ABSTRACT
Ayurveda gives importance for the care of mother at every phase of her life, especially when it comes to antenatal care and postnatal care. A postnatal period beginning immediately after the separation of placenta and extending up to 6 weeks, otherwise called as perpuriem or perpural period. Postnatal care certainly correlated with sutika paricharya explained in Ayurvedic classics. Garbhnī and sutika paricharya are well described by our Ancient Ayurvedic scholars. They mentioned the diatery regimen, living style and other management for whole pregnancy and after the delivery up to 6 months. In this stage it is very necessary to educate mother to take care of herself and her baby. Due to the loss of blood during pregnancy and other body fluids the Dhatu are imbalanced and the aggravation of doshas is occurred so it is important to follow the proper sutika paricharya to balance the body status and to regain the body in her original phase.

KEYWORDS:- Sutika, Sutika Paricharya, Diet, Antenatal care, Postnatal Care.

INTRODUCTION
Ayurveda has always given importance to care the stree (Female) at every phase of life in respect of Rajaswala paricharya (Menstrual care), Garbhini paricharya (Post natal care). In ayurveda the term sutika (Puerprial woman) can be used only after expulsion of placenta. Puerprium is a period of following child birth during which the body tissues especially the pelvic organ revert back to the pre-pregnant state both anatomically and physiologically. The
period of happiness and contentment on one hand and physical, mental fatigue due to delivery on the other hand. After the delivery the woman becomes emaciated and have shunyashareera because of garbhavriddi, shithila-sarvashariradhatu, pravahanvedana, kledarakta-nisruti, agnimandya, these will lead to dhatukshya hence extra care to be given to prevent complication during this period to avoid 74 types of diseases which can happen in this period if not managed properly. In this study, special life style suggested by Ayurveda called sutika paricharya is discussed in detail to maintain the health of the delivered woman. In ayurvedic samhitas the charak, sushruta and vangbhat acharyas explain the sutika-kala, sutika-aahar and sutika-vihara for the care of delivered woman.

AIM AND OBJECTIVES
To review the literature of sutika, sutikakala, sutikasamanya & vishistaparicharya, pathya & apathy through ayurvedic samhitas.

MATERIALS AND METHODS
The study is based on the Ayurvedic samhitas, Aahar, vihara and Ashwasan therapy explained in samhitas & also on various peer-reviewed journals.

Sutika-kala explained in ayurveda is the post-natal phase. The term is obtained from the word “Prasuta” (Mother following delivery). In the ayurvedic classics there is different opinion are present about the duration of period, about the management of sutika paricharya.

Sutika kala- (Duration of post natal period)
According to the ayurvedic classics the differentiation is occurred about the sutika-kala.

Ayurvedic classical text
(Sutika kala- Post natal period)
1. Sushruta samhita: Following 1½ month of regulated specific dietetics and mode of life of the woman becomes free from the epithet of sutika and have cited the opinion of others that the woman should be called sutika till she does not restart the menstrual cycle.
2. Ashtanga hridaya: Same as sushruta samhita i.e.1½ month.
4. Yog ratnakar: One month.
5. Bhavprakash: Four months.
In the scientific manner sutika kala is the period from the expulsion of the fetus up to the restart of menstrual cycle regularly. In this period the examination done about temperature, pulse, respiration, and breast, progress of normal involution of uterus, examination of lochia for the abnormality, stitches if any.

**Aahar, Vihara and Aushadhi kalpana for sutika**

<table>
<thead>
<tr>
<th>Aahar</th>
<th>Vihara</th>
<th>Aushadhi</th>
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<tbody>
<tr>
<td><strong>Charak Samhita</strong></td>
<td>Liquid gruel of rice medicated with pippali, pippalimul, chavya chitrak, sunthi for 5 to 7 days. Use of brihgan drugs from 6th or 8th day.</td>
<td>Abhyanga of abdomen with Taila or Ghrita then Udaveshan with big clean cloth. Irrigation or bath with Luke warm water.</td>
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<tr>
<td><strong>Shushrut Samhita</strong></td>
<td>Sneha yavagu, Kshar Yavagu. Saturated with Drug of Vidarigandhadi Ghana from 3rd or 4th to 6th or 7th days. Meat soup wild animals saturated with yava kaal kulttha with cooked shsali rice from 7th or 8th day of sutika</td>
<td>Abhyanga with Bala Taila then irriagation with decoction of Bhadradaru etc drug capable of suppressing the vata. Pippali, Pippalimul, Chvya, Chitrak, Hastipippali, Shringvera churna. Anupana- Ushna, Gudodak for 2 to 3 days</td>
</tr>
<tr>
<td><strong>Ashtang Sangrah</strong></td>
<td>Liquid yavagu prepared with either milk or Vidarayadi gana drugs for 3,5 or 7 days. Light diet with soup of yava, kola kulttha from 4th, 6th or 8th to 12th day. Meat soup of wild animal.</td>
<td>Abhyang with Bala Taila, Udaveshan after massage of abdomen with the taila or ghrita. Irrigation with Luke warm water. Massage, irriagation and bathing with jivniya, Brihniya, Madhur vathara drugs.</td>
</tr>
<tr>
<td><strong>Ashtang Hridaya</strong></td>
<td>Panchkola siddha peya for first 3 days. Vidaryadi ghana kwath siddha snehyukt yavagu or kshira yavagu from 4th-7th day, after that gradually Brimhana diet from 8th to 12th day meat soup should be used.</td>
<td>Almost similar description as Ashtang sangrah. Masage of Yoni along with body.</td>
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CONCLUSION
Ayurveda is ultimate science of life focusing every minute aspect of various stages of human life. Sutika paricharya is one of its concepts explaining the importance of reestablishment of a health of women after delivery.

OBSERVATION AND RESULT
The diets and regimens which are described by Ayurveda literatures thousands of years ago for sutika is totally scientific. Sutika paricharya included in samhitas has been told for the prevention of problems of women’s after delivery.

DISCUSSION
Sutika paricharya (Post natal care in Ayurveda) is thoroughly explained in classics text of Ayurveda.

<table>
<thead>
<tr>
<th>DRUG</th>
<th>ACTION</th>
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<tr>
<td>Sunthi (Zingiber officinale)</td>
<td>Increases digestive power as well as does garbhashaya shodhan to remove lochia and other retained products of conceptus.</td>
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<tr>
<td>Haritaki (Terminalia chebula)</td>
<td>Does vatanulomana which helps to wash out the Abnormal contents from Uterus.</td>
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<tr>
<td>Jaggery</td>
<td>supports digestive power as well as balance vata.</td>
</tr>
</tbody>
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Kashyap Samhita

Pippali, Nagar yukta saidhavarahita, Alpasneh, Yukta yavagu for first 3 to 5 days then sasnehalavan yavagu then sasnehalavana yavagu lavana amla yukta kauala, Yusha with, meat soup of wild animal. Ghritabrista kushmand and modaka.

Massage of back, Abdomen and flanks then udarveshtan sitting Over a small chair covered with leather Bag filled with Bala taila and sudation in the yoni with priyangu etc hot water bath after proper sudation, fumigation with kushta, guggul and agaru mixed with gritha.

Snehapana according to Satmya. Anupana-Manda for 3 Or 5 days
Kulatha (Dolichos biflorus linn)  Cleans abnormal blood
Through uterus as well it will
Decreases kleda (Abnormal moisture).

Chaturjataka, panchakola  These drugs are digestive and
Possessing nice odour which
Will improving digestive
Power and makes pleasant to
Eat by soothing mind.

Oils/Ghee  Strengthen digestive system,
balance vata and helpful in
evading cold infection.

Pippali, Pippalimula,  Improves weak digestive
Chavya, chitraka power, gives good odour to
Estables and also act as
garbhashya shodhak.

Bala-Taila  Assists to strengthen the
Muscles, Ligaments, joints and
Tendons of the whole body. It is
Also use for smoothing skin and
reliving pain.

Irrigation  Abnormal blood (Accumulated in
uterus) is excreted properly,
balances vata and enhances
proces of involution.

Mardana (massage)  Rapid penetration of oil deep into
Tissues, consequently supports
Appropriate operation of vata and
Body channels by improved
Transdermal assimilation of nutrients.

Wrapping of abdomen  Produces compression of abdomen
and it avoids occurrence of hollow
space, which prohibits vitiation of vata.
We can summaries benefits of post natal cares in Ayurveda as follows:-
1. Strengthen and improves the digestion power.
2. Tones muscles, clams nerves & greases all joints.
3. Helps woman’s body reverse into her normal shape.
4. Increases psychological alertness, apparent thinking, and emotional steadiness.
5. Effortless lactation and more restful feeding.

CONCLUSION
The diets and regimens which are described by Ayurveda literatures thousands of years ago for sutika is totally scientific. Different procedures included needs a proper management of ahara, achara for the purpose of punarnaveekaran of the stree itself is sutika paricharya. Sutika paricharya have been told for the prevention of problems of women like backache etc. so by following sutika paricharya, Garbhashayashuddhi, Dhatu-paripurnata, stanya-vriddhi, punarnavekarana are completely established.

REFERENCES