

A Literally Review Study on Sutika Paricharya and Its Importance

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Abstract :

After delivery new mother and her baby required special care. Ayurveda gives details guidance about care to be taken including dietary Guidelines, lifestyle advice during this extremely sensitive situation. The special post delivery care is describe in Ayurveda Samhitas in the following line's. after delivery mother is very weak and sensible. She has provided nourishment and energy to child during it's entire development. Undergone exertion and result the fatigue of labor, blood loss and after delivery. Any health problems arising during this time, difficult to treat and some cases impossible to cure.motherhood is loving, sacrificing, sharing and Struggling. Ayurveda is most important of care of women special in pre natal and post natal period. Sutika is state of women she immediately after delivery and extends till time she continue breast feeding. Sutika refers to women after expulsion of placenta. The sound ' puthramsuthe... ' brings back jiva, that is life to a parturient women. But it possible her health is taken care of during post natal.

Keywords - Sutika, motherhood, Ayurveda Samhitas, Pre natal, etc.

Introduction :

Ayurveda is oldest science of life is known as it's curative and preventive potential. Ashtanga Ayurveda deals with 8 branches of Ayurveda treatment. Ayurveda also states the ideal followed during pregnancy. It has suggest very good protocol for that which is called Garbhini Paricharya. After delivery of a baby with its placenta. The mother is known as Sutika and period of which she is called Sutika is terms as Sutika Kala or Puerperium. In Puerperium many

complications are occurs it is said in Ayurveda about 74 types of diseases can happen in this period if not management properly. Therefore she needs special and proper care during pregnancy as well as during Sutika Kala.

3 Post partum phases -

1) First 10 days -

Immediately after delivery new mother is tired and she will surely have vaginal bleeding.

2) First 45 days -

Important to follow guidelines that are meant to help uterus contract to it's normal size again . Many medicines, diet, and body care that ensure that adequate production of breast milk are recommend during time.

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3) Until the reappearance of menstruation -
The time until of menstruation is included in the post partum period so women is Sutika during this entire phase.

Sutika Kala - (time period) according to different Samhitas –

Samhitas	Sutika kala
Yogratnakara	1 1/2 month or until next menstruation
Kashyapa	6 month
Bhavaprakasha	1 1/2 month or until next menstruation
Ashtanga hridaya	1 1/2 month or until next menstruation
Charaka	Not mentioned
Sushruta	1 1/2 month or until next menstruation

Sutika Aagara - Sutikaagara is explained in Ayurveda Samhitas. Which is aseptic room,

hygienic room constructed special for puerperal women. It was made compulsory in ancient days to stay for women. It is building which would be constructed for every sutika and dismantle after her discharge.

Principles of Sutika Paricharya -

Abhyanga

Deepana - Pachana

Ashwasana

Vatanulomana

Baala vriddhi

SthanyaJana

Garbhashaya Shodhana

Kleda Shodhana

Manidharana - The sutika should fix trivrita mani over her head. It gives psychological support to her.
Sutika Snana - on 10 th or 12th day according to practice family bathing ceremony should be performing.

Sutika Paricharya -

According to Acharya Charaka	Number of days 5-7 days	Aahara 1). Snehapana 2)Yavagupana, pippalyadi Dravyas	Vihara Parisheka - lukewarm water Abhyanga with oil Udaraveshtana
According to Vagbhat (ashtanga Sangraha)	Number of days 3,5 or 7 days	Aahra - 1). Snehayogyia - snehapana with Panchakola Churna and Saindhava. 2). Snehayogyia - Vatahara, Laghupanchaka mulaka pana 3. Ksheera yavagu pana.	Vihara - Avagahana, Acchadana, ushnodaka Parisheka, Bala taila Abyanga, Udaraveshtana, Stanika Udarabhyanga - ghrita or taila.
According to Vagbhat (Ashtanga hridaya)	2- 3 days 4- 7 days 8-12 days	1. Snehayogyia Snehapana - Mahatimatta with panchakola Churna 2. Ushnagudodaka with panchakola churna 3. Snehayogyia without sneha above Dravyas 4. Peya - purvoktadravyas Sneha yavagu or ksheera yavagu Jivaniya, Brihaniya, Madhura Varga Siddha hriddhannapana.	Vihara - Avagahana Parisheka Yoniabhyanga and sarva dehi Abhyanga Udaraveshtana Udvartana

	After 12 days	Mamsa rasa	
According to Kashyapa	3- 5 days	Snehapana, Hitakarabhojana, snehayukta yavagu pana - pipalli, Nagara Saindhava lavana.	Vihara - Vishranti, Dhupana - kushta, Guggulu
	7-12 days	Snehayukta yavagu pana	Udarapidana, udaraveshtana, Ashwasana,
	12 days	Jangala mamsa, kulathya yusha	Rakshoghna Dravyas, Yoniswedana.
	1 month	Snehana, swedana, Ushnajalasevana.	
According to acharya Sushruta	2-3 days	Vatahara Aushadhi Dravya Kwathapana Ushnagudodaka with Pippalyadi Dravyas Sneha yavagu or ksheera yavagu with Vidari Gana Dravyas Yava, kola, kulathya Yusha, Jangala Mamsa.	vihara - 1. Parisheka with Vatahara Dravyas 2. Sarvadehi Bala taila Abhyanga.

Pathya and Apathya :-

Pathya -

1. Adequate sleep followed.
2. For boiling water should be used.
3. Oil massage (Abhyanga) should be done with lukewarm oil and pouring of medicated water sitz bath, etc. Should always perform with lukewarm water.
4. Sutika should use pathyakara Ahara and vihara.
5. Bandaging of abdomen should be done.

Apathya Aahaa -

1. SheetaAahara and Vihara
2. Atapasevana
3. Maithuna (sexual intercourse)
4. Sadness, anger, fear.
5. Panchakarma is contraindicated in Sutika.

Vishishta Paricharya -

1. Jangala desha - Aahara - snehopachaka
2. Sadharana Desha - neither too sneha or not too Ruksha Dravyas.

3. Anupa Desha - Aahara - Ushna Dravya sevana, Agni and Balavardhaka Aahara.

Importance of Sutika Paricharya :

women become weak and emaciated due to growth of fetus. And empty bodies due to instability of all Dhatus, Excretion of kleda and rakta, labour pain. By paricharya she attain all lost things and reaches her pre pregnant stage.

Conclusion :

In their respective Samhitas Described Aahara , Vihara, Aushadhi and Various PATHYA (Do's) and Apathya (Don't) the modern medicine also describe increase requirements of recommended dietary allowance for energy is for 0- 6 months +600 Kcal and 6-12 months +520 Kcal. So Sutika paricharya should be cared with wisdom of ancient Ayurveda and modern knowledge.

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