

**Applied Aspect of Sutika Parichary****Dr.Shivaleela\* Dr.Shridevi.Reddi\*\* Dr.Sunitha.siddesh\*\*\***<sup>1</sup>PG Scholar, Dept. of PG Studies in PTSR, SKAMCH & RC, RGUHS, Bangalore, Karnataka, India.<sup>2</sup>PG Scholar, Dept. of PG Studies in PTSR, SKAMCH & RC, RGUHS, Bangalore, Karnataka, India.<sup>3</sup>Lecturer, Dept. of PG studies in PTSR, SKAMCH & RC, RGUHS, Bangalore, Karnataka, India.<sup>4</sup>Professor, Dept. of PG studies in PTSR, SKAMCH & RC, RGUHS, Bangalore, Karnataka, India.**Corresponding Author:** Dr.Shivaleela, PG Scholar, Dept. of PG Studies in PTSR, SKAMCH & RC, RGUHS, Bangalore, Karnataka, India.**Conflicts of Interest:** Nil**Abstract**

The main aim of ayurveda is “swasthasya swasthya rakshanam aaturasya vikara prashamanam cha”. Regimens like Dinacharya, Ritucharya, Sadvrutta are explained in our classics to maintain health of the individual. In the same way Ayurveda has also given importance to protect & strengthen woman at every stage of her life with respect to Rajaswalacharya, Garbhini Paricharya & Sutika Paricharya. Acharya Kashyapa explains the stage of Prasava as one of the difficult processes where one foot of the woman is situated in this loka and other in yama loka . During sutika avasta there is vitiation of vata , agnimandya, immunity & strength of the mother becomes weak hence she is more prone to diseases. Therefore care and management of woman is important.

**Keywords:** Sutikaparicharya, Dinacharya, Rutucharya, Vitiation of Vata, Agnimandhya.**Introduction**

In almost all the Samhitas, the Acharyas have mentioned that “A woman who has just given birth to a child followed by expulsion of the placenta is called Sutika<sup>1</sup>.

“सूतायाश्चापि तत्र स्यादपरा चेन्ना निर्गता ।

प्रसूताऽपि न सूता स्त्री भवत्येवं गते सति” ॥

Kasyapa says that after delivery if placenta is not expelled out completely that lady is not considered as Sutika. The woman is called Prasuta but not Sutika unless the placenta is expelled. Puerperium is the period following child birth during which the body tissue especially pelvic organs revert back to its normal state i.e. to the pre pregnant state both anatomically and physiologically. It is also considered as the fourth trimester i.e. It is the time from delivery until complete physiological involution and psychological adjustment. It includes systemic examination of the mother and baby and appropriate advice given to the mother during post partum period. Almost all *samhitas*, the *Acharyas* have mentioned the specific management of *sutika* only after the expulsion of placenta.

**Sutika Kala According To Different Acharyas<sup>2,3,4,5</sup>**

Charaka-not mentioned

Sushruta : 1<sup>1/2</sup> month or till reappears of her mensesVagbhata : 1<sup>1/2</sup> month

Kashyapa : 6 months

### Benefits of Sutika Pricharya <sup>6</sup>

एवं हि गर्भवृद्धिक्षपितशिथिलसर्वशरीरधतुप्रवाहणवेदना क्लेद रक्त निस्तृतविशेषशून्यशरीराच्चपुनर्नवीभवति।"

(अ.स.शा.3/35)

Though sutika is not a stage of illness, she should be taken for special consideration, to maintain the maternal health and to avoid complication . sutika paricharya helps for Garbhashaya shuddhi, Dhatu paripurnatha, stanya vriddhi, Punar naveekarana of ksheena & shithila shareera .The woman becomes weak or emaciated due to development of fetus sheethilata of sarva dhatu, due to pravahana loss of kleda & rakta takes place. With this regimen i.e. by following sutika paricharya properly she regains her health & reaches her pre-pregnancy stage.

### Bhaya And Abhyantara Prayoga In Sutika Paricharya

#### Bhaya Parayoga

- NYUBJA SHTITI : Helps in squeezing out the dusta rakta from garbhashay and prevents accumulation of vata in udara it should be done after delivery.
- ABHYANGA : To Relax the body, control of vata, tones up muscles of pelvic floor, abdomen, lowback, strengthens the body, increases blood flow. Abhyanga to be done by using Bala taila, vata hara taila.
- PARISHEKA : Pouring hot water or medicated kashaya in a stream so that it subsides vata dosha, sroto shodhana, removes vitiated blood accumulated in uterine cavity , improves circulation relieves pain.
- YONI DHOOPANA : Helps in relieving pain, inflammation due to local tear during delivery & acts as garbhashaya shodhaka ,sroto shodhaka, antiseptic, disinfectant. Drugs used - Kusta, Guggulu, Agaru.
- PATTA BANDHA : It provides excellent support to back and abdomen, prevents the presence of hollow space in abdomen, reduces discomfort. Hence abdomen should be tightly wrapped with cotton cloth for minimum 5-6 hrs. In case of caesarean delivery patta bandhana should not be done immediately after delivery .
- SWEDANA : It has properties of vata shamana , increases blood circulation, reduces inflammation, reduces numbness, stiffness, heaviness in the body.

Yoni swedana- it helps to relieve sthanika shotha, vedana sthapana.

Drugs used – priyanguvadi gana dravya.

#### Abhyantara Prayoga

DRAVYAS	ACTION
Snehapana	Alleviates vata dosha, Dhatu poshana, Ojaskara Agni deepana
Panchakola choorna with gudodaka	Garbhashaya shodhaka ,Garbhashaya sankochaka , removes dusta shonita

Shunti	Agnideepana,Shoola prashamana, Vedana stapana,Vatanulomana,Raktashodhaka
Yusha prepared with Kulattha	Agni deepana, Anulomana,Garbhashaya shodhana,Shotahara .
Ushna jala pana	Kapha medo anilaghna,deepan, sroto shodhana, agni deepana,basti shodhana
Yavagu prepared with vidarigandhadi gana dravyas	Tridosha nashaka , vatashamaka agni deepaka,laghu in nature so easily Digestable, shramahara relives angamarda
Manda , peya	Deepana, balya, stambhana, vatanulomana.
Laghu panchamoola drugs	Vataghna, pitta shamana, brahmanam.
Jangala Mamsa rasa	Dhatuvridhhi, ruchikara, balya, brihmana, vrana ropan, laghu in nature,

### Sutika Paricharya According To Acharya Kashyapa<sup>7</sup>

- According To Sex of Child

कुमारप्रसवे तैलं कुमारिप्रसवे घृतम्।

पिबेज्जीर्णे यवागूं च दीपनीयोपसंस्कृताम् ॥

पञ्चाहं सप्तरात्रं वा ततो मण्डाध्युपक्रमः ॥

(का.सं.खि.११/३२,३३)

If male baby delivered = Taila should be given

If female baby delivered = Ghrita should be given, After proper digestion of the sneha, administration of yavagu processed with deepaniya and pachaniya dravyas to be given for 5-7 days followed by manda should be advised.

- Mani Dharana

त्रैवृतं तु मणिं कृत्वा तं श्रोण्यां गर्भिणी सदा।

प्रजाता शिरसा राजन् धारयेत् कारयेत्तथ ॥

सूतिकाया तु विशेषेणरक्षोघ्नानि हितानि च।

(का.खि.१०/१८१)

It Has Properties Like Vatanulomana, Shothahara & Rakshoghna.

➤ According To Different Desha

Anupa Desha	Jangala Desha	Sadharana Desha
<ul style="list-style-type: none"><li>➤ Avoid abhishyandi &amp; sneha dravya</li><li>➤ Manda prayoga</li><li>➤ Advice Swedana</li><li>➤ Nivata shayana</li></ul>	<ul style="list-style-type: none"><li>➤ Predominance of vata &amp; pitta dosha</li><li>➤ Advice sneha dravya</li></ul>	<ul style="list-style-type: none"><li>➤ Neither excessive sneha dravya nor ruksha dravya</li></ul>

### Sutika Parichrya Avamananath

‘मिथ्याचारात् सूतिकाया यो व्याधिरुपजायते ।

स कृच्छ्रसाध्योऽसाध्यो वा भवेदत्यतर्पणात्’ ॥

(सु.शा.१०/१९)

Sutika should be in hygienic rituals & observation . If not following sutika paricharya in sutika kala then it may leads to so many diseases which are most of the time either difficult to cure or incurable. Because of Rakta nisruti, Dhatu, Agni, Bala kshaya, shareera shoonyata vitiation of vata takes place in her body.

During sutika kala if the lady indulges in mithya ahara and vihara then it leads to sutika vyadi which are kasta sadhya or asadya for treatment, so following sutika paricharya plays a major role in preventing the diseases during sutika kala and maintaining proper health<sup>8</sup>.

### Discussion

Sutika kala is the time period where complete involution of uterus & other pelvic organs occurs and she reaches to her pre pregnant state. All the acharyas have advised –Abhyanga, Swedana ,Yoni dhoopana, Snana, abhyantara Sneha pana, Yavagu pana , Mamsa rasa sevana and kashaya prepared with Madhura ,Balya and vatahara dravyas particularly in the present context for vatashamana, vedanastapana, Agni deepana, ama pachana, dhatu poshana & garbhashaya shodhana.During garbhini avastha there will be sithilatha of sarva dhatu & at the time of delivery dhoshadhatu kshaya, bala kshayaa, and agni mandhya can cause the sutika rogas. So to avoid these complications our acharyas explained about Sutika paricharya<sup>9</sup>. The care of pregnant women reflects on proper growth and development of the foetus & to get the healthy offspring. Hence our Acharyas have mentioned in detail systematic month wise regimen that should be followed by every women to avoid the complications during labour and purpureal period.Under the heading of Sutikaparicharya our Acharyas have explained in detail about sutikagara, sutikagara sangrahaneeya dravya and proper regimen to be followed during sutika kala, these are mainly concerned with Maintaining hygiene,Maintaining health of mother, Maintaining the proper nutritional status of the mother. And avoiding the complications and diseases during the puerperal period. The

entire concept of Sutika Paricharya revolves around two main factors i.e maintaining Psychological and Physiological equilibrium of both mother and child.

### Conclusion

Pregnancy & child birth are nature's gift, if proper dietary regimen and life style are not maintained during pregnancy & puerperal period, it may cause the complications to mother as well as foetus.

Ama dosha is responsible for sutika vikara. Hence classical text provides great importance to status of agni. Sutika paricharya basically involves preservation of agni taking into consideration of Desha, Kala, Vaya etc of patient.

गर्भवृद्धिक्षयितशितिलसर्वधातुत्वात्,

प्रवाहणवेदनाक्लेदनरक्तनिःस्तृतिविशेषशून्यशरिरत्वच्च;

भौतिकजीवनीयबृंहणीयमधुरवतहरसिद्धैरभंगोत्सादनपईषेकावगाहनान्नपानविधिभिर्विशेषतश्चोपचरेत्;

विशेषतो हि शून्यशरीरः स्त्रिः प्रजाता भवन्ति।

(च. शा.-८/४९)

Due to garbha vrudhhi there will be sarva dhatu kshaya, shareera sheethilata. Due to pravahana vedana (pain during labour), kleda & rakta srava during labour shareera becomes shoonya. Hence any disease that occurs in sutika is kricchra sadhya or asadhya. So to avoid these complications our Acharyas explained about Sutika paricharya. Thus prevention of diseases becomes fundamental principle. As in present era, Sutika paricharya is not followed as explained in classics either due to lack of time or lack of awareness. This has given rise to a series of complications which are increasing in number presently like menstrual disorders, obesity, etc. Paricharya contains specific treatment modalities and diet system which mainly controls Vata & improves agni. Hence following this systematically will give rise to a healthy mother<sup>10</sup>.

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