



Sutika Paricharya and its importance

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ABSTRACT

A woman is always given importance in *Ayurveda* by elucidating care at every phase of her life in respect of *Rajaswala paricharya* (menstrual care), *Garbhini Paricharya* (Ante Natal Care), and *Sutika Paricharya* (Post natal Care). In *Ayurveda*, the term *Sutika* (Puerperal women) can be used only after expulsion of placenta.^[1] Puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to pre pregnant state; both anatomically and physiologically.^[2] Due to development of foetus, instability of body tissues, exertion of labour pains and excretion of moisture and blood, woman becomes very weak. After following proper puerperal care, woman regains all the lost energy and reaches to pre-pregnant status.^[3]

AIMS :

To review the literature of *Sutika*, *Sutika Kaala*, *Sutika samanya* and *vishishtha Paricharya*, *pathya* and *apathya* with importance of *Sutika paricharya*.

MATERIAL AND METHODS :

It is a conceptual study and data on *sutika paricharya* is collected from various *samhitas*. Clinical importance of *Sutika paricharya* is also reviewed. Basic principle of *sutika paricharya* is mentioned. After explaining *Sutika*, *Sutika kaala*, *sutika samanya* and *vishishtha paricharya & its pathya* and *apathya* is elaborated according to different *samhitas*

RESULTS :

Sutika who becomes weak due to development of foetus, loss of *Dhatus*, excretion of *Kleda*, blood and exhaustion due to labour pains regains her pre-pregnant state by following this *Paricharya*.

CONCLUSION :

Thousands of years ago, *Ayurveda* described diets and regimens in *Sutika Kaala* is totally scientific. After following *Sutika Paricharya*, *Sutika* can achieve *Garbhashyashuddhi*, *Dhatu paripurnatva* and *Sthanya vridhhi* and avoid post natal complications.

Key Words : *Sutika, Sutika Paricharya, Ayurveda, Puerperium*

INTRODUCTION

A woman is always given importance in *Ayurveda* by elucidating care at every phase of her life in respect of *Rajaswala paricharya* (menstrual care), *Garbhini Paricharya* (Ante Natal Care), and *Sutika Paricharya* (Post natal Care). In *Ayurveda*, the term *Sutika* (Puerperal women) can be used only after expulsion of placenta.^[1] As per modern medical science the puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to pre-pregnant state ;both anatomically and physiologically.^[2] Post natal care is a period following child birth which can be co-related with *Sutika Paricharya* as given in *Ayurveda*. In this period, recovery of the women after delivery and educate her for proper care of baby is done.

Due to development of fetus, instability of body tissues, exertion of labour pains and excretion of moisture and blood, woman becomes very weak. After following proper purperial care, woman regains all the lost energy and reaches to pre-pregnant status.^[3] *Mithyaachar* (inappropriate physical and mental behavior) in this period definitely results in incurable diseases or diseases which are difficult to cure.^[4] It is said in ayurveda about 74 types of diseases can occur in this period if not properly managed.^[5] So ayurveda has advised a specific diet and life style regimen called *Sutika Paricharya* to prevent further

complications and restore the health of mother.

AIMS AND OBJECTIVES:

To review the literature of *Sutika, Sutika Kaala, Sutika samanya* and *vishishta Paricharya, pathya* and *apathya* with clinical importance of *Sutika paricharya*.

MATERIAL AND METHODS:

It is a conceptual study. Data on *Sutika Paricharya* is gathered from classical books and organised in a systematic manner.

When it comes to the postpartum care, *Ayurveda* suggests women should be treated with warmth, wetness and unctuousness as part of their therapy. This purpose can be achieved by rectifying food preparations according to the imbalance of *Dosha*, keeping the home warmer, providing appropriate rest and by administering daily peaceful massage with warm oil. Food preparations advised are aimed at supporting digestion, restoration and lactation. After childbirth a woman's digestive *agni* is weakened and needs to be rekindled and nurtured. *Ayurveda* focuses on foods that are warm, wet, oily, and have sweet, sour and salty tastes, to bring equilibrium of *Vata*.

- **Sutika** : A woman who has just given birth to a child followed by expulsion of the placenta is known as *Sutika*.^[1]

Puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to



pre pregnant state;both anatomically and physiologically.^[2]

● **SUTIKA KAALA (Duration of post natal phase):**

According to different *Acharyas*

Ayurvedic Classical Text	Sutika Kaala
<i>Sushruta Samhita</i>	1 ^{1/2} month or until next <i>rajodarshan</i> ^[6]
<i>Kashyapa Samhita</i>	6 months ^[7]
<i>Ashtanga Hridaya</i>	1 ^{1/2} month or until next <i>rajodarshan</i> ^[8]
<i>Yogaratanakara</i>	1 month ^[9]
<i>Bhavprakasha</i>	Same as <i>Sushruta Samhita</i> i.e. 1 ^{1/2} month and also added that following subsidence of complication and aggravation of <i>Doshas</i> , woman should give up specific mode of life following 4 months. ^[10]

There are different opinions about *Sutika kaala*,ranging from 6 weeks to 6 months and some also believe it lasts until next *rajodarshan*.

Puerperium begins as soon as the placenta is expelled and lasts for approximately 6 weeks. The period is divided into:^[11]

1. Immediate - within 24 hours
2. Early - Upto 7 days
3. Remote - upto 6 weeks

● **SUTIKA PARICHARYA :**

A care of the woman during puerperium comes under the heading of

Sutika Paricharya. Its principles are given as follows:

1) *Vatashamana*

2) *Agnideepana*

3) *Pachana*

4) *Raktavardhaka*

5) *Stanyavardhaka*

6) *Yonisanrakshaka*

7) *Garbhashayashodhaka*,

8) *Kostashodaka*

9) *Dhatupusti, Balya*

❖ ***Samanya Paricharya***

1) ***Manidhaaran for Puerperal Women :***

The *Sutika* should fix amulet of *trivruta* (*Operculina turpethum*) over her head. It is sort of psychological support to her. Thus may protect her from harmful things.^[12]

2) ***Bath for sutika (Prasuta Snana):***

According to the rituals of family the bathing ceremony of puerperal women should be performed on 10th or 12th day after delivery.^[13]

3) ***Paricharya***

According to *Charak Samhita*^[14]:

<i>Aahara</i>	<i>Vihara</i>
<i>Snehapana</i> and <i>yavagupana</i> which is medicated with <i>pippali</i> (piper longum), <i>pippalimoola</i> (piper longum's root), <i>chavya</i> (piper retrofractum), <i>chitraka</i> (plumbago)	<i>Abhyanga</i> of abdomen with <i>taila</i> or <i>ghrita</i> . <i>Udarveshtana</i> with a big clean cloth. <i>Parisheka</i> (Irrigation) with luke warm water.



<p>zeylanica), <i>shunthi</i> (zinziber officinale) for 5-7 days after delivery. <i>Anupana - Ushna Jala</i>. Use of <i>Brihagana</i> drugs from 6th or 8th day.</p>	
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According to *Sushruta Samhita* ^[15]:

Aahara	Vihara
<p><i>Pippali</i> (piper longum), <i>pippalimoola</i> (piper longum's root), <i>chavya</i> (piper retrofractum), <i>chitraka</i> (plumbago zeylanica), <i>Hastipippali</i> and <i>Shrinagvera</i> (ziziber officinale) <i>Churna</i> with <i>Anupana</i> as <i>ushna gudodak</i> (warm jaggery water) for 2 or 3 days. <i>Sneha yavagu</i> or <i>Kshara Yavagu</i> saturated with drugs of <i>vidarigandhadi Gana</i> (<i>Desmodium gangetium</i> etc.) from 3rd or 4th to 6th or 7th days. Meat soup of wild animal saturated with <i>Yava</i> (<i>Vulgaris sativus</i>), <i>Kola</i> (<i>Ziziphus maurititana</i>), <i>Kulattha</i> (<i>Doolichos biflours</i>) with cooked <i>shali</i> rice from 7th or 8th day of <i>Sutika Kaala</i>.</p>	<p><i>Abhyanga</i> with <i>Bala taila</i> (<i>Sida cordifolia</i>). <i>Parishek</i> (Irrigation) with decoction of <i>Bhadradaru</i> (<i>Cedrus deodara</i>) etc. Drugs capable of suppressing the Vata.</p>



According to *Ashtangasangraha Samhita* ^[16]:

Aahara	Vihara
<p>Liquid <i>Yavagu</i> prepared with either milk or <i>Vidaryadi Gana</i> (<i>pueraria tuberosa</i> etc.) drugs for 3,5 or 7 days. Light diet with soup of <i>yava</i> (<i>Vulgaris sativus</i>), <i>Kola</i> (<i>Ziziphus maurititana</i>), <i>Kulattha</i> (<i>Doolichos biflours</i>) from 4th, 6th or 8th day to 12th day. Meat soup of wild animals, agreeable diet from 13th to <i>Sutika kaala</i>.</p>	<p><i>Abhyanga</i> with <i>bala taila</i> (<i>Sida cordifolia</i>). <i>Udarveshtana</i> After massage of abdomen with <i>Taila</i> or <i>Ghritha</i>. <i>Parisheka</i> with luke warm water. Massage unguent irrigation and bathing with <i>jivaniya</i> and <i>brimhaniya, madhura</i> and <i>vatahara</i> drugs.</p>

According to *Ashtangahridaya Samhita* ^[17]:

Aahara	Vihara
<p><i>Taila</i> or <i>Ghritha</i> with <i>Panchakola</i> (piper longum, piper longum's root, piper retrofractum, plumbago zeylanica, zinziber officinale) <i>churna</i> with <i>Anupana</i> as <i>Ushna gudodaka</i> (warm jaggery water) for 2 or 3 days. <i>Panchakola Siddha Peya</i> for First 3 days. <i>Vidaryadi Gana Kwatha Siddha Snehayukta Yavagu</i> or <i>Kshira Yavagu</i> from 4th - 7th day, after that gradually <i>brimhana</i> diet from 8th - 12th day, meat soup should be used.</p>	<p><i>Abhyanga</i> with <i>bala taila</i> (<i>Sida cordifolia</i>). <i>Udarveshtana</i> After massage of abdomen with <i>Taila</i> or <i>Ghritha</i>. <i>Parisheka</i> with luke warm water. Massage unguent irrigation and bathing of body along with <i>Yoni</i> with <i>jivaniya</i> and <i>brimhaniya, madhura</i> and <i>vatahara</i> drugs.</p>

According to *Kashyapa Samhita* ^[18]:

Aahara	Vihara
<p><i>Snehapana</i> according to <i>Satmya</i> with <i>anupana</i> as <i>Manda</i> for 3 or 5 days</p> <p><i>Pippali</i> (piper longum), <i>Naagar</i> (ziziber officinale) <i>Yukta Yavagu</i> for first 3 to 5 days, then <i>sasnehalavana yavagu</i>, then <i>sasnehalavana amla Yukta Kullattha</i> (<i>Dolichos biflorus</i>). <i>Yusha</i> with meat soup of wild animals and <i>Ghritabrishta Kushmand</i> (<i>Benincasa hispida</i>) and <i>Moolaka</i> (<i>Raphanus sativus</i>).</p>	<p>Massage of back, pressure of abdomen and flanks, then <i>Udarveshtana</i>. Sitting over a small chair covered with leather bag filled with hot <i>Bala taila</i> (<i>Sida cordifolia</i>), then Sudation in the <i>Yoni</i> with oleo prepared with <i>Priyangu</i> (<i>Callicarpa macrophylla</i>) etc. Hot water bath after proper sudation, fumigation with <i>Kushtha</i> (<i>Saussurea lappa</i>), <i>Guggulu</i> (<i>comiphora mukul</i>) and <i>Agaru</i> (<i>Aquilaria agallocha</i>) mixed with <i>Ghrita</i>.</p>

According to *Harita Samhita* ^[19]:

Aahara	Vihara
<p><i>Ushna Kulattha</i> (<i>Dolichos biflorus</i>) <i>Yusha</i> on 2nd day, <i>Panchakola</i>, <i>Yavagu</i> on 3rd day, <i>Chaturjataka</i> (<i>cinnamomum zeylanicum</i>, <i>Elettaria cardmomum</i>, leaves of <i>cinnamomum zeylanicum</i>, <i>mesua ferrea</i>) mixed <i>yavagu</i> on 4th day, cooked rice of <i>shali</i> or <i>shastika</i> on 5th day.</p>	<p>Vaginal filling with oil and massage following by sudation with hot water.</p>

❖ **VISHISTHA PARICHARYA.**^[20]

It is given on the basis of *Desha* and sex of child

According to *Desha*:

Desha	Aahara	Vihara
<i>AnupaDesha</i>	1) <i>Mandaprayoga</i> with <i>agni-balavardhaka dravya</i> 2) <i>Ushnadravayas evana</i>	<i>Swedana NivataShayana</i>
<i>JangalDesha</i> 3-5 days	<i>Snehopachara</i>	<i>Snehopachara</i>
<i>Sadharana Desha</i>	Neither too <i>snehan dravyas</i> nor <i>rukshadravyas</i>	
<i>VideshaJati</i>	<i>Rakta</i> , <i>Mamsaniryuha</i> , <i>Kandamoola</i> , <i>Phala</i>	

According to sex of child:

Sex of child	Pathya
Male	<i>Tailapana</i> <i>Deepaniyaaushadhisamsakritayav agupana</i>
Female	<i>Ghritapana</i> <i>Deepaniyaaushadhisamsakritayav agupana</i>

Pathya And Apathya:^[21]

Pathya:

1) *Sutika* should have bath with warm water.

2) *Sutika* should have boiled water for drinking.

- 3) *Sutika* should have adequate sleep.
- 4) *Sutika* should do *udarveshthana* regularly.
- 5) *Sutika* should have *hitakaraka ahara* and *vihara*.
- 6) Luke warm oils should be used for *Abhyanga* and luke warm water should be used for *Parisheka*, *Avagahana*
- 7) Everyday *snehana* and *swedana* must be done.

Apathya :

- 1) Cold water, cold wind and cold things.
- 2) Sexual intercourse
- 3) Physical and mental Stress.
- 4) Contra-indication of *Panchakarma* for *Sutika*
 - A) Due to *Nasya Karma*, emaciation, anorexia, body ache would occur in *sutika*
 - B) Due to administration of *Asthapana basti*, *amadasha* of *sutika* would be increased.
- 5) Excessive exercise.
- 6) Anger, Fear and Depression.
- 7) *Atapasevana* and *divaswapa*.

Importance of *sutika paricharya* :

- 1) *Snehana* is *vatashamaka*.
- 2) *Uttama Stanya* is produced by *Uttama Rasa* which depends on the quality of *agni*.
- 3) There is *agnimandya* in *Sutika* so *agni deepana* is the basic need of treatment for

few days immediately after delivery, which is done before giving *brimahana* drugs. *Agnivardhaka* drugs are first given to *Sutika* After delivery.

4) Use of *mamsa rasa* and *brimhaniya* dravyas like *jeeviniya*, *brimhaniya* or *madhura dravyas* acts as *dhatuwardhaka* and it helps to maintain proper lactation.

5) *Yava*, *Kola laghu annapana* is advised for 5 days as this helps to replenish *Dhatu*.

6) *Bala taila* is advised in *nyubja* position for *Abhyanga* which might help in suppressing *vata*.

7) *Kwatha* prepared by *vatahara dravyas* for *parishechana* act as *Vedanahara* and *kledahara*.

8) *Dhupana* as *rakshaghna* and *vedanahara* is mentioned and *kushtha*, *suggulu* and *agaru* is used.

9) To prevent problems during *Sutika kaala* such as as UTI, Thirst, Anxiety, backache, anger, disturbed sleep, depression, etc.

10) *Udarpattabandhana*- wrapping abdomen with long and clean cloth which helps abdomen to retrieve its normal position and then there is no accumulation of *vata* in vacant place.

Discussion :

1) ***Abhyanga***: *Abhyanga* given to *Sutika* may be *Sthanika* (*udara* or *yoni*) or *arvadaihika* with the help of *Ghrita* and *Taila* especially with *BalaTaila* which is *atasanshamaka*, *Rasayana* to *Mamsadhathu*; *Shramahara*. *Abhyanga* tones up the pelvic floor, abdominal, back muscle, tissues and relieve the muscle spasm. It also elps in recovery



from soft tissue injury by increased circulation. Improves the digestion, increases red blood cells & prevents anaemia. It prevents thrombosis by rubbing & friction improves the venous blood flow by dilating superficial blood vessels.

Abhyanga at lower back helps for proper drainage of lochia. *Yoni Abhyanga* tones up vagina and perineum and prevents laxity and prolapse, alleviates pain and heals aginal and perineal wounds.

2) **Parisheka & Avagaha:** *Parisheka* is pouring hot water in a stream, it is *atakaphahara*, *vedanahara*, does *agnideepti*, *twakaprasannata*, *srotoniramalata*, so that abnormal blood clots accumulated in uterine cavity after the delivery of *Garbha* excreted properly and *VataDosh*a also subsides.

3) **Udaraveshtana (Pattabandana):** It prevents vitiation of *vata*dosh*a* by compressing hollow space produced after expulsion of foetus. Abdomen should be tightly wrapped with long cotton cloth after bath. It provides support to the back & abdomen. It mainly helps the uterus to shrink back to its normal size. Also helps to straighten back after pregnancy, improving posture

4) **Yonidhupana:** Vaginal defence is lowered due to hypoenestrogenic state and patient is prone for infection. *Dhupana* will maintain the hygiene of the perineum. It keeps perineum healthy, hastens its healing process. The drugs used like *kusta*, *agaru*, *ggulu* have the properties like *jantugna*, *kandugna*, *shothahara*, *vranashodhana*, *ropana*. In *Yonipindana* vagina is advised to cover completely.

This restricts entry of *Vata* and prevents vagina from various infections.

RESULTS:

Sutika who becomes weak due to development of foetus, loss of *Dhatu*s, excretion of *Kleda*, blood and exhaustion due to labour pains regains her pre-pregnant state by following this *Paricharya*. And we can summarize post natal care in *Ayurveda* as follows:

1. It strengthens and improves digestion
2. It increases emotional steadiness, psychological alertness and apparent thinking.
3. It tones muscles, calms nerves and greases all joints.
4. It helps woman's body to get back into her normal shape.
5. Effortless lactation and more restful feeding.

CONCLUSION:

Thousands of years ago, *Ayurveda* described diets and regimens in *Sutika Kaala* is totally scientific. After following *Sutika Paricharya*, *Sutika* can achieve *Garbhashyashuddhi*, *Dhatu paripurnatva* and *Sthanya vridhhi* and avoid post natal complications. After a thorough review of various classical texts, it can be easily concluded that *Ayurveda* has executed *Sutika Paricharya* in a meticulous fashion focusing on every aspect required to nurture and replenish the health of woman and avoid post-partum complications.



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