

**SUTIKA PARICHARYA: A UNIQUE HOLISTIC CARE OF  
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**ABSTRACT**

Sutika Paricharya is the care of woman after the expulsion of placenta till the Sutika kala. During this period she is brought back to normal diet slowly in 10-12 days. Specific diet regimens are mentioned during this period. The drugs & diet mentioned by Ayurvedic Acharyas helps the woman to restore her vitality & vigour that is lost during the process of delivery. All Ayurvedic classics mentioned their own Sutika Paricharya. "Sutika" is the term given for the lady after child birth till 45 days. It can be considered as the puerperal period. Lot of emphasis is given regarding the diet (ahara) and mode of living (vihara) to be followed during this period not only to maintain good health but to prevent many diseases.

**KEYWORDS:** Ayurveda, Sutika, Sutika Paricharya, Puerpera.

**INTRODUCTION**

The ancient discipline of Ayurveda places significance on Swasthya rakshana and Vikara Prashamana by elucidating different processes such as Dinacharya, Rutucharya, and Sadvrutta for preserving physical and mental well-being and averting illness. The women who has recently delivered, her dhatus such as Rasa, Rakta takes 6 months to revert back to pre-pregnant state. There is Vata prakopa, Agnimandhya, Aam sanchiti and Strotodushti. Ayurveda stress on normalcy of Tridosha's for health. During labour the vata dosha gets excited and if not pacified properly, causes nearly 64 diseases. Even the modern science agrees that the nervous system is in hypersensitive state during the puerperal period. Improper management of puerperal results in causing number of uro-genital and other systemic diseases.

Following childbirth, a woman requires specialized care to monitor and overcome all of these. In addition to total bed rest, the worn-out mother has to have her general health monitored. It is essential to provide full care for the puerperium, particularly in the first six months after delivery.

### **SUTIKA**

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### **PUERPERA**

According to modern science the woman who has recently delivered is termed as ‘Puerpera’ and this phase of her life is called ‘Puerperal Phase’.

### **SUTIKA KALA**

A woman is called sutika till one and half month duration after delivery. She can be called sutika until she gets her first menstruation after delivery. She is supposed to follow regulated or restricted dietetics and mode of life during this period 17.

“Puerperium is a period following child birth during which the body tissues, specially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically”.

### **SUTIKA PARICHARYA (General care i.e. mode of life and diet)**

Kashyapa particularly mentioned the protocol according to the living area i.e. based on the climatic and geographical considerations aiming at Agnideepan, Aam pachan and strotovishodhana to restore the normal health of sutika. Also he has described the paricharya of foreign ladies. In this regard he says that the foreign ladies after labour should consume meat soups, blood, tuberous roots and different fruits, cereals mixed with ghee.

In the puerperal management modern science advocates high calorie diet which becomes totally opposite to biologically different Indian womens. This differentiation probably might be given due to the biological differentiation of the people in different places. Often we see some of the diseases are common in some places and in some traits.

In general all the classics have advised massage, oral administration of fats with medicines and decoctions for three to seven days after delivery. Use of medicated rice gruel is prescribed in diet. From seventh to twelfth day medicated meats soup is advised. However, there is slight difference of opinion in the list of drugs amongst various authors.

Kasyapa say that the puerperal woman should use specifically raksoghna (antiseptic) and beneficial things. Detailed management should be done giving due consideration to the place of living (desa and videsha) and traditions of the family. The woman immediately after delivery should be encouraged by sweet spoken acouches, and made to lie down in hunch-back position. Now she should rub her back, press her abdomen/flanks and then compress her abdomen having been moved by vaayu (entire musculature of abdomen acts with force due to effect of apana vaayu to expel the fetus) in order to expel the dosas left over after delivery. After this, abdomen and flanks should be wrapped with clean big cloth, by this wrapping abdomen reaches its proper place and vaayu also subsides. The puerperal woman should always sit over a small chair covered with leather bag filled with hot balataila, with this her yoni becomes healthy.

Sudation in the yoni should be given with oleo prepared with priyangu etc. drugs. After proper sudation hot water bath followed by rest should be given, after overcoming the tiredness, fumigation with kustha, guggulu and agaru mixed with ghrita should be done. Now, considering her strength and digestive power scum of boiled rice should be given for three or five days, then the women using beneficial diet should take orally oleaginous articles (oil, ghrita etc.) After digestion of this oil etc. salt free rice gruel mixed with little quantity of oleaginous substance and powdered pippali and nagara should be given. This should follow (after 6 or 7 days) use of rice gruel mixed with sufficient quantity of salt and oleaginous, then meat soup of wild animals and soup of kullattha mixed with oleaginous substance, salt and sour articles and kusmanda, radish, cucumber etc.

### **Management on the Basis of all Three Living Places**

#### **1) Management in Anupa desha (Marshy Land)**

Kashyapa says that in marshy land usually diseases of vaata and slesma occur. Due to dominance of moisture in this area initially fat should not be used, instead scum of boiled rice treated with appetizing and strength producing things should be given. Sudation, sleeping in air free place (direct entry of air should not be there) and use of all usna (hot) drugs is beneficial.

## 2) Management in Jangala desha (Dry Land)

The woman of this area should be given ghrita or oil or any other oily articles in good quantity using decoction of pippali etc. drugs as after-drink. To the strong woman this oleaginous substance and to the weak woman rice gruel should be given for three or five nights. This should follow the use of cereals mixed with unctuous things in gradually increasing manner. She should often be irrigated with good quantity of hot water and should avoid anger, exercise and coitus. Kashyapa says that in wild places diseases of vaata and pitta often occur. Since oleaginous substances are congenial in this areas thus should be used in abundance.

## 3) Management in Sadharana desha (Ordinary land)

For woman of ordinary area general or average (use of neither too oleaginous nor dry substances) management is beneficial.

## 4) Management of Mleccahjati woman (Foreigners)

For woman of mleccha caste and other foreigners use blood, meat soups, eatable roots, rhizomes and fruits during this period.

## DISCUSSION

Susruta says that oil bath (anointing the body with oil and then taking bath) makes the body soft, controls (mitigates) kapha and vaata aggravation, bestows nourishment to the tissues, good complexion / colour and strength to the body 40. As in sutika awastha there is Vaata predominance due to dhatu kshaya, pravahana, agnimandhya resulting in roughness of skin, dark complexion, abhyanga provides the above mentioned benefits for sutika by providing her dhatus the necessary strength.

## CONCLUSION

Generally complete involution of the genital organs takes place after 1½ months. As there is disturbed state of doshas and dhatus, any variation in aahar and vihar leads to disease state. These are very difficult to treat as immune power is less. So taking into consideration the importance of women health, it is very necessary to manage the puerperal women properly.

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