

A REVIEW ON AN INDIGENOUS RECIPE IN SUTIKACHARYA

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ABSTRACT

Ayurveda, with its eight facets, addresses not only the treatment of diseases but also the promotion of health. Ayurvedic pharmaceuticals emphasizes various *Pathyakalpana* (therapeutic measures) for disease prevention. Among these, numerous indigenous formulations are followed as *pathya* (appropriate therapies) for maintaining health. One such traditional formulation, commonly practiced in the Southern part of India, is specifically designed to promote lactation and overall health in postpartum women. In Ayurveda, after childbirth and the expulsion of the placenta, a woman enters the *sutika* phase, where *Sutika paricharya* (postpartum care) is crucial. This care involves principles such as *Agnideepana* (enhancing digestive fire), *Vataniryama* (alleviating vata), *Sadharana poshana* (providing nourishment), *Dhathu poshana* (nourishing bodily tissues), *Brhmana* (strengthening), and *Punarnavikarana* (rejuvenation). The formulation under discussion includes a combination of herbs such as *Ajamoda*, *Dhanyaka*, *Sarshapa*, *Jeeraka*, *Lanka*, *Haridra*, *Maricha*, *Methika*, *Narikela ksheera*, *Rasona*, *Palandu*, *Guda*, *Narikela taila*, *Dried narikela*, *Khus khus*, *Pruthuka*, and *Shali*, all of which play an essential role in addressing the needs of women in the puerperium period. The majority of the ingredients possess *Katu rasa* (pungent taste), *Tikṣṇa guṇa* (sharp property), and *Uṣṇa virya* (hot potency), which contribute to the management of the health status of the *Sutika*. This paper aims to highlight the therapeutic benefits of this traditional recipe and bring it into contemporary clinical focus.

KEYWORD: Indigenous recipe, *Sutika*, Ayurveda, Herbs.

INTRODUCTION

Ayurveda emphasises much importance to the care of women especially in prenatal and postnatal period. *Sutika* is the state of woman immediately after delivery and extends till she continues breastfeeding. *Sutika* refers to women after the expulsion of placenta.^[1]

Care of woman during puerperium comes under the heading of *Suthika paricharya*. It involves the principles- *Vatashamana*,^[2] *Agni deepana*,^[3] *Pachana*,^[3] *Raktashudhi*,^[4] *Garbhashaya shodhaka*,^[5] *Stanya vardhaka*,^[6] *Dhathupushti*,^[7] and *Balya*.^[7]

In traditional customs various recipes- *ahara* for healthy well-being is followed. One such recipe is a combination of herbs and *Shali*- a nutritional *dravya* given in the form of *Avaleha*. Thus, this is a nutraceutical preparation

addressing the health needs of the women in the post-partum state. A literary review of these drugs confirms that the majority of the drugs are *Ushna* in *Veerya*; *Katu* in *Vipaka*; *Laghu*, *Snigdha* and *Tiksna* in *guna* and alleviate *Vata* and *Kapha*.

Thus, this may bring the doshas to normalcy. The *Ushna Veerya*, *Katu Vipaka* will aid in increasing the *Agni*. Herbal drugs like *Ajamoda*,^[8] *Jeeraka*,^[9] *Dhanyaka*,^[10] *Maricha*,^[11] *Haridra*^[12] are rich in anti-oxidant property will act as rejuvenatives.^[13]

METHOD

Ingredients

Ajamoda - 1000 grams

Dhanyaka - 2000 grams

Sarshapa -500 grams

Jeeraka - 125 grams
 Lanka [Dried red chilly] - 500 grams
 Haridra - 250 grams
 Maricha - 250 grams
 Methika - 25 grams (soaked in water over night and cooked in same water)
 Narikela ksheera - 800 ml (1st and 2nd milk)
 Rasona - 60 grams

Palandu - 500 grams
 Guda (palm jaggery) - 1000 grams
 Narikela taila - Quantity sufficient
 Dried narikela (copra) - 400 grams
 Khus khus - 15 grams
 Pruthuka (Flattened rice) - 250 grams
 Shali (Rice) - 1000 grams

Table 1: Ingredients.

| Sl.no | Drugs | Botanical name | Family name | Rasa | Guna | Veerya | Vipaka |
|-------|------------------|-----------------------------|---------------|--------------------------------------|---------------------------------|---------|---------|
| 1 | Ajamoda | <i>Carumroxburghianum</i> | Apiaceae | Katu Tikta | Laghu Ruksha Tikshna | Ushna | Katu |
| 2 | Dhanyaka | <i>Coriandrum sativum</i> | Apiaceae | KatuTikta Kashya Madhura | Snigdha Laghu | Ushna | Madhura |
| 3 | Sarshapa | <i>Brassica campestris</i> | Brassicaceae | Katu Tikta | Tiksna Snigdha | Ushna | Katu |
| 4 | Jeeraka | <i>Cuminum cyminum</i> | Apiaceae | Katu | Ruksha Laghu | Ushna | Katu |
| 5 | Lanka | <i>Capsicum annum</i> | Solanaceae | Katu | Laghu Ruksha Tikshna | Ushna | Katu |
| 6 | Haridra | <i>Curcuma longa</i> | Zingiberaceae | Tikta Katu | Ruksha Laghu | Ushna | Katu |
| 7 | Maricha | <i>Piper nigrum</i> | Piperaceae | Katu | Tikshna Laghu | Ushna | Katu |
| 8 | Methika | <i>Trigonella foenum</i> | Fabaceae | Katu | Laghu Snigdha | Ushna | Katu |
| 9 | Narikela ksheera | <i>Cocos nucifera</i> | Arecaceae | Madhura | Guru Snigdha | Sheetha | Madhura |
| 10 | Rashona | <i>Allium sativum</i> | Liliaceae | Katu Madhura Lavana Tikta Kashaya | Tikshna Snigdha Guru Sara | Ushna | Katu |
| 11 | Palandu | <i>Allium cepa</i> | Lilliaceae | Madhura Katu | Snigdha Guru | Ushna | Madhura |
| 12 | Guda | <i>Borassus flabellifer</i> | Arecaceae | Madhura | Snigdha Laghu | Ushna | Madhura |
| 13 | Narikela taila | <i>Cocos nucifera</i> | Arecaceae | Tikta | Snigdha | | |
| 14 | Dried narikela | <i>Cocos nucifera</i> | Arecaceae | | Snigdha Guru | | |
| 15 | Khus khus | <i>Papaver somniferum</i> | Papaveraceae | Madhura Kashaya | Guru | Sheetha | Madhura |
| 16 | Pruthuka | <i>Oryza sativa</i> | Poaceae | Madhura | Guru Snigdha | Sheetha | Madhura |
| 17 | Shali | <i>Oryza sativa</i> | Poaceae | Madhura | Laghu | Sheetha | Madhura |

Table 2: Analysis of drugs.

| Sl no. | Drugs | Doshagnatha | Karma |
|--------|----------|---------------|---|
| 1 | Ajamoda | Kaphavatahara | Dipana, Ruchikara, Sulahara, Hridya, Vrsya, Balya, Krimighna, Chardighna, Hikkani-grahana, Bastirujahara. |
| 2 | Dhanyaka | Tridosahara | Dipana, Pachana, Jwaraghna, Grahi, Trsnahara, Dahahara, Chardighna, Krimighna, Hrda. |
| 3 | Sarshapa | Vatakaphahara | Aghnivardhaka, Rakshoghna, Krimighna |
| 4 | Jeeraka | Vatakaphahara | Dipana, Garbhashyasodhaka, Jwaraghna, Pachana, Balya, Vrsya, Ruchya, Chardinigrahana, Medhya, Hrda, Krimighna, Vranahara. |

| | | | |
|----|------------------|----------------|---|
| 5 | Lanka | Kaphavatahara | Pachaka, Medohara |
| 6 | Haridra | Kaphapittahara | Varnya, Twachya, Pramehahara, Sothahara, Vranahara, Kandughna, Krimighna, Rucikara, |
| 7 | Maricha | Kaphavatahara | Dipana, Sulahara, Hrdrogahara |
| 8 | Methika | Vatakaphahara | Jwaraghna, Ruchikara, Dipana, Nadibalya, Balya, Sulahara, Vrushya |
| 9 | Narikela ksheera | Vatahara | Balya, Brumhaniya, Basti shodhana, Trushnanigrahana, Jwaraghna, Hrudyā, Dipana, Vrushya, Shramahara, Vataroganashaka, Rakthashodhana, Premehaghna, Shoolaghna, Vajikarana |
| 10 | Rasona | Vatakaphahara | Brihmhana, Vrishya, Pacana, Balya, Varnya, Rasayana, Hridrogahara, Jwaraghna, Sulaghna, Rucikara, Kasahara, Sophahara, Medhya. |
| 11 | Palandu | Vatahara | Balya, Vrishya, Ruchikara, Chardighna. |
| 12 | Guda | Vatahara | Shramahara, Medakara, Balya, Vrishya, Raktashodaka, Pramehaghna, Jwaraghna, Hridya, Ruchya, Bhrimhana. |
| 13 | Narikela taila | Vatapittahara | Brumhana, Balavardhana |
| 14 | Dried narikela | Vatahara | Balya, Ruchya, Vrushya |
| 15 | Khus khus | Pittahara | Balya, Vrushya |
| 16 | Pruthuka | Vatahara | Brimhana, Balya, Hrudyā |
| 17 | Shali | Pittahara | Balya, Shramahara, Brimhaniya |

Method of preparation

- **Preparation of churna:** Wash and dry *Ajamoda*, *Dhanyaka*, and *Sarshapa* separately. Once dried, add *Jeeraka*, *Lanka*, *Haridra*, and *Maricha*. All the ingredients are then ground together into a fine powder to form the *churna*.
- **Prakshepaka dravya:** Dried *narikela* and *khus khus* are fried separately and then powdered. Additionally, *Pruthuka* is fried and crushed using hands to ensure proper texture and consistency.

Preparation of leha using churna: 2nd coconut milk is boiled in a pan. To this, the prepared *churna* is added and stirred well. Next, *Rasona* and *Palandu* are finely chopped and added to the mixture, followed by *Methika*, and everything is stirred thoroughly. In a separate vessel, *Guda* is added to 1st coconut milk and boiled until it reaches a *paka* of 1-2 thread consistency. Once both preparations are ready, blend them together. After removing the mixture from the stove, add *Narikela taila* and stir. Finally, add the prepared *Prakshepaka dravya* to complete the preparation.

Dose

2 teaspoons (10 grams) twice a day after food.
Given for 40 days.

Pharmacological properties

This medicinal preparation possesses

Agnideepana - Increases digestive fire

Vataniryama - Alleviates vata

Sadharana Poshana - Provides general nourishment

Dhathu poshana - Nourishes bodily tissues

Brimhana - Promotes strength and nourishment

Punarnavikarana - Rejuvenates and restores body functions

Anupana

Ghritha

DISCUSSION

Suthika paricharya includes all the principles that aim to meet the needs of her body in this period. The woman becomes emaciated and has *shunyata* (a sense of depletion) in *shareera*.^[14] Even though *sutika* is not considered a state of illness, it requires special attention due to the significant changes that occur in the woman's body. The primary intention of this care is to restore her to the pre-pregnant state, both anatomically and physiologically.

In Ayurveda, different Acharyas have mentioned different kinds of *paricharya*. It includes *ahara* and *vihara*, which must be followed in this period. Taking all into consideration, *paricharya* includes concepts of *Dhatu paripurnata*^[7], *Stanya utpatti* and *Stanya sampath*^[6], *Garbhashaya shuddi*^[5], *Punarnavikarana* and also prevention of postpartum complications.

This medicinal preparation is designed to meet the specific needs of the postnatal period. The *laghu guna* and *Vatahara* actions of *ajamoda*, *dhanyaka*, *jeeraka*, *maricha*, and *methika* support tissue nourishment by enhancing digestion and metabolism, thereby helping to regain strength. *Madhura rasa* and *Brihmmaniya karma* of *Narikela*, *Pruthuka*, *Narikela taila*, *Guda* and *Shali* along with *deepaniya dravya* like *Ajamoda*, *Dhanyaka*, *Sarshapa*, *Jeeraka*, *Maricha* and *Methika* help improve appetite and digestion, which in turn promotes breast milk production and its quality. *Katu rasa* of *Ajamoda*,

Dhanyaka, Sarshapa, Jeeraka, Haridra, Methika, Rashona, Palandu along with *Narikela taila* helps in cleansing the uterus. *Ajamoda, Jeeraka, Dhanyaka, Maricha* and *Haridra* will support recovery to the pre-pregnancy state due to their antioxidant and rejuvenating properties. Except for *Shali* and *Haridra*, as all other drugs alleviate *Vata* and *Kapha*, making the formulation suitable for preventing common postpartum disorders, which are often due to the imbalance of these *doshas*. *Dhanyaka, Jeeraka, Narikela, Rashona* and *Guda* by its *karma*, help in relieving fever through their therapeutic actions.

CONCLUSION

In various parts of our state, indigenous medicinal formulations are traditionally used during the postpartum phase, offering both nourishment and preventive care against common complications. A review of these practices reveals that their properties and actions align closely with the principles described in classical Ayurvedic texts.

The formulation discussed in this article supports digestion, enhances strength, promotes lactation, aids uterine cleansing, and balances *Vata* and *Kapha* doshas. It serves not only as a nutritional aid but also as a therapeutic measure to ensure holistic recovery. Bringing such time-tested formulations into clinical practice could significantly improve the quality of postpartum care and the overall well-being of new mothers.

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