

CONCEPTUAL STUDY AND CLINICAL IMPORTANCE OF SUTIKA AAHAR - A REVIEW

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Article Received on
17 March 2023,

Revised on 07 April 2023,
Accepted on 27 April 2023

DOI: 10.20959/wjpr20237-28053

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ABSTRACT

Humans giving birth to a baby is a natural process. Mother have to suffer a lot to give birth to a child. Physical and psychological sufferings during labour pains makes a woman weak. Here comes the clinical importance of Sutika aahaar to save a woman from incurable diseases due to mithya aahaar and vihaar. Sutika Paricharya helps to achieve pre pregnancy level body functioning, stanya-vruddhi, garbhashayshudhi etc. Hence present study is conducted to review scientific importance of sutika paricharya.

KEYWORDS: Sutika Aahar, Sutika Paricharya, clinical importance.

INTRODUCTION

In ayurveda care of Stree is mentioned at numerous places in the form of Rajaswala paricharya, Sutika paricharya, etc. Sutika is the state of woman immediately after delivery and extends till the time she continues breastfeeding. After expulsion of placenta a woman is termed as sutika.^[1] Sutika is not a disease condition but extra care is needed for mother and baby. So assistance care is mentioned in the form of sutika paricharya.

After labour process mother is in state of physical fatigue. During puerperium the body tissues especially pelvic organ of a woman are returning to her pre-pregnancy state. After labour woman becomes shoonyasharir because of foetus growth, labour pains, fluid and blood loss.^[2] If proper care is not taken, may cause life threatening diseases to mother and baby. Diseases of sutika are difficult to cure or almost incurable.^[3] Hence according to Acharya's there is specific lifestyle and diet regime called Sutika paricharya to prevent complications and regain health of mother.

Aim and objectives

1. To review Sutika Aahar.
2. To study clinical importance of Sutika Aahar.

MATERIALS AND METHODS

Literary references are collected from Charaka Samhita, Sushruta Samhita, Kashyap Samhita, Harit Samhita, Sharangdhar Samhita, modern science obstetrics books and websites.

Sutika kaal

1. Charak - exact kaal not mentioned.^[4]
2. Sushruta^[5] Vagbhat^[6] Bhavmishra^[7], & Yogratnakar^[8] - One & half month OR punaraartav darshan.
3. Kashyap - 6 months^[9]
4. Modern - Immediate - within 24hrs Early - 7 days
Remote - upto 6 weeks.^[10]

Sutika Aahar according to various aacharyas

NAMES	AAHAR
Charak ^[11]	Snehapaan, yavagupaan, pippalyadi dravyapaan
Sushruta ^[12]	Pippalyadi dravyapaan with gudodak, snehayavagu, vatahar dravyakwath, vidarigandhadi siddha sneha yavagu, yava kol kulattha siddha jangal maanrasa, shali odan
Vruddhavagbhat ^[13]	Snehapaan, yavagupaan, pippalyadi dravyasiddha snehapaan & yavagupaan, vatahar dravyakwath, shaliparni siddha Snehapaan, laghuanna, ber- kulattha yush, jangal manrasa.
Vagbhat ^[14]	No meat diet upto 12 days after delivery
Kashyap ^[15]	Mandapaan, Snehapaan, Pippali- nagar- lavanrahit yavagupaan, yavagu with lavan, kulattha yush, jangal mansrasa, ghrutbharjit kushmand, ushnajalsevan.
Harit ^[16]	Lodhra arjunadi dravyasiddha, langhan, nagaradi siddha yush, panchakol yavagu, shali odan
Bhavprakash ^[17]	Snigdha, pathya alpabhojan.

Accounting to Kashyap, Sutika Paricharya can be followed as per desh (residence place) which is as follows -

Anup desh - No fat diet, manda prayog, ushnadravya.^[18]

Jangal desh - oil, ghee with pippalyadi kashay, use of fat in diet.^[19]

Sadharan desh (ordinary, neither humid nor dry place) - neither oleaginous nor dry diet.^[20]

Videshi & mlenccha - blood, meat, yush, rhizomes, roots and fruits.^[21]

Clinical importance of Sutika Aahar

1. Due to labour pains and loss of blood and body fluids, Sutika suffers from agni mandya. Therefore agni vardhak diet is advised.
2. Mandapaan, yavagupaan to maintain fluid loss.
3. Snehapaan increases agni which is necessary for a proper breast milk production.
4. Laghuanna, yava, kol, yusha, etc replenishes dhatu & helps regain prepregnancy state.
5. Shaliparni, pippalyadi, madhur dravyas acts as dhatuwardhak.
6. Meet diet to satisfy increase demand of proteins and oil iron, etc.
7. Eating nutritious and healthy food is important for breast milk production. Because what mother eats, transfers to her baby through breast milk.

DISCUSSION

Loss of blood and body fluids, placenta removal, makes birth process complicated. Thus sutika aahar helps to achieve pre-pregnancy level body functioning, increase breast milk production, involution of uterus as well as pelvic organs, healing of vaginal wound, balvrudhi.

CONCLUSION - Various dietary regimes in Ayurvedic literature are scientific and helps to avoid diseases and ailments.

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