



Journal Homepage: - [www.journalijar.com](http://www.journalijar.com)

## INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)

Article DOI: 10.21474/IJAR01/14342

DOI URL: <http://dx.doi.org/10.21474/IJAR01/14342>



### RESEARCH ARTICLE

#### A CRITICAL STUDY ON SUTIKA PARICHARYA - A POST NATAL CARE OF MOTHER

Dr. Sujatashamkuwar<sup>1</sup>, Yogita Shrivastava<sup>2</sup> and Pratibha Baghel<sup>3</sup>

1. Ph.D. Scholar, Department of Prasuti Tantra & StriRoga, Department of Prasuti Tantra & StriRoga, Government Ayurvedcollege, Jabalpur.
2. Professor & Guide., Department of Kaumarbhritya, Datta Meghe Ayurved and Medical College Nagpur.
3. Department of Kriya Sharir Government Ayurvedcollege, Jabalpur.

#### Manuscript Info

##### Manuscript History

Received: 25 December 2021

Final Accepted: 30 January 2022

Published: February 2022

##### Key words:-

Sutika-Paricharya, Sutika-Paricharya,  
Sutika etc

#### Abstract

The metamorphosis of a woman from a woman to a mother is the happiest moment in a woman's life, but she can only achieve this happiness after enduring immense physical struggle during labor, which is why old people used to refer to labor as "women's rebirth." After the birth, the women become severely handicapped physically and psychologically, and there are increased cases of backache, weakness, and other symptoms. After the baby is delivered and the placenta is expelled, the woman is referred to as Sutika, and the care is referred to as Sutika-Paricharya. Mithyaachara during this period almost often leads to incurable or difficult-to-cure disorders. After adhering to the Sutikopacharya (puerperal regimen), the lady regains all of her lost properties and returns to her pre-pregnancy state. Important treatments, nutritional cuisine, and swasthavritthalpana are all part of the Paricharya method. Garbhashayashuddhi, Dhātu-paripurnata, sthanya-vridhhi, and punarnavekarana are the main achievements of Sutika-Paricharya. To the deterioration of physical, mental, and physiological health as a result, the current study was chosen to evaluate sutikaparicharya and its therapeutic value.

Copy Right, IJAR, 2022., All rights reserved.

#### Introduction:-

It's all about caring, sharing, sacrificing, and striving as a mother. Women's health is very important in Ayurveda, especially during the pregnancy and postnatal periods. Sutika refers to a woman's state after giving birth that lasts until she finishes breastfeeding. Sutika is the name given to a lady after the placenta has been removed. The sound 'pūthramsūthe...' reawakens Jeeva, a parturient woman's life. However, if her health is taken care of throughout the postpartum period, this is a possibility. 'soonyasareereprasootha...' A mild derangement can put the mother and baby in danger. As a result, extra caution should be exercised throughout pregnancy and puerperium.<sup>1</sup>

Sutikavastha refers to the era following the prasava. During puerperium, both anatomically and physiologically, the bodily tissues, particularly the pelvic organs, return to their pre-pregnancy state. Puerperium starts after the placenta is released and lasts for around 6 weeks until the uterus is no longer pregnant.<sup>2</sup>

On the one hand, this is a time of happiness and contentment, and on the other, it is a time of physical and emotional exhaustion as a result of delivery. Because to garbhavridhhi, shithila- sarvashariradhatu, pravahanavedana, kleda-

**Corresponding Author:- Dr. Sujatashamkuwar**

Address:- Ph.D. Scholar, Department of Prasuti Tantra & StriRoga, Department of Prasuti Tantra & StriRoga, Government Ayurvedcollege, Jabalpur.

rakta-nisruti<sup>3</sup>, and agnimandya, the lady becomes emaciated and has Shunya- shareera, which can lead to dhatukshaya if not treated appropriately.<sup>4</sup>

So, according to Charka, Susruta, and both Vagbhatas, whatever ailments plague the Sutika are difficult to treat or may become incurable<sup>5</sup>. To avoid future difficulties and restore the mother's health, Ayurveda has recommended Sutika-Paricharya, a particular food, and lifestyle program.

### **Aim & Objectives:-**

To evaluate the concept of Sutikaparicharya, sutikakala,pathya&apathyawith Clinical significance of sutikaparicharya

### **Methodology:-**

The material was collected from different sources like articles, websites, different literates, etc.

### **Sutika**

Sutika is a woman who has recently given birth to a child and then had the placenta expelled.

| Literature      | Period                         |
|-----------------|--------------------------------|
| Charka          | NotMentioned Specifically      |
| Susruta         | 1 ½ monthoruntilnextajodarshan |
| Ashtanga Hrudya | 1½ monthor untilnextajodarshan |
| Bhava-Prakash   | 1½ monthoruntilnextajodarshan  |
| Kashyap         | 6-7 months                     |

**[References -Sutika Paricharya - Post Natal Care in Ayurveda, Astha Verma, Sonalika Hiremath, Sheela Mallikarjuna, Sridevi Swamy, Journal of Ayurveda and Integrated Medical Sciences | May - June 2017 | Vol. 2 | Issue 3,ISSN: 2456-3110]**

According to Acharya Susruta, a lady becomes rid of the epithet of Sutika after 1 1/2 months of controlled and precise dietetics and way of living.<sup>6</sup> Sutika Kala is said to be till the next rajodarshana, according to certain Acharyas. Puerperium starts after the placenta is removed and lasts around 6 weeks.

Theperiodis dividedintoto:<sup>7</sup>

- 1) Immediate-within24hours
- 2) Early-Up to7days
- Remote-Up to6weeks

### **Sutika Paricharya**

1. Vatashamana
2. Agnideepana
3. Pachana
4. Raktavardhaka
5. Stanyavardhaka
6. Yonisanrakshaka
7. Garbhashayashodhaka,
8. Dhatupusti,Balya

### **According To Different of Ayurvedic Classic Text**

#### **Sutika Kala (post-natal period)**

#### **Susruta Samhita-**

Following 1½ months of regulated specific dietetics and mode of life the woman becomes free from the epithet of Sutika and has cited the opinion of others that the woman should be called Sutika till she does not restart her menstrual cycle.<sup>8</sup>

#### **AshtangaHrudya-**

Same as Susruta Samhita i.e., 1½ month

**Kashyap Samhita-**

Six months

**Yoga Ratnakar-**

Special dietetic management for 1 month

**Bhava Prakash-**

In addition to agreeing on the explanation of Susruta (i.e., 1½ month), he has cited that following subsidence of complication and aggravation of Doshas, the woman should give up specific mode of life following four months.<sup>9</sup>

Following delivery, Ahara Rasa reaches the breast and produces milk, while the remaining Rasa is transformed into blood and circulated throughout the body, eventually reaching the reproductive system.<sup>10</sup> The blood accumulated in the uterus is expelled cyclically once the Dhatus has been replenished and the body has stabilized.

**Sutika Paricharya is divided into three sections:**

Ahara (Diet), Vihara (Living Style), and Aushadhi (Exercise) (Postnatal visit and medicines).<sup>11</sup> According to medical science, post-natal examinations should be done twice daily for the first three days and then once a day until the umbilical cord falls off.<sup>12</sup> At each examination, check the temperature, pulse, respiration, and breast examination, as well as the progress of normal uterine involution, examination of the lochia for abnormalities, urine and bowels, and advice on perineal toileting, including any stitches.<sup>13</sup> The next visit will be at 6 weeks to check for uterine involution, which should be complete by then, and then every 2 or 3 months until the end of the year.<sup>14</sup>

| Classical Samhita | AharaKalpana(diet)         | Vihara(modeoflife) |
|-------------------|----------------------------|--------------------|
| Charka            | Liquid gruel               | Abhayanga          |
| Samhita           | of rice                    | of abdomen         |
|                   | medicated                  | with Taila or      |
|                   | with Pippali               | Grita then         |
|                   | (piper                     | Udarveshtan        |
|                   | longum),                   | awith big          |
|                   | Pippalimula                | clean cloth.       |
|                   | (piper                     | Irrigation or      |
|                   | longum's                   | bath with          |
|                   | root), Chavya              | lukewarm           |
|                   | (piper                     | Water.             |
|                   | retrofractum),             |                    |
|                   | Chitraka                   |                    |
|                   | (plumbago                  |                    |
|                   | zeylanica),                |                    |
|                   | Shunthi                    |                    |
|                   | (zingiber                  |                    |
|                   | officinale) for            |                    |
|                   | 5-7 days. Use              |                    |
|                   | of Brihagana               |                    |
|                   | drugs from 6 <sup>th</sup> |                    |
|                   | or 8 <sup>th</sup> day.    |                    |
| Sushrut           | Sneha Yavagu               | Abhyanga           |
| Samhita           | or Kshara                  | with Bala          |
|                   | Yavagu                     | (Sida              |
|                   | saturated                  | cardifolia)        |
|                   | with drug of               | Taila, then        |
|                   | Vidari Gandha              | irrigation         |
|                   | di                         | with               |
|                   | (Desmodium                 | decoction of       |
|                   | gangetium                  | Bhadradaru         |
|                   | etc.) Gana                 | (Cedrus            |

|                 |   |                            |
|-----------------|---|----------------------------|
|                 | from 3 <sup>rd</sup> or 4 <sup>th</sup>                             | deodara) etc.              |
|                 | to 6 <sup>th</sup> or 7 <sup>th</sup>                               | drugs                      |
|                 | days. Meat  | capable of                 |
|                 | soup of wild  | suppressing                |
|                 | animal  | the Vata.                  |
|                 | saturated   |                            |
|                 | with Yava   |                            |
|                 | (Vulgaris   |                            |
|                 | sativus), Kola  |                            |
|                 | (Ziziphus   |                            |
|                 | maurititana),   |                            |
|                 | Kulattha  |                            |
|                 | (Doolichos  |                            |
|                 | biflours) with  |                            |
|                 | cooked Shali  |                            |
|                 | rice from 7 <sup>th</sup>   |                            |
|                 | or 8 <sup>th</sup> day of   |                            |
|                 | Sutika  |                            |
|                 | Kala.   |                            |
| Astanga         | Liquid Yavagu   | Abhyanga                   |
| Sangrah         | prepared with   | with Bala                  |
|                 | either milk or  | (Sida                      |
|                 | Vidaryadi   | cardifolia)                |
|                 | Gana  | Taila,                     |
|                 | (Pueraria   | Udarveshtan                |
|                 | tuberosa etc.)  | an after                   |
|                 | drugs for 3, 5  | massage of                 |
|                 | or 7 days.  | abdomen                    |
|                 | Light diet  | with Taila or              |
|                 | with soup of  | Ghrita.                    |
|                 | Yava  | Irrigation                 |
|                 | (Vulgaris   | with luke                  |
|                 | sativus), Kola  | warm water.                |
|                 | (Ziziphus   | Massage                    |
|                 | maurititana),   | unguent                    |
|                 | Kulattha  | irrigation and             |
|                 | (Doolichos  | bathing with               |
|                 | biflours) from 4 <sup>th</sup> , 6 <sup>th</sup> or 8 <sup>th</sup> | Jivaniya and               |
|                 | day to 12 <sup>th</sup>   | Brimhaniya,                |
|                 | day. Meat   | Madhurand                  |
|                 | soup of wild  | Vatahara                   |
|                 | animals,  | drugs. <sup>[14]</sup>     |
|                 | agreeable   |                            |
|                 | diet from 13 <sup>th</sup>  |                            |
|                 | to Sutika   |                            |
|                 | Kala.   |                            |
| Astanga Hridaya | Panchakola  | Almost similar description |
|                 | (piper  |                            |
|                 | longum, piper longum's  |                            |
|                 | retrofractum,   | as Astanga                 |
|                 | plumbago  | Sangraha.                  |
|                 | zeylanica,  | There is also              |
|                 | zingiber  | description                |

|         |                                       |                           |
|---------|---------------------------------------|---------------------------|
|         | officinale)                           | of massage                |
|         | Siddha Peya                           | ofYonialong               |
|         | for the first 3 Days                  | withbody. <sup>[15]</sup> |
|         | Vidaryadi                             |                           |
|         | Gana                                  |                           |
|         | (Pueraria                             |                           |
|         | tuberoasetc.)                         |                           |
|         | Kwatha                                |                           |
|         | Siddha                                |                           |
|         | Snehayukta                            |                           |
|         | Yavagu or                             |                           |
|         | KshiraYavagu                          |                           |
|         | from4 <sup>th</sup> -7 <sup>th</sup>  |                           |
|         | day, after                            |                           |
|         | thatgradually                         |                           |
|         | Brimhanadiet                          |                           |
|         | from8 <sup>th</sup> -12 <sup>th</sup> |                           |
|         | day, meat                             |                           |
|         | soup should                           |                           |
|         | beused. <sup>[15]</sup>               |                           |
| Kashyap | Pippali(piper                         | Massage of                |
| Samhita | longum),                              | back,                     |
|         | Nagar(zinziberofficinale)             | the pressure ofabdomenand |
|         | Yukta and                             | flanks,                   |
|         |                                       | then                      |
|         | Saindhavarah                          | Udarveshtan               |
|         | itaAlpasneha                          | a. Sitting                |
|         | YuktaYavagu                           | overasmall                |
|         | forfirst3or5                          | chaircovered              |
|         | days, then                            | withleather               |
|         | Sasnehalavan                          | bag filled                |
|         | a Yavagu,                             | withhotBala               |
|         | then                                  | (Sida                     |
|         | Sasneha-                              | cardifolia)               |
|         | LavanaAmla                            | Taila, then               |
|         | Yukta                                 | sudation in               |
|         | Kullatha                              | theYoniwith               |
|         | (Dolichos                             | oleo                      |
|         | biflorus)                             | prepared                  |
|         | Yusha with                            | with                      |
|         | meatsoupoof                           | Priyangu                  |
|         | wild animals                          | (Callicarpa               |
|         | and                                   | macrophylla)              |
|         | Ghritabrishta                         | etc. hot                  |
|         | Kushamand                             | water bath                |
|         | (Benincasa                            | afterproper               |
|         | hispida) and                          | sudation,                 |
|         | Moolaka                               | fumigation,               |
|         | (Raphanus                             | withKushtha               |
|         | sativus).                             | (Saussurea                |
|         |                                       | lappa),                   |
|         |                                       | Guggulu                   |
|         |                                       | (Commiphor                |
|         |                                       | aMukul)and                |

|  |  |            |
|--|--|------------|
|  |  | Agaru      |
|  |  | (Aquilaria |
|  |  | agallocha) |
|  |  | mixed with |
|  |  | Grita.     |

[References -Sutika Paricharya - Post Natal Care in Ayurveda, Astha Verma, Sonalika Hiremath, Sheela Mallikarjuna, Sridevi Swamy, Journal of Ayurveda and Integrated Medical Sciences | May - June 2017 | Vol. 2 | Issue 3,ISSN: 2456-3110]

#### Puerperal Women (Sutika's)

Over her head, the puerperal woman should wear an amulet of Trivrita (Operculinaturpethun).Sutika, in the event of a male kid, should be given oil to drink, whereas Ghrita, in the case of a female child, should be given oil to drink.<sup>15</sup>

#### Sutika'spathya and apathyaPathya

1. Sutika should take a bath in a large amount of warm water.
2. Boiling water should be used for drinking.
3. Always use lukewarm water for Parisheka, Avagahana, and other rituals.
4. She has to practiceUdarveshtana.
5. Snehana and Swedana must be performed daily according to Desha, Kala, and other factors.
6. Kashyapa has given Sutika the Madana special indication.<sup>16</sup>

#### Apathya

1. Anger, physical and emotional stress
2. Coldwater, wine, and other cold items
3. The act of having a sexual encounter.
4. Panchakarma is contraindicated in the following situations:

#### Sutika.

- (a) Sutika'sAmadosha will be expanded as a result of the governance of Asthapana Basti.
- (b) Emaciation, anorexia, and physical discomfort would be caused by Nasya Karma in Sutika.<sup>17</sup>

#### SutikaParicharya's Advantages

It may be inferred that by following this Paricharya, a Sutika who is weak due to the development of the fetus, loss of Dhatus, Kleda excretion, blood, and weariness due to labor pain can restore her pre-pregnancy status.In Ayurveda, postnatal care can be summarized as follows:

1. It strengthens and improves the digestive system.
2. Tightens muscles, soothes nerves, and lubricates all joints.
3. Improve mental alertness, apparent reasoning, and emotional stability.
4. Assists a woman's body in regaining its usual form.<sup>18</sup>
5. Easier lactation and more relaxing nursing.

#### Discussion:-

The unique experience of giving birth to a child has shaped a woman's creative outlook on life. Sutika Paricharya causes full involution of the uterus and other pelvic organs in Sutika Kala, allowing them to return to their pre-pregnancy state.<sup>19</sup> The goal of puerperium is to maintain maternal and infant health while also establishing infant feeding. Abhyanga is mentioned in almost all of the Ayurvedic texts. Abhyanga tones the pelvic floor, abdominal, back, and vaginal muscles. Bala oil (sidacardifolia), Dasmoola oil, and sesamum oil are recommended by Ayurveda for Abhyanga during the postnatal period. Because rubbing and friction during massage widen superficial blood vessels and enhance venous blood flow, abhyanga helps avoid thrombosis.<sup>20</sup>

Vaginal massage promotes healthy Lochia drainage (vaginal secretion), calms Apana Vata, and tones up the vagina. Acharya Sushruta, Kashyapa, Harita, and Yogaratnakar have all described Swedana for Sutika.<sup>21</sup>Swedana is useful during Sutika Kala when Vata is vitiated since it has the Vatashamana characteristic.<sup>22</sup> Massage, oral administration of fat with medications, and decoction for 3-7 days following delivery were all recommended in all books.<sup>23</sup>

**Conclusion:-**

Sutika Kala is a key phase for women, and it needs careful management and attention, including special food, way of life, and Aushadi. Because there is vitiation of Vata in Sutika Kala, it is best to use VataShamaka medicines. During Sutika Kala, a woman needs specific attention and supervision to ensure the correct and healthy development of her newborn kid as well as the maintenance of her health.

**Conflict of Interest –**

Nil

**Source of Support –**

Nil

**References:-**

1. KashyapaSamhita(VridhajeevakeeyaTantra)SharmaH,editor4<sup>th</sup>edition.ChaukhambhaSanskritSamsthana, Varanasi1988;p.305
2. Premavati Tiwari, AyurvedaPrasuti - Tantra evamStriRoga, part 1, chap-9, 2<sup>nd</sup> ed., Chaukhambha OrientaliaVaranasi.1996;p.572.
3. K. Park, Text Book of Preventive and Social Medicine,Jabalpur,21ed.;BanarasidasBhanotPublisher;2011;p.481,588
4. AcharyaKashinathShastriandGorakhanathChaturvedi,CharakSamhitawithVidyotiniHindi Commentary,Sharirasthana8/48,16<sup>th</sup>ed;ChaukhambhaBhartiAcademy,Varanasi.1989;p.951.
5. Acharya Ambikadutta Shastri, Sushruta SamhitawithAyurveda TatvaSandipika Hindi Commentary, ShariraSthana 10/16-18, 13<sup>th</sup> edition, Chaukhambha SanskritSamsthan, Varanasi, 2002;p.76.
6. S.P. Sharma, AstangaSangraha, ShariraSthana 3/38, 1<sup>st</sup>edition, Chaukhambha Sanskrit Sanskrit Series Office,Varanasi, 2006;p.285.
7. ShrisatyapalBhishagacharya,KashyapaSamhitawithVidyotini Hindi commentary, Khilsthana 10/182, 11/3,17,18-36, 8<sup>th</sup> edition, Chaukhambha Sanskrit Samsthan,Varanasi, 1988;p.304-307.
8. AcharyaRmavalabhaShastri,HaritaSamhitawithNirmala Hindi Commentary. Triteeyasthana 53/1,5, 1<sup>st</sup>edition,PrachyaPrakashana,Varanasi,1985;p.104.
9. ShrisatyapalBhishagacharya,KashyapaSamhitawithVidyothiniHindicommentary.Khilsthana10/181,8<sup>th</sup>edition,C haukhambhaSanskritSamsthan,Varanasi,1988;p.304.
10. ShrisatyapalBhishagacharya,KashyapaSamhitawithVidyothiniHindiCommentary.Khilasthana11/32-33,8<sup>th</sup> edition, Chaukhambha Sanskrit Samsthan, Varanasi,1988;p.307.
11. Srivastava Sarika et. al., "Role of Shigru in Managementof Sutika-Arti (puerperal – discomfort)" Department ofPrasutiTantra,IMS,BHU,Varanasi,2000;p.17-18.
12. AcharyaKashinathShastri,GorakhanathChaturvedi,CharakaSamhitawithVidyotiniHindiCommentary,Shar irasthana8/48,16<sup>th</sup>ed;ChaukhambhaBhartiAcademy, Varanasi.1989;p.892.
13. S.P. Sharma, AstangaSangraha, Sutrasthana 29/11, 1<sup>st</sup>edition, Chaukhambha Sanskrit Sanskrit Series Office,Varanasi, 2006;p.218.
14. S.P. Sharma, AstangaSangraha, Sharirasthana 3/39, 1<sup>st</sup>edition, Chaukhambha Sanskrit Sanskrit Series Office,Varanasi, 2006;p.285.
15. www.allthingshealing.com/Martial...Ayurveda...Postnatal-care/12173visted on 23.07.2014
16. Premavati Tiwari, AyurvedaPrasuti Tantra evamStriRoga, part 1, 2<sup>nd</sup> ed., Chaukhambha Orientalia Varanasi.1999;p.551.
17. SushrutaSamhita,JadhavjiTrikamji,editor.5<sup>th</sup>ed.ChaukhambhaOrientalia,Varanasi,1992;p.389
18. AstangaSangraha Vol 1. Gupta Atridev, editor 1<sup>st</sup> ed.Varanasi;Oreintalpublishers,1993;p.288
19. Ambikadutta shastri (editor). Sushruta Samhita, sharirasthana,chap-10,BharatiChaukhambhaSubhartiPrakashana, Varanasi2010;p.103.
20. Premavati Tiwari, AyurvedaPrasutiTantra evamStriRoga, part 2, chap-9, 2<sup>nd</sup> ed., Chaukhambha OrientaliaVaranasi.1996;p.569.
21. Satyapalabhiagacharya(editor),KashyapaSamhita(VridhdhaJeevaka),Khilasthana,chap- 11,4<sup>th</sup>ed.ChaukhambhaSanskritSansthan,Varanasi.1994;p.305.
22. SarthaYogaratanakar, Datto Ballala Borkar, translator,vol 2<sup>nd</sup>, Sutika Roga Chikitsa, chap- 44 , Shri GajananaBookDepo Prakashana, Pune, 1984;p.639.
23. Astha Verma,SonalikaHiremath,SheelaMallikarjuna,SrideviSwamy.SutikaParicharya- PostNatalCareinAyurveda.JAyurvedaIntegr Med Sci 2017;3:175-180.http://dx.doi.org/10.21760/jaims.v2i3.8227.