

A SINGLE CASE STUDY ON THE EFFICACY OF SOOTHIKA PARICHARYA INA FULL TERM NORMALLY DELIVERED PATIENT

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ABSTRACT

Soothika is a lady who have just delivered the baby and placenta, puerperal woman. Sutikakala (duration of puerperium) is the period following childbirth during which all the body tissues revert back to its pre-pregnant state. This period is of utmost importance as there is a lot of psycho-somatic changes taking place during Sutikakala such as loss of weight, loss of body fluid, laceration of the genital tract, constipation, mental stress etc. Most of these changes lead to different complications and vata - vriddhi if left untreated or not taken care of during Sutikakala. This can lead to different types of health problems such as sepsis, anemia, prolapse of uterus, Stanyadushti (vitiated breast milk) etc. The period of soothika Kala has been explained by different acharyas as different days. The Sutikaparicharya explained by our acharyas during the soothikakala helps the lady recover from the pains and strains physically and mentally during the delivery period. This

also helps Enrich the Sthanya (breast milk) and improves the mental strength of the lady. In this modern Era, due to the changing lifestyles and Mithya- ahara and viharas different conditions like post partum depression and reduced breastfeeding are very commonly observed. So here we are presenting a case study of a lady who had different ailments after delivery, undergone Sutikaparicharya and the results of the same. Also an attempt is made to make a more convenient sutika paricharya protocol compiling all the traditional methods and methods by different acharyas.

KEYWORDS: Sutika paricharya, Case report, Sutika kaala, constipation, stanyadushti.

INTRODUCTION

Transformation of women to mother is the most beautiful and happiest period in a woman's

life. But this transformation takes up after a lot of physical and mental exertions which we call as “labour”. It is the most stressful part physically and mentally in a woman’s life. Sutika is a woman who have just delivered a baby followed by placenta^[1] and sutika kala is the a period of 6 weeks from delivery, otherwise known as puerperium. Ayurveda gives much importance and care for a mother in every phase of life, especially during pregnancy(prenatal) and post delivery(post natal) period. Garbhini paricharya(ante natal care) and sutika paricharya(post natal care) have been specifically told in different ayurvedic classics.

The care given to a mother post delivery is understood as sutika paricharya. Different acharyas give different insights about sutika kaala and sutika paricharya. Sutika kaala is the time after delivery till the organs of a woman attains a prepregnant stage. Acharyas have specifically described the dietary regimens, lifestyle care, medicines and other practices to be done after pregnancy. The period after the prasava is called as sutikavastha. During the Puerperium the body tissues, especially the pelvic organs revert back to pre-pregnant state both anatomically & physiologically.

Puerperium begins as soon as placenta is expelled & last for approximately 6 weeks when the uterus becomes regressed to non pregnant state.^[2] The complications occurring during this period to the woman is very common. Acharyas have stated 74 diseases that a woman can be afflicted during this period if not treated properly.^[3] The diseases are incurable if afflicted to a sutika.^[4,5,6]

CASE REPORT

A 25 yr old married lady came to OPD on 24/03/2023 with complaints low back pain, fatigue, reduced breast milk, nipple crack, constipation and occasional headache after delivery. she underwent Full term normal delivery on 17/03/2023. She is a homemaker who got married 4 years back and got conceived naturally. During the antenatal period she took folic acid and calcium tablets timely. She was also vaccinated with Inj. TT(2 doses). She had constipation issues during the third trimester which was controlled with laxatives. Soon after the delivery she felt pain in the low back region and fatigue. Later she started to have constipation and occasional headaches. After starting of breastfeeding she had reduced breast milk for the first week after delivery, and it persisted. She also developed nipple crack after 1 week of delivery. She came for post delivery care.

PAST HISTORY - nothing suggestive, No H/O DM, HTN And Thyroid dysfunction and no surgical history.

FAMILY HISTORY - Nothing suggestive

MENSTRUAL HISTORY

Menarche - 12 yrs Pain - pre-menstrually, Severity - can do all daily activities

LMP - 22/06/2022 Clots - mild

Interval - 28-30 days Vastraranjana - not present

Duration - 3-5 days

Amount - Normal

OBSTETRICAL HISTORY - P1 L1 A0 D0, PRIMIPARAPERSONAL HISTORY

Bowel - once in 2-3 days, constipated Appetite - Good

Micturition - 5-6 time/day Sleep - Reduced due to breastfeeding

Exercise - Nothing specific Habit - Tea - twice a day

SYSTEMIC EXAMINATION

Respiratory system - NVBS heard, No wheeze or Rhonchi present

Cardiovascular system - S1 S2 HEARD, Normal heart sounds

Central Nervous System - Higher Mental Function - intact

Memory - intact

Locomotor System - All joints intact.

No deformities noted

Gastro Intestinal System - Constipation and Mild Gastritis present

Before treatment On Examination.

Abdominal girth - 40 inch

Breast examination - B/L breasts engorged

Left Nipple - Crack present

Right Nipple - Crack present

Perineum examination - Episiotomy wound - healing

INTERVENTION - she was admitted at Vaidyaratnam Ayurveda Foundation hospital for a period of 14 days and external treatments and internal treatments were prescribed.

Internal Medication

Dhanwantaram Kashayam - 15 ml mixed with 60 ml warm water twice daily 1/2 hour before food.

Dhanwantaram Tablet - 2 tabs twice daily along with Kashayam Soothikamrutham - 15 ml twice daily after food.

Shatavaree gulam - 1 tsp twice daily with Milk Nayopayam lehyam - 1 1/2 tap at bed time with milk.

External Treatments

Abhyangam with Dhanwantaram tailam

Pradeshika Veshtanam over the abdomen

Dhoopanam with medicated powder - all over the body, especially at the episiotomy wound, nipples and hair

Vedhukuli - medicated water bath

Shiroabhyangam with Chembarathyadi kera tailam

Pradeshika Lepam with Lodradi choornam and rose water - as face and neck pack
Local Application of Jathyadi ghrita over the cracked nipples.

Diet Prescribed during the treatments

Easily digestible foods were advised during the treatment period.

Snigdha, deepana diets such as yusha (semisolid cooked rice), cooked buttermilk, vegetables etc were provided.

APATHYA

- 1) Excess exercise
- 2) Sexual intercourse
- 3) Mental & Physical stress
- 4) Cold water, Cold wind & Cold things etc
- 5) Contraindication of Panchakarma
- 6) Anger, Fear, Depression
- 7) Diwaswap, Atapasevana

After Treatment

The treatment process was done for 14 days continuously.

The changes observed are -Breast feeding - Improved

Low back pain - Reduced considerably

Fatigue - Reduced Considerably Constipation - Regular Bowel activity

Occasional headache after delivery - Reduced

On Examination

Abdominal girth - 37 inch

Breast Examination - B/L breast engorged

B/L Nipples - No Crack

Perineum Wound - Healing

DISCUSSION

Soothika kaala is the period soon after the delivery of placenta, it is of utmost important period in a women's life as the body and the mind undergoes a lot of changes. According to ayurveda, Sutika kaala has different opinions by different acharyas. Puerperium is the time period taken for complete involution of the uterus i.e. around 6 weeks.

सुतायाश्चापि तत्र स्यादपरा चेन्न निर्गता ।

प्रसूताऽपि न स्रता स्त्री भवत्येन गते सति ॥ (का. खिल. ११/६)

During soothikakaala, the body starts repairing itself from the delivery fatigue and transforms into the prepregnant stage. According to ayurveda, soon after the delivery the prasuti vata increases and the vata dosha in the body gets vitiated, hence this vitiated vata is to be corrected before it causes complications in the body. Eventhough there is different opinions by different acharyas, we have compiled it all together and made a compatible and effective soothika paricharya that can be done in present day situation. as a first step, the vitiated apana vayu is to be corrected and the garbhashaya shodhana, removing the remnants from the uterus is done. For garbhashaya shodhana, correcting apana vayu and to increase the reduced digestive power, panchakola kashaya along with guda is prescribed, as panchakola helps in correcting the vitiated vayu and improves the digestive fire (agni), and guda acts as garbhashaya shodhaka. Secondly, Dhatu poshana is taken into consideration. After the delivery all the saptha dhatu's will be having reduced poshana i.e reduced nourishment, hence treatments and medicines to nourish the dhatu's should be given importance. Dhanwantara kashayam, dhanwantara gutika and soothikamrutha helps in nourishing the dhatu's, vatanulomana and agnideepana. Soothikamruta is a combination of Dasamoolarishta along with jeerakarishtha that helps in agni deepana and vatanulomana. Third and final step of soothika paricharya offers replenishing the body, Punarnaveekarana. This is attained by

providing medicines that help in strengthening the body. Kera Kesara Rasayana was provided for punarnaveekarana as the ingredients helps in strengthening the body, reduces the muscle fatigue and increases as well as maintains the breast milk production. Here, as there was reduced breastmilk, shatavaree gulam, a proven drug to increase breastmilk was provided at the early stage and later changed to kerakesara rasayana. Jathyadi ghrita was provided for external application over the nipple crack as it helps in healing wounds. Nayopayam lehyam was provided in the first week for constipation. It is prescribed for garbhini's and soothika for proper passage of faeces.

The external treatments done were abhyanga, dhoopana, pradeshika veshtana, vedhukuli, shiroabhyanga and pradeshika lepanam. Abhyangam was done over the whole body with dhanwantaram tailam for 14 days continuously. Abhyangam helps in increasing circulation, improves digestion, and by the process of rubbing and friction improves venous blood flow by dilating superficial blood vessels, thus preventing thrombosis. Abhyanga also helps in relieving the pain in the low back region, strengthens the lax muscles of the abdomen after delivery, reduces fatigue and ensures relaxation to the whole body. Abhyanga in low back also helps in proper drainage of lochia. Abhyanga at yoni helps tone vagina and perineum and prevents laxity and prolapse, also decreases the pain.^[8] Dhanwantaram tailam is indicated for sootika as it helps strengthen the body, helped in improving breast milk, reduced the nipple crack and decreased the low back pain to a greater extent and reduces the vata vitiation in the body. Dhoopanam is a fumigation therapy done with medicated powder. The medicines used were agaru (*Aquilaria agallocha*), Haridra (*Curcuma longa*) and Guggulu (*Commiphora wightii*) which are having the properties like jan-tugna, kandugna, shothahara, vranashodhana, which acts as anti bacterial and anti fungal. This helps maintain the perineal hygiene, keeps episiotomy wound healthy and hastens its healing process. This fumigation is done all over the body especially over the episiotomy wound, breasts and scalp. The fumigation therapy helps in healing wound as it is mentioned in Sushruta Samhitha, as one upakrama (procedure) among the 60 upakramas told for wound healing.^[7] Vedhu kuli is a traditional as well as an ayurvedic procedure where in vatahara drugs are used to boil water and the hot water is poured over the whole body. This process acts as vedanahara and helps in improving digestion, provides twak prasada and sroto nirmalata. Thus helping in removing the accumulated blood clots in uterine cavity after delivery.^[9] Udaraveshtana (Pattabandana) - This is a procedure where in abdomen is tightly binded with a cloth. This prevents the vitiation of vata dosha. This helps in compressing the hollow space created after

child birth. This also provides support to the back and abdomen. This strengthens the abdominal and back muscles and helps the uterus to involute.^[10] Shiroabhyanga is the procedure of oil application and massage over the scalp. This helps in hair growth, increases blood circulation, reduces chances of depression, provides good sleep and relaxes the CNS. Jathyadi ghritham was advised to be applied over the nipple crack as it helps in healing wound and is safe during breastfeeding period.^[11] Along with the internal medications and external treatments, diet was also given much importance. The diet followed was easily digestible as the lady is regaining the digestive power.

Thus, the soothika paricharya described by different acharyas were compiled together and an attempt was made to bring an effective and a applicable treatment plan for soothika.

CONCLUSION

Soothika kaala is a prime time for regeneration in a women after delivery, hence proper care is very much essential to maintain a healthy body and mind. Different acharyas gave different opinions regarding soothika paricharya, there are traditional ways to do soothika paricharya also. Compiling all the methods and techniques an attempt was made to form a treatment pattern of soothika paricharya which can be practised in present era. The soothika paricharya involved correcting the digestive power, correcting the vitiated vata, decreasing the stress and strain of body and mind, removing the remnants from the uterus, strengthening the abdominal muscles and ensuring proper lactation. So, as a protocol, first agni deepana and garbhashaya shodhana is done, secondly dhatu pushtikarana is done and punarnaveekarana is the final step.

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