

Sutika Paricharya according to various Samhita

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Abstract

Ayurveda give importance to the care of mother at every phase of her life especially in antenatal and postnatal care. A postnatal period is the period beginning immediately after the separation of placenta and extending up to six weeks, otherwise called as puerperium or puerperal period. Postnatal care is named as *Sutika Paricharya* in Ayurvedic classics. Garbhini and *Sutika Paricharya* are very well described by our ancient Ayurvedic scholars in their respective Samhitas. This period is of happiness and contentment, on one hand and physical and mental fatigue due to delivery, on the other hand, she become weak or emaciated after loss of blood and body fluid during delivery. Acharya Kashyapa narrating stage of prasava says that her one foot is situated in this loka and other in Yamaloka. The lady after such a difficult process of prasava must be advised certain mode of life called *Sutika Paricharya*. The regimen that helps the woman to regain her lost vitality and helps her body to revert back to pre-pregnant state is called *Sutika Paricharya*. Great emphasis has been laid on post natal care i.e. *Sutika Paricharya*, as during this period she restores her health and strength. **Conclusion:** *Sutika Paricharya* Should be cared with Ahara Vihara and Aushadi and with some Dos(Pathya) and Dants(APathya).

Key Words: *Sutika Paricharya*, Post Natal Care.

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INTRODUCTION

Ancient scholars i.e. Charaka, shushrut, AshatngSanghaha, AshatngHridaykashyap, Harit. The period of *Sutika Paricharya* is variable as per their respective samhitas:

Charak---Not exactly mentioned the period.

Sushrut---45 days.

AshatngSanghaha---45 days

AshatngHriday---45 days

Kashyap--- 6 months.

BhavPrakash and YogRatnaka---45 days or up to the menstrual cycle regularize(ArtavDarshan).

As per modern medical science the Puerperium i.e. Post natal Period begins as soon as placenta is expelled and last for approximately 6 weeks when the uterus becomes regressed almost to the non pregnant size¹. In puerperium, many complications can occur as it is said in Ayurveda about 74 types of diseases can happen in this period if not managed properly. A healthy mother would give healthy child. Health of mother in puerperium period is more important and sutika must be given more attention to prevent many complications during that period. So, care of a mother before pregnancy, during pregnancy and during puerperium must be given for safe motherhood and healthy childhood.

Among these, the sutikakalais more important for healthy and proper growth of child. Since, firstweek soon after delivery is of immense important for both sutika and newly born baby, hence, during that period great attention and special care is necessary for both. Due to vitiation of vataafter delivery, digestive power as well as immunity and strength of mother will be weak and the lady is in compromised state, therefore care and management causing vatabalance and increasing body strength of sutikashould be done. Expulsion of fetus, loss of fluid and blood and exhaustion during labour, all these cause dhatukshayaand this dhatukshayacauses loss of body

immunity and during that period even a minor ailment can cause a lot of harm to the body. During Sutikakala(puerperium) vata is vitiated and that period the alleviation of vata should be the first aim. We should use all mode of life and dietetics which pacify the vitiated vata. Different acharyashave described different dietetics and mode of life in their texts but all of those are ultimately vatashamaka and brimhana.

Sutika Paricharya: *Sutika Paricharya* includes mainly three parts Ahara (Diet), Vihar (Lifestyle), and Aushadi (Post natal visit and Medicines). As per medical science

has advises Postnatal examination i.e. twice daily for first 3 days and subsequently once a day till the umbilical cord drops off. At each examination should see about temperature, pulse, and respiration, Breast examination, Progress of Normal involution of Uterus Examination of Lochia for the abnormality, check urine and Bowels and advise on perinea toilet including stitches if any. The immediate postnatal complications viz. puerperal sepsis, thrombophlebitis, secondary haemorrhages should be kept in mind. Next visit at 6 weeks to see involution of uterus and should complete by then and there after once 2 or 3 month till the end of one year ².

Table 1: Ancient scholars described Ahara Vihara and Aushadi for the *Sutika Paricharya*

Various Samitas	Ahara (diet)	Vihar (mode of life)	Aushadi (medicine)
Charak Samitas	Liquid gruel of rice medicated with pippali (Piper longum), pippalimool (Piper longum's root), chavya (Piper retrofractum), chitraka (Plumbago zeylanica), sunthi (Zingiber officinale) for 5-7 days. ¹ Use of brihaganadrugs From 6th or 8th day. ³	Abhyanga of abdomen with taila or ghrita then Udarveshtana with big clean cloth. Irrigation or bath with luke warm water. ³	Sarpi, Taila, Vasa or Majja with pippali (Piper longum), pippalimoola (root of Piper longum), chavya (Piper retrofractum), chitraka (Plumbago zeylanica) and Shringavera (Zingiber officinale) churna. Anupana- ushna jala for 5 or 7 nights. ³
Sushrut Samhita	Snehayavagu or kshirayavagu saturated with drugs of Vidarigandhadi (Desmodium gangetium etc.) gana Form 3rd or 4th to 6th or 7th days. ² Mansrasa of Jangal Mans saturated with yava (Vulgaris sativus), kola (Ziziphus mauritiana), kulattha (Dolichos biflorus) with cooked Shali rice From 7th or 8th day to sutikakala ⁴	Abhyanga with bala (Sidacordifolia) taila, then irrigation with decoction of Bhadrardaru (Cedrus deodara) etc. drugs capable of suppressing the vata. ⁴	Pippali (Piper longum), pippalimoola (root of Piper longum), hastipippali, chitraka (Plumbago zeylanica) and shringavera (Zingiber officinale) churna. Anupana- ushnagudodaka (warm jiggery water) for 2 or 3 days ⁴
Ashtang Sngraha	Liquid yavagu prepared with either milk or vidaryadigana (Pueraria tuberosa etc.) drugs For 3, 5 or 7 days. ³ Light diet with soup of Yava (Vulgaris sativus), kola (Ziziphus mauritiana) and Kullattha (Dolichos biflorus) From 4th, 6th or 8th day to 12th day. ³ Meat soup of wild animals, agreeable diet From 13th to sutika Kala. ⁵	Abhyanga with Bala (Sidacordifolia) taila, Udarveshtana after massage of abdomen with taila or ghrita, Irrigation with luke warm water. Massage, unguent, irrigation and bathing with jivaniya, brimhaniya, madhura and vataharadrugs. ⁵	Sneha with panchakola (Piper longum, root of Piper longum, Piper retrofractum, Plumbago zeylanica and Zingiber officinale) churna or sneha with yavani (Trachyspermum ammi), upakunchika (Nigella sativa), chavya (Piper retrofractum), chitraka (Plumbago zeylanica), Vyosha (Zingiber officinale, Piper nigrum, Piper longum) and Saindhava Anupana- Ushnajala for 7 nights. ⁵
Ashtang Hridya	Panchakola (Piper longum, Piper longum's root, Piper retrofractum, Plumbago zeylanica, and Zingiber officinale) siddhapeya for first 3 days, Vidaryadigana (Pueraria tuberosa etc.) kwatha siddha snehayuktayavagu or kshirayavagu from 4th – 7th day, after that gradually brimhana diet from 8 – 12th day, after 12th day meat soup should be used ⁶	Almost similar description as Ashtanga Sngraha. There is also description of massage of yoni along with body. ⁶	Taila or ghrita with Panchakola (Piper longum, Piper longum's root, Piper retrofractum, Plumbago zeylanica, and Zingiber officinale) churna. Anupana- Ushnagudodaka (warm jiggery water) for 2 or 3 days ⁶

<p>KashyapSamhita</p>	<p>Pippali (Piper longum), nagar (Zingiber officinalis) yukta and saindhavarahita alpasnehayuktayavagu for first 3 or 5 days, then sasnehalavanayavagu, then sasneha-lavana-amlayuktakulattha (Dolichosbiflorus) yush with meat soup of wild animals and ghritabhrishta Kushmanda (Benincasahispida), and moolaka (Raphanussativus).⁷</p>	<p>Massage of back, pressure of abdomen and flanks, then udarveshtana. Sitting over a small chair covered with leather bag filled with hot bala (Sidacordifolia) taila, then sudation in the yoni with oleo prepared with priyangu (Callicarpa macrophylla) etc. Hot water bath after proper sudation, Fumigation with kushtha (Saussurealappa), guggulu (Commiphoramukul) and agaru (Aquilariaagalocha) mixed with ghrita.⁷</p>	<p>Snehapana according to satmya. Anupana-Manda for 3 or 5 days [5]</p>
<p>HaritSamhita</p>	<p>Ushnakulattha (Dolichosbiflorus) yush on 2nd day, Panchkola (Piper longum, root of Piper longum, Piper retrofractum, Plumbagozeylanica, Zingiberofficinale) yavagu on 3rd day, Chaturjataka (Cinnamomumzeylanicum, Elettaria cardamomum, leaves of Cinnamomum zeylanicum, Mesuaferrea) mixed yavagu on 4th day, cooked rice of shali or shashtika on 5th day⁸</p>	<p>Vaginal filling with oil and massage followed by sudation with hot water.⁸</p>	<p>Decoction of available drugs out of lodhra (Symplocosracemosa), arjuna (Terminaliaarjuna), kadamba (Anthocephalusindicus), devadaru (Cedrusdeodara), bijaka (Pterocarpus marsupium) and Karkandhu (a variety ofZiziphusmauritiana). Then nagara(Zingiberofficinale) and haritaki (Terminaliachebula) churna with jiggery on 2nd day morning.⁸</p>

Pathya and ApathyaforSutika (Dos and Donts)⁹:

Pathya (Dos):

1. Adequate rest and Diet is most important.
2. Sutika should have bath with plenty of Water.
3. Boiled water should be taken for drinking purpose.
4. Parisheka, Avagahanaetc. are always with luke warm water.
5. She should do udarveshtana.
6. Snehana and Swedanamust be done every day as per desha, kala etc.
7. MaharshiKashyapahas given the special indication of manda for sutika

Apathya (Donts):The following things are prohibited :

1. Physical and mental stress, anger etc Women experiences lots of physical and mental stress during labour and get exhausted. This may be the reason behind restricting her from exercise. Emotional imbalances like anger, fear and depression seriously affect lactation¹² Consumption of cold things aggravates VataDosha.
2. The sexual intercourse; Sexual intercourse involves strain and friction of genital tract which is already

lacerated and weakened during the process of labour resulting into injury, bleeding and infection. The hypoestrogenic state following delivery makes vaginal epithelium thin and provides very little lubrication after sexual stimulation resulting into painful intercourse.¹³

3. Cold water, cold wind and cold things etc.
4. There is contraindication of Panchkarma for Sutika-Due to administration of AsthapanaBasti, the amadosha of sutika would be increased.¹⁰, Due to nasya karma, emaciation, anorexia, body ache would be created in sutika.¹¹

DISCUSSION

As per the ancient Scholars in their respective samhitas described the Ahara (Diet), Vihara (Life style) and Aushadi (Medicines) and various Pathya (Dos) and Apathya (Donts) and the modern medicine also describes increased requirement of Recommended Dietary Allowance (RDA) for Energy is for (0-6months) +600 Kcal.and 6-12 months +520 Kcal. Also requirement increased for Proteins (19gms) Calcium (600mg/d) etc.

also described personal hygiene, diet for prevention of Anemia² also avoidance of Sexual intercourse¹³ etc. So *Sutika Paricharya* Should be cared with the wisdom of Ancient Ayurveda and modern knowledge.

CONCLUSION

Sutika Paricharya Should be cared with AharaVihara and Aushadi and with some Dos(Pathya) and Dants(APathya).

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