

**Impact  
Factor  
3.025**

**ISSN 2349-638x**

**Refereed And Indexed Journal**

**AAYUSHI  
INTERNATIONAL  
INTERDISCIPLINARY  
RESEARCH JOURNAL  
(AIIRJ)**

**Monthly Publish Journal**

**VOL-IV**

**ISSUE-VII**

**JULY**

**2017**

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**Sutika Paricharya: A Samhita Based Review****Vd .Sachin Harishchandra Chaudhari**

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**Abstract**

*Sutika is the period beginning immediately after the expulsion of placenta till 45 days or 6 months which shows variation according to view of different Acharyas. Sutika Paricharya that is Post Natal Care, described by many Acharyas in Ayurvedic Samhitas. They described Aahar (dietary regimen), Vihar (life style), Aushadhi (medicine) and other necessary management for Post Natal Care of mother and infant up to 6 months. Due to Dhatuksheenata, Balakshaya, Agnimandya generated because of the whole process of labor; restoration of health of the mother and infant, establishment of breast feeding, encouragement of emotional support, assurance is essential. This can be achieved by following the Sutika Paricharya appropriately explained by different Acharyas in Ayurvedic Samhitas.*

**Key Words:-** Sutika, Sutika Paricharya, Post Natal Care, Dhatuksheenata, Balakshaya, Agnimandya, Aahar, Vihar, Aushadhi

**Introduction**

Ayurveda has always given importance to care the woman in every stage of life by describing Rutucharya, Garbhini Paricharya, Sutika Paricharya. During Sutika Kaal that is Puerperial period, body tissues especially the pelvic organs of woman get revert back to the pre pregnant state, Anatomically and physiologically<sup>1</sup>. Along with the psychological status also comes to its normal state. Because of expulsion of foetus, loss of blood and fluid, exhaustion during labor leads to Dhatukshaya and woman becomes weak. By following appropriate Sutika Paricharya woman restores the proper health as pre pregnant state<sup>2</sup>.

First week soon after the delivery is of immense importance for both mother and infant. Hence during this period great attention and special care is necessary towards both of them. In this health conscious present era, with proper care woman would gain the mental, emotional, spiritual resources needed to carry her through all the demands of family life, without feeling depleted. This article includes special Dietary regimen, Life style and Medicine by different Acharyas to maintain health of the woman.

**Sutika Paricharya**

Ancient Ayurvedic Acharyas have given great importance to woman's health during entire pregnancy up till 6 months after delivery. Post natal period is named as Sutika Kala in Ayurveda. There are different opinions about this period, which ranges from six weeks to six months and some believe that it lasts until the reestablishment of menstrual cycle. Sutika Paricharya to be followed in this Kala described by them is as follows which includes Aahar, Vihar and Aushadhi Kalpana for Sutika.

Samhita	Aahara (Diet)	Vihar (Life Style)	Aushadhi (Medicine)
Charaka Samhita <sup>3</sup>	-5-7 days- Sneha Yavagu- Liquid gruel of rice mediated with Pippali ( Piper longum), pippalimool (root), chavya (Piper retrofractum), chitraka (Plumbago zeylanica), shunthi (Zingiber offiinale) -6 <sup>th</sup> or 8 <sup>th</sup> day onward- Brihagana dravyas	-Taila or Ghrita Udara Abhyanga -Udara veshtana -Parisechana with luke warm water	-Sarpi, Taila, Vasa, Majja along with Pippali, pippalaimool, chavya, chitraka, shunthi choorna -Ushna Jala for Anupana, 5-7 raatri
Sushruta Samhita <sup>4</sup>	-3 <sup>rd</sup> /4 <sup>th</sup> – 6 <sup>th</sup> /7 <sup>th</sup> day- Vidarigandhadi gana yukta Sneha Yavagu or Ksheer yavagu -7 <sup>th</sup> /8 <sup>th</sup> day onward- Yava (Vulgaris sativus), Kola (Ziziphus mauritiana), Kulattha (Dolichos biflorus) siddha Snaha Yavagu -Snigdha Jangalrasa -Shali odana	-Bala (Sida cordifolia taila Abhyanga -Parisehana with Bhadradaru (Cedrus deodara) kwath -Dushta Shonita Shuddhi	-Pippali, pippalimool, Hastipippali, chitraka, shunthi choorna -Ushna Gudodaka for Anupana, 2-3 days
Ashtang Sangraha <sup>5</sup>	-3/5/7 days- Vidaryadi gana dravya siddha liquid Yavagu or Laghu Ksheer -4 <sup>th</sup> /6 <sup>th</sup> /8 <sup>th</sup> day onward till 12 <sup>th</sup> day- Yush of Yava, Kola, Kulattha -13 <sup>th</sup> day onward- Jangal Mansarasa -Laghu, Bruhaniya, Madhur, Vatahara, Hridya Annapan	-Bala taila Abhyanga -Grita or taila udarabhyanga -Udara veshtana -Koshna Jala Parisechana -For this purpose use of Jeevaniya, Bruhaniya, Madhur, Vatahara dravya	-Panchakola (pippali, pippalimool, chavya, chitraka, shunthi), yavani (Trachyspermum ammi), upakunchika (Nigella sativa), saindhava siddha sneha -Ushna jala for Anupana, 7 raatri
Ashtang Hridaya <sup>6</sup>	-first 3 days- Panchkol siddha Peya -4 <sup>th</sup> -7 <sup>th</sup> day- Vidaryadi gana siddha Sneha Yavagu/ Ksheer Yavagu -8 <sup>th</sup> -12 <sup>th</sup> day- Bruhaniya aahar -13 <sup>th</sup> day onward- Mansarasa	Same as Ashtang Sangraha Yoni Abhyanga	-Panchkol siddha Taila/ Ghrita -Ushna Gudodaka for Anupan, 2/3 days

Kashyap Samhita <sup>7</sup>	-First 3/5 days- Manda, Pippali shunthi yukta, Saindhava rahit Alpa Sneha Yavagu -Sasneha Lavan Yavagu -Sasneha Lavan Amla yukta Kulattha, Yush, Jangal Mansarasa -Ghritabhrushta Kushmand (Benincasa hispida), Moolaka (Raphanus sativus), Yervaruka (Cucumis sativus)	-Ashwasana -Sanvahan -Udaramardana -Udaraveshtana -Yoni Snehana with Bala (Sida Cordifolia) Taila, -Yoni Swedana with Priyangu (Callicarpa macrophylla) Krushara -Snaana -Dhupana with Kushtha (Saussurea Lappa), Guggulu (Commiphora mukul), Agaru (Aquilaria agallocha), Ghrita	-Sasatmya Snehapan -Manda for Anupana, 3/5 days
Harita Samhita <sup>8</sup>	-2 <sup>nd</sup> day- Ushna Kulattha Yush -3 <sup>rd</sup> day- Panchakol Yavagu -4 <sup>th</sup> day- Chaturjat; Twaka (Cinnamomum zeylanicum), Ela (Elettaria cardamomum), Patraka (Cinnamomum tamala), Nagakeshara (Mesua ferrea) siddha Yavagu -5 <sup>th</sup> day- Shaali shashtika	-Yoni Poorana with Taila -Yoni Swedana with kosha jala	-Lodhra (Symplocos racemosa), Arjuna (Terminalia arjuna), Kadamba (Anthocephalus indicus), Devadaru (Cedrus deodara), Bijaka (Pterocarpus marsupium), Karkandhu (variety of Ziziphus mauritiana) Kwath -Shunthi, Haritaki (Terminalia chebula) choorna with Guda on 2 <sup>nd</sup> day
Bhava Prakasha <sup>9</sup>	-Snigdha, Laghu, Pathya, Alpa Aahar	-Nitya Swedana, Mardana, Abhyanga- for one month	
Yoga Ratnakara <sup>10</sup>		-immediately following delivery vaginal canal should be pressed to avoid entry of air	
Sharangdhar Samhita <sup>11</sup>		-Swedana with Bala Taila	

So the new mothers should be encouraged to talk about their feelings, fears. Psychological reassurance, consultation is to be given to avoid further puerperal complications. The paricharya

told by Acharyas helps as Vatashamaka, Mansa dhatu poshaka, tones up pelvic floor, vaginal muscles, relieves pain, increases appetite, prevents infection, helps to regain the pre pregnant state.

Along with the mother should be encouraged for breastfeeding her baby.

#### **Pathya**

- Adequate rest, proper diet
- Daily bath with plenty of water
- Use of boiled water for drinking
- Avagaha, Pariseka with luke warm water
- Use of Udarapattabandhana
- Snehana, Swedana according to the Desha, Kaal, Prakruti
- Use of Manda, indicated by Acharya Kashyapa

#### **Apathya**

- Physical, mental stress
- Emotional imbalances as anger, fear, depression which affects adversely lactation
- Sexual intercourse as it involves strain and friction of genital tract which is already weakened during the process of child birth
- Cold water, wind, things
- Panchakarma, as due to Asthapan Basti, Aamdosha get increased<sup>12</sup> and Nasya leads to anorexia, body ache<sup>13</sup>

**The benefits of Post Natal Care in Ayurveda can summarize as,**

- -Strengthen and improves digestion power
- -Tones muscles, calms nerves and greases all joints
- -Helps woman's body reverse into her normal shape
- -Increases psychological alertness, apparent thinking and emotional steadiness
- -Effortless lactation and more restful feeding

#### **Discussion**

Different Acharyas described the Aahara, Vihar, Aushadhi, Pathya, Apathya for the Sutika in Samhitas. Along with it they also described the importance of personal hygiene. Following of the appropriate Sutika Paricharya helps in complete involution of Uterus and other pelvic organs, so that they reach the pre pregnant state. It also helps to maintain the Maternal and Infant health which prevents the further complications.

#### **Conclusion**

Ayurveda is ultimate science of life focusing on various stages of human life. Sutika Paricharya is one of such concept important in re-establishing the health of a woman after delivery directing physicians and Sutika to adapt certain daily activities, diet, mental, social behavior. After a thorough review of various concepts by different Acharyas, it can be concluded that Sutika Paricharya is essential to nurture the health of woman and avoid further complications.



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ISSN 2349-638X

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