

A BRIEF REVIEW OF SUTIKA PARICHARYA AND ITS CLINICAL IMPORTANCE

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ABSTRACT

Motherhood is all about loving, sharing, sacrificing & struggling. Ayurveda emphasizes much importance of the care of women especially in the prenatal & postnatal period. After delivery of baby, after the placenta is expelled then woman is termed as Sutika. The regimen that helps the woman to regain her lost vitality and helps her body to revert back to prepregnant state is called Sutika Paricharya. Majority of the alarming complications arise immediately following delivery. Puerperal pyrexia and sepsis are among the leading causes of preventable maternal mortality and morbidity, not only in developing countries but also in developed countries as well.

So, the present study has been selected to review Sutika-Paricharya & its clinical importance.

KEYWORDS: Sutika, Sutika Paricharya.**INTRODUCTION**

The regimen that helps the woman to regain her lost vitality and helps her body to revert back to prepregnant state is called Sutika Paricharya, as during this period she restores her health and strength. As there is *Dhatu Kshaya*, *Bala Kshaya* and *Agnimandya* after delivery, the *Sootika* needs a proper regimen to replenish the *Dhatu* and maintain *Dosha Samya*.

Aims and objectives

To review the literature of sutika, sutikakala, sutikasamanya & vishistaparicharya, pathya & apathya with Clinical significance of sutikaparicharya

Etymology

Term "*Sootika*" is derived from the sanskrita word '*Shuyan Prani Prasave*' (Panini), which refers to the lady which undergoes the phenomena of *Prasava* is termed as *Sootika*.

Definition of Sutika

As per Modern medical science Puerperium^[1] is the period following child birth during which the body tissue especially the pelvic organ revert back to the pre pregnant state both anatomically and physiologically. In Ayurveda the term Sutika (puerperial women) can be used only after expulsion of placenta.^[2]

Sootika-Kaala

This is the time period which a *Sootika* is to spend in a planned manner at a proper place until her body possibly regains its previous state back.

Sootika-Kaala as per different *Acharyas* are given below

- *Acharya Sushruta*^[3] - 1 ½ months,
- *Acharya Vagbhata*^[4] - 1 ½ months,
- *Acharya Kashyap*^[5] - 1 month / 6 months,
- *Bhavmishra*^[6] - 1 ½ months/ 4 months,
- *Yogratnakara*^[7] - 1 ½ months/ 4 months

Puerperium is the period of adjustment after childbirth during which the mother's reproductive system returns to its normal pre pregnant state. It generally lasts six to eight weeks and ends with the first ovulation and the return of normal menstruation. Puerperal changes begin almost immediately after delivery, triggered by a sharp drop in the levels of estrogen and progesterone produced by the placenta during pregnancy. The uterus shrinks back to its normal size and resumes its pre-birth position by the sixth week.

*Sootika Samanya Paricharya***Table 1.1- Sootika Samanya Paricharya according to different Acharyas.**

	<i>Charaka</i> ^[8]	<i>Sushruta</i> ^[9]	<i>Vagbhata</i> ^[10]	<i>Kashyap</i> ^[11]
Ahara Upto-7 days	<i>Snehapana (Pippalyadi Dravyas)</i> ↓ <i>Yavagu Pana (Pippalyadi Dravyas)</i>	<i>Vatahara Ausadha Kwatha Pana and Ushna Gudodaka (Pippalyadi Gana Dravyas)</i> 2-3 days. ↓ <i>Sneha or Ksheera Yavagu Vidarigana Sadhita Dravyas</i> 4th -6th day	<i>Sootika Taila/ Snehapana (Pippalyadi Dravya with saindhava)</i> ↓ <i>Ushna gudodaka/ Vatahara Kwatha</i> 2-3 days ↓ <i>Vatahara Ausadha Peya</i> ↓ <i>Ksheera Yavagu / Yavagu Pana (Pippalyadi or Vidarigana Dravya)</i> 4th-7th day	<i>Mandapana</i> ↓ <i>Hita Bhojana</i> 3-5 days. ↓ <i>Sneha Pana</i> ↓ <i>Sneha Yavagu Pana (Pippali, Nagara Yukta and Lavana Rahita)</i> 5th -7th day.
Ahara 8th-11th day	<i>Apyayana and Swasthavritta Palana</i>	<i>Jangala Mamsarasa Siddha with Yava, Kola, Kulatha Yusha, and Shaali Bhojana.</i>	<i>Jeevaneeya Madhura, Bruhmaniya, Balya, Vatahara Dravya Sadhita Annapana</i>	<i>Yavagu Pana (Lavana, Sneha Aushadha Yukta)</i>
Ahara 12th day onwards			<i>Jangala Mamsarasa</i>	<i>Kulattha Yusha, Jangala Mamsarasa. Grittha bharjita Shaka (Kushmanda, Mulaka, Earvaruka); Ushna Jala Sevana</i> 1month.
Vihara	<i>Abhyanga + Udara Vestana + Ushnodaka Parisheka</i>	<i>Abhyanga (sarvadaihika, Bala Taila) + Parisheka (Vatahara Aushadha - Badradarvadi Kashaya etc)</i>	<i>Abhyanga (Yoni and Sarvadaihika - Bala Taila) + Sthanika Udara abhyanga And Udara Vestana + Udvartana, Avagaha Parisheka, Abhyanga (Jeevaniya, Madhura, Bruhmaniya Varga Aushadh Siddha)</i>	<i>Rakshoghna Dravya + Kukshi, Parshva Prishtha Abhyanga, Samvahana Nyubja Shayana + Udaravestana, Bala Taila Purita Ushna Charmavanaddha Asana + Yoni Swedana (Priyanguka, Krishara) + Sootika Ushna Jala Snana + Vishrama + Dhupana (Kustha, Guggulu etc.)</i>

Vishista Sootika Paricharya^[12]

This particular regimen is explained by *Kashyap*, based on the particular type of *Desha*, in which *Sootika* is residing.

- **Anoopa Desha** -In this *Desha* the *Sootika* should use *Manda* which is processed by *Agnibala Vardhaka* drugs. *Nivata Shayana*, *Swedana* and use of only *Ushna Dravya* is beneficial. All *Sneha Dravyas* and *Abhishyandi Ahara* should be avoided.
- **Jangala Desha** - Here *Sneha Upachara* is advised to *Sootika Stri* specially. The *Sootika* in this *Desha* should be given with *Ghritha*, *Taila* etc. *Snehapana* or *Yavagupana* for at least 3 or 5 days is beneficial, then followed by using *Snigdha Anna Samsarjana* karma. *Ushnodaka Parisheka* is also advised.
- **Sadharana Desha** - For the *Sootika* from this kind of land, usage of neither too *Sneha* nor too *Ruksha Dravyas* is said to be beneficial. One should advise for *Sadharana vidhi*.
- **Videsha Jaati**- The *Sootika Stri* of *Mlechha Jaati* should use *Rakta*, *Mamsarasa Niryuha*, *Kandamula* and *Phala* in their *Paricharya*. *Kashyap* also has given use of *Taila* and *Ghritha* in case of delivery of male and female child respectively followed by *Yavagu Pana* processed with *Deepaneeya Dravya* after the digestion of *Sneha*. This is for 5 to 7 days then *Mandadi Upakrama* should be followed.

Amulet for Puerperal woman^[13]

The puerperal woman should tie amulet of *Trivrita* over the head

Puerperal Management according to the sex of child^[14]

In case of delivery of male child, oil should be given to the *Prasoota*, and *Ghritha* in case of female child. After proper digestion of fat, rice gruel (*Yavagu*) with *Deepaneeya* drugs should be given for 5-7 days, then, *Mandadi* should be used in a gradual manner.

Dhoopan Karma for Sootika^[15]: *Dhoopan Karma* with *Kustha*, *Guggulu*, *Agaru* mixed with *Ghritha* provides sterilization to the *Sootikagara* which is essential for *Sootika* to remain free from infections.

Raksha Karma for Sootika^[16]: *Acharya Kashyap* advised various protective measures to prevent mother and new born child from the seizure by *Grahas* or *Bhutas*.

Bath to a puerperal woman^[17]

On auspicious day of 10th or 12th, according to rituals of family the bathing ceremony of puerperal woman should be performed. It was given by *Acharya Vagbhatt* and termed it as '*Sootikothana*' in *Astanga Hridaya*.

Pathya

According to *Bhaisajya Ratnavali*, a *Sootika* should follow:

- ✓ *Langhan*,
- ✓ *Mridu Sweda*,
- ✓ *Abhyanga*,
- ✓ *Tailapana*,
- ✓ *Katu-Teekshna-Ushna Sevana*
- ✓ *Deepana-Paachana*
- ✓ *Purana Madya*
- ✓ *Shastika-Shaali*
- ✓ *Kulattha-Lasuna-Shigru-Vartaka-BalaMoolaka-Patola-Matulunga-Tambula- Dadimadya Sevana*
- ✓ *Brihmana* diet after 7 days
- ✓ *Mamsa Sevana* after 12 days

The *Prasoota Stri* should follow this regime upto 1½ months.

Apathya^[18]

Sootika should avoid *Vyayama*, *Sheeta Maruta Sevana*, *Krodha*, *Aayasa* and *Maithuna*. The *Panchakarma* procedures like *Asthapana Basti*, *Nasya*, *Virechana*, *Sira Vyadhana*, *Teekshna Sweda* are also contraindicated in *Sootika*.

Use of *Asthapana Basti* increases *Aam Doshas* of *Sootika*. If *Nasya* is given to the *Sootika*, she develops emaciation, anorexia and generalized body ache.

Some specific Ausadha Yogas

Traivrita Yoga – *Pana*, *Abhyanga* and *Basti Karma*

Kwatha- For *Shoola* and *Jwara Shamana*

1. *Dashmoola Kwatha*,
2. *Sootika Dashmoola Kwatha*,
3. *Devdarvyadi Kwatha*,
4. *Nirgundi-Lasuna-Shunthi Kwatha* with *Pippali Prakshepa*,
5. *Sahcharadi Kwatha* with *Hingu* and *Saindhava*
6. *Laghupanchamoola Kwatha* prepared in *Lauha Patra*.

Guda, Paka, Modaka- For *Brihmana* and *Stanya Shodhan*

1. *Panchajeeraka Paka*
2. *PanchajeerakaGuda*
3. *Nagarkhanda*
4. *Saubhagya Shunthi Paka*
5. *Jeeraka Modaka*

Rasa, Vati

1. *Pratap Lankeshwar Rasa*- *Anupana Ardraka Swarasa*,
2. *Sootika Bharan Rasa*,
3. *Sootikantaka Rasa*,
4. *Amritadi Guggulu*,
5. *Triphala Guggulu*

Arishta

1. *Jeerakadyaarishtha*
2. *Dashmoolaarishtha*

Taila

1. *Bala Taila*,
2. *Dashmoola Taila*,
3. *Dhatakyadi Taila*

Specific Aasana for Sootika

It is good to regain strength and muscle tone of *Sootika*

1. **Perineal exercise-** *Moolabandha*
2. **Abdominal exercise-** Alternate contraction and relaxation of abdominal muscle in supine position.
3. **Back muscle exercise-** *Bhujanga Aasana*

DISCUSSION^[19]

A *Sootika's Sharira* is thought to be *Shoonya-Sharira* after delivery due to exertion of labour pains & excretion of moisture (*Kleda*) & blood & there is a profuse *Dhatukshaya* due to development of foetus.

Majority of the alarming complications arise immediately following delivery. Puerperal pyrexia and sepsis are among the leading causes of preventable maternal mortality and morbidity, not only in developing countries but also in developed countries as well.

There are ample changes occurring in *Garbhavastha* and *Prasavastha*. The *Chala Doshas*, *Kleda*, *Raktha Nisruti*, *Dhatu Kshayata* and *Shoonyata* of her body after a stage of so called *Sukha Prasava*, makes *Sootika Abala* and more prone to get *Vata* vitating disorders. This makes the necessity of particular mode of life in order to attain her pre pregnancy health and to rejuvenate her.

The women immediately after delivery should be encouraged to lie down in hunch-back position. Now she should rub her back, press her abdomen/ flanks and abdomen and flanks should be wrapped with clothes to subside and reach the *Vata* at its proper place. It also supports the abdominal muscles.

Sootika should always sit over a small chair covered with leather-bag filled with lukewarm *Bala Taila*. *Bala Taila* makes her reproductive system healthy, clean and helps in repositioning of uterus.

There will be reduced *Agni* in *Abala Stree* because of *Sharira Shoonyata*. So, the regimen will ignite the *Mandagni*, *Yavagu* prepared using *Panchakola* drugs is best in doing *Agni Deepana* and *Shoola Prashamana*. Here the purpose behind all these formulations is *Agni Deepana* and *Ama Pachana*.

The administration of *Ghrita Pana* is very much necessary as it is *Pittaanihara*, nourishes all *Dhatu*s from *Rasa* to *Shukra*, *Sneha Pana* is considered as a good tissue builder.

The *Sneha Yavagu* or *Ksheera Yavagu* processed with *Vidarigandhadi Gana Dravyas* is definitely an electrolyte to *Sootika Stree*.

Sootika is provided the supplementation of *Peya*, *Vilaepi* etc in *Sootika Paricharya* which definitely helps to avoid getting the urinary complaints. The function of both maintenance of water (thus reducing thirst, dehydration) and diuresis are counterbalanced.

Later the *Yusha* prepared with *Yava*, *Kola*, *Kulattha* etc is again still more beneficial. This semisolid, protein rich preparation is more nutritive and act as *Agni Deepana*, *Rochana*, *Swedajanana*, *Balya*, *Tusti Pusti Sukhaprasadana*. The *Laghu Annapana*, *Ghrita Bharjita Shaka*, *Mamsarasa* advised after twelve days is very much acceptable. This nourishing food is necessary, and even the *Agni* will be increased so that it will digest this high rich nutritive diet.

Further in *Bahya Parimarjana Paricharya*, *Abhynga*, *Parisheka*, *Acchadana*, *Avagaha* etc all are for the purpose of mitigation of *Vata*. It is *Jara Hara*, *Pusti Kara*, *Shrama Hara*, *Vata Hara*, *Klesha Sahatwa*, *Abhigata Sahatwa* i.e. it will definitely strengthens the *Sootika* to tolerate after effects of strenuous labour. This *Ushna Bala Taila* helps in regaining the strength of the pelvic floor.

The *Yoni Dhupana* given will maintain the hygiene of the perineum, keeps the episiotomy healthy, hastens its healing process. *Guggulu* acts as anti-infective. Also the essential oil of the roots of *Kustha* and the glycosides are pharmacologically active bodies which are strong anti-infective and disinfectant.

Post-partum exercises are of great value during puerperium. These exercises help to restore the muscle tone stretched during pregnancy, to prevent circulatory stasis and reduce the risk of thrombosis and embolism. These may also help to decrease genital prolapsed and stress incontinence of urine.

CONCLUSION^[20]

Aim of puerperium is to maintain maternal and infant health preventing any complication and to establish infant feeding. The diets & regimens which are described by Ayurveda literatures thousands of years ago for *Sutika* is totally scientific. This regimen includes aahara, vihara, aushadhi, yogasana, pathya, apthya etc. which helps to regain her pre pregnant state. The mode of *Paricharya* includes important therapies, nutritional diet & *swasthavritthalana*, we can achieve our goal *Garbhashayashuddhi*, *Dhatu-paripurnata*, *sthanya-viddhi*, *punarnavekarana* etc.

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