

CONCEPT OF *SUTIKA* AND *SUTIKA PARICHARYA* ACCORDING TO VARIOUS *SAMHITAS*: AYURVEDIC REVIEW

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ABSTRACT

Ayurveda calls postnatal period as *Sutika Kala* and specific care of mother during this period comes under the heading of *Sutika Paricharya*. Since after delivery women loses her strength and becomes weak, therefore Ayurveda prescribed special care to restore optimal health. The dietary and daily routine prescribed in *Sutika Paricharya* also helps to prevent consequences of *Sutika Roga*. *Sutika Paricharya* helps to manage proper supply of nutrition, prevent aggravation of *Vata* and restore *Dhatu*s. *Sutika Paricharya* aims towards the achievement of *Dhatu Pratipurnata*, replenishment of body tissues, stabilization of bodily functions and *Sanchita Rudhira Yoni*. *Acharyas* have recommended specific *Ahara*, *Vihara*, *Aushadhi*, *Yogasana* and *Pathya-Apathya* for *Sutika Paricharya*. *Shatavari*, *Dashamoola Kashaya*, *Abhyanga*, *Pinda Sweda*, light and digestible diets are major approaches of this concept along with stress free environment and proper rest. This Ayurvedic review explores concept of *Sutika* and *Sutika Paricharya* according to Various *Samhitas*.

KEYWORDS: *Ayurveda*, *Paricharya*, *Sutika*, *Pregnant*, *Women*.

INTRODUCTION

Motherhood is considered as a changeover period for woman, therefore medical science specially Ayurveda gives great importance to this period for providing pre and post-natal care. This period witnesses *Shunya Sharira*, *Sithila Shareera*, *Pravahana Vedana* and *Agni Mandya*, etc. This period requires special care to manage complications of *Dhatu Kshaya* and preventing *Sutika Rogas*. If proper care not taken during this period the complications sometimes becomes incurable. In this regards Ayurveda described different terms as *Sutika*, *Sutika Kala* and *Sutika Paricharya*.^[1-4]

- ✓ The term *Sutika* in Ayurveda is used for postpartum woman and this is considered just after delivering and expelling placenta.
- ✓ The term *Sutika Kala* is refers to the post-natal period (Approx. 45 days after delivery). *Sutika Kala* is very important period since particular care of women is required for achieving optimal health. Proper care during this period helps to avoid complications of post delivery. The individualized care and attention during postpartum period (*Sutika Kala*) helps to restore health and enhances vitality.

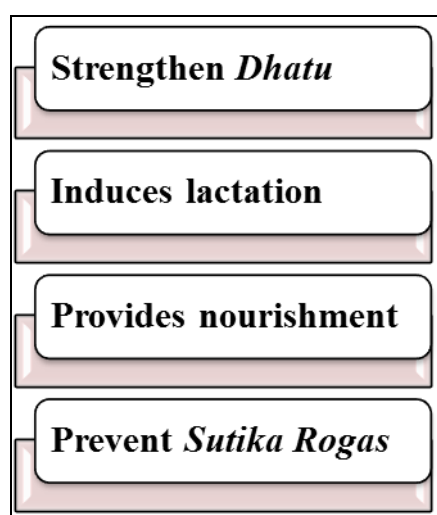
This period is considered importance for the recovery of mother and avoidance in health care may leads severe consequences.

- ✓ The term *Sutika Paricharya* referred to the guideline or daily and dietary regimen that are to be followed during *Sutika Kala* for restoring normal health condition of mother. This regimen focuses on approaches which calm *Vata Dosha* and strengthen *Dhatu*s. Nourishing foods, light & digestible diet, consumption of *Shatavari* & *Dashamoola*, practices of *Abhyanga* and *Pinda Sweda* ensure muscle recovery and general well-being. Herbal fomentation, rest and reduction in stress provide long term benefits. Thus *Sutika Paricharya* ensures optimal recovery of the mother post-delivery.

During *Sutika Kala* the *Agni* becomes *Manda*, thus administration of *Brimhana* and *Agni Deepana* drugs may offers several therapeutic benefits.^[4-7] The general *Ahara*, *Vihara* and *Pathya* considerations of *Sutika Paricharya* is depicted in **Table 1**. The health benefits of *Sutika Paricharya* are depicted in **Figure 1**.^[8-10]

Table 1: General guidelines of *Sutika Paricharya*.

Practices	Descriptions
Ahara	Light and easily digestible foods, <i>Yava</i> , <i>Kola</i> , and <i>Laghu Annapana</i> to rejuvenate <i>Dhatu</i> . In later stage <i>Mamsa Rasa</i> with <i>Madhura Dravyas</i> and <i>Brimhaniya Dravyas</i> to tissue regeneration and lactation purpose.
Vihara	<i>Abhyanga</i> with <i>Taila</i> to balance <i>Vata Dosha</i> . <i>Udar Patta Bandhana</i> to repair abdominal muscles. <i>Parisheka</i> with <i>Vatahara</i> herbs to relieve pain. <i>Dhupana</i> with <i>Guggulu</i> and <i>Kustha</i> for antiseptic effect.
Pathya	Bathing with warm water Proper rest and sleep Drinking boiled water Pelvic exercises
Apathya	Excessive exercise and stress Sexual intercourse Exposure to cold and wind <i>Panchakarma</i>

**Figure 1: General health benefits of *Sutika Paricharya*.*****Sutika Paricharya* According to *Charaka Samhita*^[3]**

- ✓ Ahara includes liquid rice gruel with *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Sunthi* and *Brihmana* drug.
- ✓ Vihar may include *Abhyanga* with *Taila*, wrapping the abdomen with cloth and bathing with lukewarm water.
- ✓ Aushadhi includes administration of *Sarpi*, *Taila*, *Majja* with *Pippali* and *Chitraka*.

***Sutika Paricharya* According to *Sushruta Samhita*^[2]**

- ✓ Ahara includes *Snehayavagu* or *Kshirayavagu* of drugs of *Vidurigandhadi Gana* for initials days. Soup of animals with *Yava*, *Kola* and *Kulattha*.
- ✓ Vihar includes *Abhyanga* with *Bala Taila* and bathing with decoctions of *Bhadradaru*.
- ✓ Aushadhi includes preparations of *Chavya*, *Chitraka* and *Shringavera* with *Ushnagudodaka*.

***Sutika Paricharya* According to *Ashtanga Sangraha*^[4]**

- ✓ Ahara include *Yavagu* with *Vidaryadi Gana* drugs for first few days; that after soups of *Yava* and

Kulattha till can be recommended for upcoming days.

- ✓ Vihar includes *Abhyanga* with *Taila*, *Udarveshtana* and bathing with medicated water.
- ✓ According to *Ashtanga Sangraha* in *Sutika Paricharya* various *Aushadhi* can be recommended such as; *Panchakola*, *Yavani* and *Chitraka*, etc.

***Sutika Paricharya* According to *Ashtanga Hridaya*^[6]**

- ✓ Ahara may include *Panchakola Siddha Peya* for initial days followed by *Vidaryadi Kwatha* gruel, *Brimhana* diet and meat soups.
- ✓ Vihar involve *Yoni* massage.
- ✓ Aushadhi may be administered such as; *Ghritha* medicated with *Panchakola* herbs along with *Ushnagudodaka*.

***Sutika Paricharya* According to *Kashyapa Samhita*^[5]**

- ✓ Ahara may be given like liquid gruel with *Nagara* followed by gruel with mild fat and meat soup, *Kushmanda* and cooked *Shali* rice, etc.
- ✓ Lifestyle guidelines are massage of abdomen, sudation with medicines, fumigation using *Kushtai* and *Guggulu*.
- ✓ Medicines may be given such as *Nagara* and *Haritaki* along with preparations of *Jaggery*.

***Sutika Paricharya* According to *Aushadha Samhita of Harita*^[8]**

- ✓ Ahara includes *Ushna Kulattha Yusha* initially and *Panchakola Yavagu* followed by *Shali* cooked rice.
- ✓ Vihar may include vaginal massage, followed by sudation with water.
- ✓ Aushadhi may be administered in the form of decoctions with *Lodhra* and *Arjuna*. *Haritaki* with *jaggery* also recommended.

CONCLUSION

The regimens prescribed for *Sutika* are based on some scientific principles and theories of Ayurveda. Consideration of guideline of *Sutika Paricharya* helps to achieve *Dhatu Paripurnatva*, *Stanya Vriddhi* and

Garbhashaya Shuddhi. Sutika Paricharya helps to avoiding postnatal complications and promoting general recovery. These approaches aim towards *Vata shamana*, *Agni Deepana* and *Pachana* effects. Approaches of *Sutika Paricharya* stimulate lactation, bring *Yoni shuddhi*, remove uterine impurities and cleanse gastrointestinal tract, etc. Ayurveda *Samhitas* presented regimens for proper post-delivery care and recovery. These regimens include dietary and lifestyle guidelines along with natural remedies. The practice of *Sutika Paricharya* provides long term health benefits and nourishment of body tissues to achieve *Dhatu pusti*.

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