady after such a difficult process of prasava must be advised certain mode of life called Sutika Paricharya (lifestyle regimen). The main achievements through Sutika Paricharya are Garbhashayashuddhi, Dhatu-paripurnata, sthanya-vriddhi, punarnavekarana.

KEYWORDS: Sutika, Sutika Paricharya, Post natal care, Sutika regimen, Puerperium.

INTRODUCTION

As per modern medical science the Puerperium i.e. Post natal Period begins as soon as placenta is expelled and last for approximately 6 weeks when the uterus becomes regressed almost to the non pregnant size.^[1] After delivery the woman become emaciated and have Shunyashareera because of garbhavridhi, shithila sarvasharira dhatu, pravahanavedana, kledarakta-nisruti^[2], agnimandya, these will lead to dhatukshaya hence extra care to be given to prevent complication during this period to avoid 74 types of disease^[3] which can happen in this period if not managed properly. So Charak, Sushruta and both Vagbhatas said that what

so ever diseases afflict the Sutika are difficult to cure or may become incurable.^[4,5,6,7] Ayurveda has advised a specific diet & lifestyle regimen called SutikaParicharya to prevent further complications & restore the health of the mother.

AIMS AND OBJECTIVES

To review the literature of sutika, sutikakala, sutikasamanya & vishistaparicharya, pathya (dos) & apathya (dons) with its Clinical importance.

MATERIALS AND METHODS

As this is a review study. Mainly Ayurvedic texts used in this study are Charak Samhita, Sushruta Samhita, Ashtang-Sangraha, Kashyap samhita. Commentaries are also included in it. All the samhitas and modern science related books were studied in details and scientific review was done.

Defination

- In Ayurveda classics a woman who has just given birth to a child followed by expulsion of the placenta is called as Sutika.^[8]
- In Modern science says during Puerperium the body tissues, especially the pelvic organs revert back approximately to pre-pregnant state both anatomically & physiologically and it is up to 6 weeks.
- Post natal period or Puerperium begins as soon as the placenta is expelled & lasts for approximately 6 weeks. The period is divided in to:
 - 1) Immediate - within 24 hours
 - 2) Early - Upto 7 days
 - 3) Remote - Upto 6 weeks.^[9]

Sutika Kaala or Postnatal Period (Time duration)

According to different Acharya's

Sr. No	Literature	Time Period
1.	Charaka	Not specified
2.	Sushruta	1 1/2month or until next rajodarshan
3.	Ashtanga Sangraha	1 1/2month or until next rajodarshan
4.	Ashtanga Hridaya	1 1/2month or until next rajodarshan
5.	Bhavaprakasha	1 1/2month or until next rajodarshan

6.	Yogaratanakara	1 1/2 month or until next rajodarshan
7.	Kashyapa	6 months

Principles of Sutika Paricharya

- 1) Vatashamana
- 2) Agnideepana
- 3) Pachana
- 4) Raktavardhaka
- 5) Stanyavardhaka
- 6) Yonisanrakshaka
- 7) Garbhashayashodhaka, Kostashodaka
- 8) Dhatupusti, Balya

Sutika Paricharya

Sutika Paricharya includes mainly three parts Ahara (Diet), Vihara (Lifestyle), and Aushadi (Post natal visit and Medicines)

Sr. No.	Samhitakar	Ahara (diet)	Vihara (mode of life)	Aushadhi (Medicines)
1.	Charakacharya ^[10]	1) Liquid gruel of rice medicated with pippali (Piper longum), pippalimool (Piper longum's root), chavya (Piperetrofractum), chitraka (Plumbagozeylanica), sunthi (Zingiberofficinale) for 5-7 days. 2) Use of brihaganadrugs From 6th or 8th day. ^[10]	1) Abhyanga over abdomen with taila or ghrita then 2) Udarveshtana with big clean cloth. 3) Irrigation or bath with luke warm water. ^[10]	1) Sarpi, Taila, Vasa or Majja with pippali (Piper longum), pippalimoola (root of Piper longum), chavya (Piper retrofractum), chitraka (Plumbago zeylanica) and Shringavera (Zingiber officinale) churna. With Anupana-ushna jala for 5 or 7 nights. ^[10]
2.	Sushrutacharya ^[11]	1) Snehayavagu or kshirayavagu saturated with drugs of Vidarigandhadi (Desmodiumgangetium etc.) gana Form 3rd or 4th to 6 th or 7th days. 2) Mansrasa of Jangal Mans saturated with yava (Vulgaris sativus), kola (Ziziphus mauritiana), kulatth (Dolichosbiflorus) with cooked Shali rice From 7th or 8th day to sutikakala ^[11]	1) Abhyanga with bala (Sidakordifolia) taila. 2) Irrigation with decoction of Bhadradaru (Cedrusdeodar a) etc. drugs capable of suppressing the vata. ^[11]	1) Pippali (Piper longum), pippalimoola (root of Piper longum), hastipippali, chitraka (Plumbagozeylanica) and shringavera (Zingiberofficinale) churna. Anupana- ushnagudodaka (warm jiggery water) for 2 or 3 days. ^[11]

3.	Ashtang sangrhakar (Vridha Vagbhat) ^[12]	<p>1) Liquid yavagu prepared with either milk or vidaryadigana (Puerariatuberosa etc.) drugs For 3, 5 or 7 days.</p> <p>2) Light diet with soup of Yava (Vulgaris sativus), kola (Ziziphusmauritiana) and Kullattha (Dolichosbiflorus) From 4th, 6th or 8th day to 12th day.</p> <p>3) Meat soup of wild animals, agreeable diet From 13th to sutikaKala.^[12]</p>	<p>1) Abhyanga with Bala (Sidacordifolia) taila.</p> <p>2) Udarveshtana after massage of abdomen with taila or ghrita.</p> <p>3) Irrigation with luke warm water.</p> <p>4) Massage, unguent, irrigation and bathing with jivaniya, brimhaniya, madhura and vatahara drugs.^[12]</p>	<p>1) Sneha with panchakola (Piper longum, root of Piper longum, Piper retrofractum, Plumbagozeylanica and Zingiberofficinale) churna or sneha with yavani (Trachyspermumammi), upakunchika (Nigella sativa), chavya (Piper retrofractum), chitraka (Plumbagozeylanica), Vyosha (Zingiberofficinale, Piper nigrum, Piper longum) and Saindhava Anupana-Ushnajala for 7 nights.^[12]</p>
4.	Ashtang hrudyakar (Vagbhat) ^[13]	<p>1) Panchakola (Piper longum, Piper longum's root, Piper retrofractum, 3) Plumbagozeylanica, and Zingiber officinale) siddhapeyafor first 3 days,</p> <p>3) Vidaryadigana(Pueraria tuberosa etc.) kwatha siddha snehayuktayavagu or kshirayavagu from 4th – 7th day. after that</p> <p>4) Gradually brimhana diet from 8–12th day. after 12th day meat soup should be used.^[13]</p>	<p>1) as Ashtanga Sangraha. There is also description of massage of yoni along with body.^[13]</p>	<p>1) Taila or ghrita with Panchakola (Piper longum, Piper longum's root, Piper retrofractum, Plumbagozeylanica, and Zingiberofficinale) churna. Anupana-Ushnagudodaka(warm jiggery water) for 2 or 3 days.^[13]</p>
5.	Kashayapacharya ^[14]	<p>1) Pippali (Piper longum), nagar (Zingiber officinalis) yukta and saindhavarahita alpasnehayuktayavagu for first 3 or 5 days.</p> <p>2) Sasnehalavanayavagu.</p> <p>3) sasneha-lavanaamlayuktakulattha (Dolichosbiflorus) yush with meat soup of wild animals ghritabhrishta Kushmanda (Benincasahispida), and moolaka (Raphanussativus).^[14]</p>	<p>1) Massage of back, pressure of abdomen and flanks, then udarveshtana.</p> <p>2) Sitting over a small chair covered with leather bag filled with hot bala (Sidacordifolia) taila.</p> <p>3) Then sudation in the yoni with oleo prepared with priyangu (Callicarpa macrophylla) etc.</p> <p>4) Hot water bath after proper sudation.</p> <p>5) Fumigation with kushtha (Saussurealappa), guggulu (Commiphoramukul) and agaru (Aquilariaagallocha) mixed with ghrita.^[14]</p>	<p>Snehapana according to satmya. Anupana-Manda for 3 or 5 days.^[14]</p>
6.	Harit ^[15]	<p>1) Ushnakulattha (Dolichosbiflorus) yush on 2nd day.</p> <p>2) Panchkola (Piper longum, root of Piper longum, Piper retrofractum, Plumbagozeylanica, Zingiberofficinale) yavagu on 3rd day.</p> <p>3) Chaturjataka (Cinnamomumzeylanicum, Elettaria cardamomum, leaves of Cinnamomum zeylanicum, Mesuaferrea) mixed yavagu on 4th day.</p> <p>4) Cooked rice of shali or shashtika on 5th day 8.^[15]</p>	<p>1) Vaginal filling with oil and massage followed by sudation with hot water.^[15]</p>	<p>1) Decoction of available drugs out of lodhra (Symplocosracemosa), arjuna (Terminaliaarjuna), kadamba (Anthocephalusindicus), devadaru (Cedrusdeodara), bijaka (Pterocarpus marsupium) and Karkandhu (a variety of Ziziphus mauritiana). Then nagara (Zingiber officinale) and haritaki (Terminalia chebula) churna with jiggery on 2nd day morning.^[15]</p>

Samanya Paricharya**1) Use of amulet for Puerperal Women^[16]**

The Sutika should fix amulet of trivruta over her head. It is 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 the rituals of family the bathing ceremony of puerperal women should be performed.

Vishishta Paricharya^[17]

- It is explained on the basis of types of **Desha**.

1) Anupa Desha Ahara

- Mandaprayoga with agni-balavardhakadravya.
- Shnadravyasevana.

Vihara

- Swedana
- NivataShayana

2) Jangal Desha

- 3-5 days
- For Ahara and Vihara both with Snehopachara.

3) Sadharana Desha

- Neither too sneha nor rukshadravyas for both Ahara and Vihara.

- **Depending upon the sex of child**

Days	Sex of child	Pathya
5-7 days	Male	Tailapan Deepaniyaaushadhisamsakr itayavagupana
5-7 days	Female	Gritapana Deepaniyaaushadhisamsakr itayavagupana
Later	Mandadiprayoga	

Mode of action of Sutika Paricharya • Vihara**1) Abhyanga**

Abhyanga given to Sutika may be Sthanika (udara or yoni) or Sarvadaihika with the help of Ghrita and Taila especially with Bala Taila which is Vatasanshamaka, Rasayana to Mamsadhathu, Shramahara. Abhyanga tones up the pelvic floor, abdominal, back muscle, tissues and relieve the muscle spasm. It also helps in recovery from soft tissue injury by increased circulation. It prevents thrombosis by rubbing & friction improves the venous blood flow by dilating superficial blood vessels. Abhyanga at lower back helps for proper drainage of lochia. Yoni Abhyanga tones up vagina and perineum and prevents laxity and prolapse, alleviates pain and heals vaginal and perineal wounds.^[18]

2) Parisheka & Avagaha

20 Parisheka is pouring hot water in a stream, it is vatakaphahara, vedanahara, does agnideepti, twakaprasadana, srotoniramalata, so that abnormal blood clots accumulated in uterine cavity after the delivery of Garbha excreted properly and Vata Dosha also subsides.^[19]

3) Udaraveshtana (Pattabandana)

It prevents vitiation of vatadosha by compressing hollow space produced after expulsion of foetus. Abdomen should be tightly wrapped with long cotton cloth. It provides support to the back & abdomen. It mainly helps the uterus to shrink back to its normal size. Also helps to straighten back after pregnancy, improving posture.^[20]

4) Yonidhupana

Vaginal defence is lowered due to hypoestrogenic state and patient is prone for infection. Dhupana will maintain the hygiene of the perineum. It keeps episiotomy healthy, hastens its healing process. The drugs used like kusta, agaru, guggulu have the properties like jantugna, kandugna, shothahara, vranashodhana, ropana.^[21] This restricts entry of Vata and prevents vagina from various infections.

• MODE OF ACTION OF DIET & DRUGS**1) Snehapana**

The Sneha (Ghrita/ Taila / Vasa/ Majja) given to sutika advised considering Prakruti, Agni, Kala, Desha of sutika, and it is mixed with dravyas like Pippali, Pippalimoola, Chavya, Chitraka, Shrungavera, Yavani, Upakunchika. These dravyas do agnideepana & amapachana. It also avoids vataprakopa. These dravyas helps to digest the sneha and act as appetizer.^[22]

Ghrita is Vata pitta shamaka, Balya, Rasayan, Agnideepak, Raktavikaranashak, & Yogavahi. Ghrita provides many essential fatty acids such as omega 6 which provides anti-inflammatory properties. Ghrita 0.04g/tbsp, which includes 17 amino acids essential for good health. It contains 3% linoleic acid, an antioxidant. It also contains vitamins A, D,E,K.^[23]

2) Garbhashayashodhana

Drugs like Panchakola are given with warmed jaggery water for excretion of DushtaShonita from uterus. These drugs having the garbhashayashodhaka & garbhashayasankochaka properties, removes the dushtashonita and sheshadosha from uterus. It normalises the lochial discharge & does proper uterine involution. Kashyapa advised Udarapeedana for Shonita shuddhi.^[24] This may facilitate uterine stimulation inducing contraction which may result in expulsion of residual blood clots.

3) Snehayavagu or Ksheerayavagu

Yavagupana in the form of manda, peya with sneha or kwatha stimulate the agni, it is grahi, laghu in nature, dhatuposhana, tarpana properties, easily digestible & absorbable, reduces thirst thus does the maintenance of water in the body. Ksheera is rich source of proteins, vitamins and calcium provides energy & maintains tissue.^[25]

4) Yusha

Yusha is given to the Sutikais prepared of Yava, Kola, Kulatha. It is semisolid, rich in protein. It act as agnideepaka, balya, swedajanana, pusti sukhaprasadana.^[26,27]

5) Mamsa rasa

Meat is an excellent source of iron, Vitamins, essential amino acids and trace elements. Madhura, brimhaniya drugs are anabolic and helpful to recover maternal system from stress and strain of labour and help in galactogenesis and enhance the property of maternal milk.^[28]

6) DRUGS

Pippali, Pippalimula, Chavya, Chitraka, Shringavera are Ushna, Teekshna, Deepana, Pachana, Shoolagna & Kaphavatashamaka, so it is helpful in reducing Agnimandya & shoola in sutika. It is also helpful for prakrityonigataraktasrava. These drugs are katurasatmaka & katu vipaki has the properties of shonitasanghatbhedana leads to normal yonigatasrava because of this garbhashayashuddhi occurs. Pippali, Pippalimula are anti-inflammatory^[29] & shows anti bacterial activity.^[30] It is also useful for the recovery of the relaxed organs soon

after delivery.^[31] Chavya is liver stimulant & blood cleansing and has rejuvenating properties. Chitraka is useful as appetizer, digestive, anti-helminthic, causes uterine contractions, and cures postpartum disorders. Shunthi is known to stimulate digestion. It has antiinflammatory, antimicrobial property. Kola is a good source of calcium, phosphorus, Vitamin A. It has anti oxidant property, wound healing & anti inflammatory properties. Kulatha is an excellent source of iron, molybdenum and manganese. It has antispasmodic activity and is used in uterine disorders and anemia. Ervaruka has 94% water content, keeps the body hydrated, regulates blood pressure, aids in digestion and acts as a diuretic. It contains magnesium, potassium, silica, vitamin A, B, C and K. Yava is a good source of fibre. It contains copper, phosphorus, zinc and Vitamin E. Rice gruel prepared with vidaryadigana act as rasayana. Therefore the above mentioned drugs are administered during suthikakala for the wellbeing of the Suthika.^[32]

Pathya and Apathya for Sutika (Dos and Dants)

Pathya (Dos)

1. Adequate rest and Diet is most important.
2. Sutika should have bath with plenty of Water.
3. Boiled water should be taken for drinking purpose.
4. Parisheka, Avagahanaetc. are always with luke warm water.
5. She should do udarveshtana.
6. Snehana and Swedanamust be done every day as per desha, kala etc.
7. Maharshi Kashyapahas given the special indication of manda for sutika.

Apathya (Dants)

The following things are prohibited:

1. Physical and mental stress, anger etc. Women experiences lots of physical and mental stress during labour and get exhausted. This may be the reason behind restricting her from exercise. Emotional imbalances like anger, fear and depression seriously affect lactation Consumption of cold things aggravates Vata Dosha.
2. The sexual intercourse; Sexual intercourse involves strain and friction of genital tract which is already lacerated and weakened during the process of labour resulting into injury, bleeding and infection. The hypoestrogenic state following delivery makes vaginal epithelium thin and provides very little lubrication after sexual stimulation resulting into painful intercourse.

3. Cold water, cold wind and cold things etc.
4. There is contraindication of Panchkarma for Sutika- Due to administration of AsthapanaBasti, the amadosha of sutika would be increased. Due to nasya karma, emaciation, anorexia, body ache would be created in sutika.

CLINICAL SIGNIFICANCE OF SUTIKA PARICHARYA

In Sutika agni is manda, agnideepana is the need of treatment for few days immediately after delivery, which may be needed prior to the administration of brimahana drugs. The drugs which are used instantly after delivery are agnivardhaka by their nature.

- Use of snehana suppresses vata.
- Uttama rasa produces uttamastanya which depends on quality of agni. Yava, Kola laghuannapaana is advised after 5 days, this form of food helps to replenish Dhatu.
- Advise for the usage of mamsa rasa & brimhanadravyas, using jeevaniya or brimhaniya or madhuradravyas. This might act as dhatuvardhaka and helps to maintain proper lactation.
- Abhyanga recommended by using balataila in nyubja position, which might help to restraint vitiated vata, spiralling the abdominal muscles.

Benefits of Sutika Paricharya^[33]

The woman become weak and emaciated due to growth of foetus, & also empty body due to instability of all dhatus, labour pains, excretion of kleda and rakta. By Paricharya she attain all the lost things and reaches her pre-pregnant state.

CONCLUSIONS

The diets & regimens which are described by Ayurveda literatures thousands of years ago for Sutika is totally scientific. Different procedures included needs a proper management of ahara, achara for the purpose of punarnaveekarana of the stree itself is Sutika Paricharya. SutikaParicharya have been told for the prevention of problems of women like backache etc. So by following Sutika Paricharya, Garbhashayashuddhi, Dhatuparipurnata, sthanya-vriddhi, punarnaveekarana are completely established.

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