



SUTIKA PARICHARYA – AN APPROACH TO HEALTHY MOTHERHOOD

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ABSTRACT

There are different stages in a woman's life like Bala, Kumari, Rajomati, Yuvati, Proudha and Vridha. It is every woman's right to enjoy her every stage of life and for this Ayurveda has given detailed regimens to be followed during some of the most important stages of woman's life like Rajaswala Paricharya, Garbhadhana, Garbhini Paricharya and Sutika Paricharya. If these Paricharyas (regimens) are followed properly; a woman can enjoy healthy life to the fullest. Sutika avastha (Puerpera) is one of the beautiful stages of her life as its a wonderful feeling to be a mother. All her pains and exhaustions go off when she cuddles, hugs, feeds her little one. But during this period she also needs as much care as new born. Our Acharyas have given detailed SUTIKA PARICHARYA (puerperal regimen) so that the lady can become physically as well as psychologically fit during this period. During this stage there is dhatu kshaya, shaarira shaithilya, decrease in body strength and digestive power, vitiation of vata and diseases developing during this stage are incurable or difficult to cure and with all these factors woman needs to take care of herself and her baby; so she needs to be healthy and happy. Keeping this in mind our Acharyas have given importance to Sutika Paricharya which helps the puerpera in attaining her strength back and nourishing her child and by following it properly the woman attains her prepregnancy stage back.

KEYWORDS: Sutika Paricharya; Puerperium; Sutika Kal; Garbhini; Prasava.

INTRODUCTION

- **Sutika Nirukti** – Sutika word is derived from “ Sukta swardhe ka atdhutvam” & “ Stree, sadyah prasutayam striyam “ (Puerpera – Latin word means a woman undergoing puerperium)
- **Sutika Definition** – A woman is called Sutika after giving birth to a baby followed by apara patana

(expulsion of placenta). (Puerperium – Period following childbirth & after expulsion of placenta)

- **Sutika Kal** - according to different Acharyas

Sushruta	1 ½ months / Punartavadarshan (reappearace of menstruation)
Ashtang Sangrah	1 ½ months / Punartavadarshan
Ashtang Hridaya	1 ½ months / Punartavadarshan
Kashyapa	6 months
Yogratnakar	1 ½ months / Punartavadarshan / 4 months
Bhavprakash	1 ½ months / Punartavadarshan / 4 months
Sushruta , A.S. , A.H.	4 months after Moodhgarbha shalyodharna (after obstructed labour)

(Puerperium duration – begins as soon as placenta is expelled and lasts for approximately 6 weeks)

Factors responsible for reappearance of menstruation after delivery –

1. **Dhatupratipurnata** – replenishment of all seven Dhatus from Rasa to Shukra.

2. **Sharir samvasthita** – steadiness of the body; physical & psychological fitness.

3. **Sanchitam Rudhir Yoni** – blood collected in Uterine Dhamnis for whole month.

So after delivery the Ahara Rasa reaches the breasts and lactation starts immediately. (When Oestrogen & Progesterone are withdrawn following delivery. Prolactin begins its milk secretory activity in previously fully developed mammary glands). Remaining Rasa getting transformed in to blood circulating in whole body reaches the Yoni (Reproductive system). After attainment of replenishment of Dhatus and steadiness of

body, the blood accumulated in Yoni (Uterus) is discharged periodically. (Menstruation onset following delivery is variable and depends on lactation. In non lactating mothers menstruation returns by 6th week in 40% and by 12th week in 80% women. Increased Prolactin level inhibits ovarian response to FSH leading to Postpartum Amenorrhoea; suppresses the release of LH leading to Anovulation and decrease in GnRH secretion).

ACHARYA	AHARA	VIHARA
CHARAKA	<ol style="list-style-type: none"> 1. Pippali , pippalimula, chavya, chitraka , shrigavera (powdered)+ghrita/ taila/ vasa,/majja. 2. Ghritayukta Yavagu (medicated with pippali etc) 3. Brinhana dravyas(after 5-7days) 	<ol style="list-style-type: none"> 1. Udara Abhyanga (ghrita / taila) 2. Udaraveshtana 3. Ushnodaka parishechana
SUSHRUTA	<ol style="list-style-type: none"> 1. Vatahara aushadha (bhadradaaru etc) kwath pan 2. Pippali, pippalimula, hastipippali, chavya , shringavera + ushana gudodaka (2-3 days) 3. Vidarigandhadi sidha sneha / ksheera yavagu (for 3 days) 4. Shalidhanya with yava, kola, kulatha sidha jangala mamsa rasa 	<ol style="list-style-type: none"> 1. Abhyanga (Bala taila) 2. Vatahara aushadha / Ushnodaka Parisheka
ASHTANGA SANGRAHA	<ol style="list-style-type: none"> 1. Satmaya sneha + panchakola churna / yavani, upakunchika, chavya, chitraka, vyosha & saindhava (churna) *Vatahara dravya sidha / laghu panchamula sidha kwatha (if sneha ayogya stri) 2. Yavagu prepared with vidaryadi group of drugs / milk. Followed for 3/5/ 7 days 3. Light diet with yava, kola, kulatha yusha 4. After 12 days mamsa rasa & brimhaniya dravyas. 	<ol style="list-style-type: none"> 1. Abhyanga (bala taila) 2. Ushanodaka parishechana 3. Use of jeevaniya, brimhaniya, madhura, vatahara dravyas for abhyanga, udavartana, parisheka, avagahana.
ASHTANG HRIDAYA	<ol style="list-style-type: none"> 1. Ghrita/ Taila(mahati matra) + Panchkola churna 2. Ushna gudodaka/ Vatahara aushadhi sidha kwath (1.&2.for 2-3days) 3. Vatahara sidha peya 4. Vidaryadigana kwath sidha yavagu + sneha / dugdha (for 7 days) 5. Hridya anna 6. Mansa bhojana after 12 days 	<ol style="list-style-type: none"> 1. Abhyanga (ghrita / taila) 2. Yoni abhyanga 3. Udaraveshtana 4. Use of jeevaniya, brimhaniya, madhura, dravyas for abhyanga, udavartana, parisheka, avagahana
KASHYAPA	<ol style="list-style-type: none"> 1. Manda sevana (3-5 days) 2. Sneha pan 3. Yavagu + sneha + pippali & nagara (powdered) 4. After 6-7 days , Yavagu + sneha + lavana 5. Sneha , amla, lavana yukta jangala mamsa rasa & kulatha yusha 6. Kushmanda , mulaka, arvaruka etc shaka fried in ghrita 7. Anupa desha – no sneha pana , agni balvardhaka chikitsa, manda 8. Jangala desha – sneha in good quantity 9. Sadharana desha – sadharana vidhi 10. Kumara prasava (male child) - taila prayoga 11. Kumari prasava (female child) – ghrita prayoga 12. Mleccha / foreigners- rakta, mamsaniryuha, kanda, moola, fruits. 	<ol style="list-style-type: none"> 1. Trivrita amulet over the head 2. Abhyanga & mardana of abdomen and back in nyubaja stithi (hunchback position) 3. Kukshi & parshva veshtana 4. Yoni snehana with bala taila 5. Yoni swedana with priyangwadi gana krishara 6. Ushna jala snana & rest 7. Dhupana with powdered kushtha, aguru guggulu + ghrita.

HARITA	Lodhra, arjuna, kadamba, devdaru, bijaka & karkandhu dravya kwath for purification of rakta and yoni. Day 1– fasting Day 2 – Nagara, haritaki, guda, ushna kulatha yusha Day 3 – Panchkola yavagu Day 4 –Chaturjataka mixed yavagu Day 5 – Cooked shali/ shashtika rice (this regimen continued for 10-15 days)	1. Yoni aapurna with taila 2. Abhyanga 3. Ushna jala swedana
BHAVAPRAKASHA	Alpa, snigdha pathya bhojana for one month.	1. Nitya swedana 2. Abhyanga
YOGRATNAKARA	Buttermilk + kanajata (piper lonum root) pana for three months. (to reduce abdominal girth)	3. Yoni lepana with Palasha seeds , udumbara fruits (fine powder)mixed with tila taila (for yonigarikarana) Yonipidana – immediately after delivery vagina should be pressed to avoid entry of vayu.

DRUGS	MODE OF ACTION
Panchkola Churna	General health tonic , antipyretic, analgesic, anti inflammatory, appetizer, digestive and carminative
Ghrita	Yogwahi, agnideepaka, rasayana, vrishya. Vatapitta shamaka action, overcomes vitiated kapha dosha, sanskaranuvarana. Ghrita is lipophilic in nature, thus it diffuses rapidly across the cell membrane which is also composed of bimolecular lipid matrix
Taila (tila)	Nourishes and strengthens all the dhatus; checks dhatukshaya, garbhashya shodhaka , regulates functions of apana vayu ; good source of vit E 1.4mg /100g and also contains magnesium, copper, iron , zinc, and vit B6
Yavagu	Grahi (digestive and absorbable), balya , tarpan pacifies the vitiated vata . Rice, the main ingredient in yavagu is rich in carbohydrates with high nutritive value and easily digestible.
GUDODAKA	Madhura rasa, snigdha kshar guna; acts as aktashodhaka and vatahara. Good source of carbohydrates, iron, calcium magnesium, potassium and sodium.
VIDARIGANDHADI DRUGS	Vidari, sariva, prithakaparni , shatavari, sariva, punarnava, eranda etc. These drugs controls the vitiated vata and pitta.
KULATHA	Rich source of proteins. It contains crude protein about 21% (equivalent to soybeans), diuretic, emmenagogue, astringent etc Kaphavatahara.
MAMSA RASA	Balya , brihmhaniya, vatahara
PIPPALIMULA (KANAJATA)	Katu rasa, ruksha, laghu guna causes kleda shoshna ¹ ;

VIHARA	Aampachana by ushna guna ; Tikshana guna causes kapha chhedana.
Abhyanga	Mode of action Improves skin blood flow, skin smoothness, softness; reduces muscle stiffness; promotes lymphatic drainage; reduces stress; stimulates the nervous system to provide a relaxing effect to the woman etc
Parisheka	Parisheka with ushna jala /vatahara dravyas provides benefits of both snahana and swedana
Udaraveshtana	Udaraveshtana with big clean cloth produces compression of abdomen by preventing presence of hollow space & vitiation of vata; strengthens abdominal muscles ; makes physical activity more comfortable.
Avgahana	Medicated with vatahara dravyas etc gives relief from pain and inflammation.
Yoni abhyanga / Yoni snehana / Yoni swedana	Local effects helping in fast healing and relieving pain
Yoni pindan	Avoids entry of vata
Dhoopan	With antimicrobial drugs for disinfecting the environment

Benefits of Sutika Paricharya

Changes during Garbhini / Prasava avastha

Garbha vridhi kshapita (emaciated due to development of fetus), shithila sarva sharira dhatu (languor of all dhatus), pravahana vedana (labour pains) and kleda rakta nirsuta (loss of moisture and blood).



Changes during Sutika avastha

Kshina agni (decreased digestive power), kshina mamsa (decreased muscle mass) kshina bala (decreased strength) shunya sharira (languid & unsteady), vata prakopa, dhatu kshaya



following Sutika Paricharya

Nidana parivarjana, Vatashamana, agnideepana, brimhana, hridya, garbhashya shodhana, stanya poshaka, new born and sutika rakshakarman, yoni sanrakshana etc.



Sutika punarnavi bhavati (attains her prepregnancy stage)

CONCLUSION

Sutika paricharya if followed properly; puerpera becomes healthy and happy; she takes care and feeds her new born properly. She doesn't get the complications during this period which are difficult to cure. And by the end of sutika avastha she attains all her strength back as it was before pregnancy and both the mother and child grow happy and healthy. And if Garbhini and Prasava

Paricharyas are followed previously; it adds to Sutika Paricharya.

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