

## Sutika Paricharya - Post Natal Care in Ayurveda

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### ABSTRACT

Acharya Kashyapa states that "Ek Shita Pado Bhaved Anyo Yamakshye," which implies that a mother's life is in danger during labour, with one leg on earth and the other in hell. This is because the change of a woman from pregnancy to motherhood involves tremendous physical exertion during birth. After the baby deliver and Once the placenta of women is expelled the women is termed as Sutika. Sutika Paricharya includes the regimen that helps the women to regain her vitality and helps her body to revert back in pre-pregnant state. Three factors have been emphasized that is dhatu Pratipurnata, Sharira Samavasthita, Sanchita Rudhira Yoni for which Acharyas have mentioned certain Ahara, Vihara, Aushadi, Yogasana, some Pathya and Apathya. There are more cases of Katishool, Daurbalya, etc., and the women become severely physically and psychologically crippled after giving birth. A Sutika body cannot tolerate strong Agnimandya and Vataprakopa if the doshas are vitiated. A Sutika body cannot tolerate strong Agnimandya and Vataprakopa if the doshas are vitiated. It will lead to 64 Sutika Rogas. So, to prevent Sutikaroga proper care of Aahar and Vihar of Sutika is important. This care is termed as Sutika Paricharya.

**Key words:** Sutika, Sutika Paricharya, Sutika Roga

### AIM AND OBJECTIVES

To review the literature on Sutika, Sutika Kala, Sutika Samanya & Vishista Paricharya, Pathya & Apathya with

Clinical significance of Sutika Paricharya.

### MATERIALS AND METHODS

It is a conceptual study. Data on Sutika Paricharya is gathered from classics and organised in a systematic manner. After childbirth a woman's Agni (digestive power) is weakened and needs to be rekindled and nurtured.

### Definitions

Sutika: A woman who has just given birth to a child Followed by expulsion of the placenta is called as Sutika.[1]

Sutika Kala

According to different Acharyas  
Implication of Sutika Kala

- In normal uncomplicated delivery 45 days is well accepted period of Sutikavastha.
- Pathya based on Ahar Vihar
- One of the criteria being Artava Darshana.
- 4 months duration is necessary for in cases of Prasutivyapad & for Doshasto return normal state.
- 4 months of sutikavastha is also considered after Delivery of Mudha Garbha.

Samanya Sutika Paricharya[11]

Abhyanaga – massage with Ksheera Bala Taila and Swedana. This wrapping procedure helps in Compression of abdomen. Abhyanga is a Vatashamak Procedure.

Sudation of Yoni – puerperal woman should always sit

In small chair covered with leather bag filled with hot Bala Taila. With this her Yoni becomes healthy.

Literature	Time Period
Charaka	Not specified
Sushruta	1½ month or until next Rajodarshan
Ashtanga Sangraha	1½ month or until next Rajodarshan
Ashtanga Hridaya	1½ month or until next Rajodarshan
Bhavaprakasha	1½ month or until next Rajodarshan
Yogaratanakara	1½ month or until next Rajodarshan
Kashyapa <sup>[5]</sup>	6 months

Prasuta Snana – Hot water bath in morning & evening.

Udara Abhyanga – upto one-month Udara Abhyanga With Ghrita or Bala Tail, cloth Sweda, hot water bath is

Necessary.

General principles of treatment for puerperal

Disorders[12]

- Aetiological factors should be avoided
- Woman should be given Snehana & Swedana which Suppresses Vayu. Sutika should take rice-gruel treated with appetizing drug.
- Sutika should be treated with Snehana, decoction

Prepared with Madhura, Vatahara, Jivaniya, Brumhaniya drugs along with specific dietetics.

Aahar Yojna in Sutik Paricharya

1. Snehapana: Sneha (Ghrita, Tail, Vasa, Majja) is mixed with Churna like Pipalli, Pippalimoola, Chavya, Chitraka.
2. Snehayavagu or Ksheeryavagu: Vidarigandhadi

Dravya Sadhit Sneha Yavagu or Ksheeryavagu

3. Manda, Peya, Yavagu, Yusha
4. Garbhashayshodhana: Panchakola and Usna guda-Odak

Pathya

Sutika must bath with hot water or warm water only

Must drink boiled water

Must take adequate sleep.

Udaravesthana should be done.

Abhyanga should be done with lukewarm oils

Vegetables like Kushmanda (pumpkin), Mulak (radish)

Must be stirfried in ghee and used.

Apathya

Vyayaam, Krodh, Maithun, Shital Jal, Shital Vayu, Diwaswap, Aatapsevana, Panchakarma.

Benefits of Sutika Paricharya are she attains all the Lost things & reaches her pre-pregnancy stage[16]

- Effect of Nasya or sternutatory drugs is anorexia, Bodyache, emaciation etc.[17]

## DISCUSSION

The speciality of giving birth to a child made a woman usually for her creative point of view in the life. In sutika Kala, proper Sutika Paricharya cause complete involution of uterus and other pelvic organ, so that they reach to their pre pregnant state. Aim of Puerperium is to maintain maternal and infant health Preventing any complication and to establish infant feeding. Abhyanga have been described in all most All of Ayurvedic classics. Abhyanga causes toning

up of muscles of pelvic floor, abdomen, back and vagina.

Ayurveda advocates Bala oil (sida cardifolia), Dasmoola oil, sesamum oil for Abhyanga during Postnatal period. Abhyanga can prevent the Thrombosis because rubbing and friction during massage dilate superficial blood vessel and thus improves venous blood flow. Vaginal massage facilitates proper drainage of Lochia i.e. vaginal secretion, pacifies Apana Vata and tones up vagina.[24] Swedana for Sutika has been described by Acharya Sushruta, Kashyapa, Harita and Yogaratnakar. Since Swedana is having the property of Vatashamana, hence it is beneficial during Sutika Kala where Vata is vitiated. In general all the texts have advised massage, oral administration of fat with drugs And decoction for 3-7 days after delivery.[25]

## CONCLUSION

As Sutika Kala is a critical period for women, it needs A proper management and care with specific diet, Mode of life and Aushadi. In Sutika Kala there is Vitiating of Vata, therefore it is most advisable to take Vata Shamaka drugs. During Sutika Kala, woman Needs a special management and care for proper and Healthy growth of new born baby as well as for Maintenance of her own health.

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