

Review Of Sutika Paricharya With Special Reference To Aahar And Its Clinical Perspectives.

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Abstract :-

The transformation of female, from a woman to mother is the happiest lifetime event, but this happiness is gained only after undergoing tremendous physical exertion during labour. The women become extremely debilitated physically & mentally, after the delivery & there are prone to incidences of backache, weakness etc. After parturition, after the placenta is expelled then woman is termed as Sutika & the care is termed as Sutika Paricharya. After following proper Sutikopacharya (puerperal regimen) woman regains all the lost things and reaches pre-pregnancy status. The mode of Sutika Paricharya includes ayurvedic therapies, nutritional diet & swasthavritthalpana.

The main achievements through Sutika Paricharya are Garbhashayashuddhi, Dhatu-paripurnata, sthanya-viddhi, punarnavekarana. Its used for the proper balance of Physical, mental and physiological status for sutika.

Key words :- sutika, sutika paricharya, sutika aahar

Introduction :-

Ayurveda emphasizes much importance of the care of women especially in the prenatal & postnatal period. Sutika is the state of women immediately after delivery & extends till the time she continues breast feeding. Sutika refers to the woman after the expulsion of placental. The sound 'puthramsuthe...' brings back jeeva, i.e, life to a parturient woman.

But this is potential if her health is taken care of throughout post natal.

'soonyasareereprasootha, mild derangement can cause life threatening condition for mother & baby. During Puerperium the body tissues, especially the pelvic organs revert back approximately to pre-pregnant state both anatomically & physiologically. This period is of happiness & contentment on one hand & physical, mental fatigue due to delivery on the other hand. After delivery the woman become emaciated and have Shunyashareera because of garbhaviddhi, shithilasarv ashariradhatu, pravahana vedana, kleda- rakta-nisruti, agnimandya these will lead to dhatukshaya hence extra care to be given to prevent complication during this period. So Charak, Sushruta and both Vagbhatas said that what so ever diseases afflict the Sutika are difficult to cure or may become incurable. Ayurveda has advised a specific diet & lifestyle regimen called Sutika Paricharya to prevent further complications & restore

the health of the mother

Aim :-

- Review Of Sutika Paricharya With Special Reference
- To Aahar And Its Clinical Perspective To The Diet.

Objectives

1. To study the role of sutika paricharya with aahar perspectives
2. To study the clinical perspectives of sutika aahar.

Method and Material :-

Literary references are collected from Charaka samhita, Sushrut samhita, Kashyapa samhita, Harit, Bhel and Sharangdhar samhita and various other Ayurvedic Samhita and modern science of obstetrics branch books and also websites.

When it involves the postnatal, written material suggests ladies to be treated with heat, status and uncton as a part of their medical aid. This purpose will be achieved by rectifying food preparations per the imbalance of Dosha, keeping the house hotter, providing applicable rest and by administering daily peaceful massage with heat oil. Food preparations suggested square measures general towards supporting digestion, restoration and lactation. Once parturation a woman's biological process health is weakened and desires to be

rekindled and nurtured. written material focuses on foods that square measures heat, wet, oily, and have sweet, bitter and salty tastes, to bring equilibrium of Vata.

Defination :-

A woman who has just given birth to a child followed by expulsion of the placenta is called as Sutika

Food to include in post pregnancy diet :-

These 5 category are :

- Grains
- Vegetables
- Fruts
- Dairy
- Protens

What ought to be avoided in at once delivery diet ?

- Garlic
- citrus fruits
- alcohol
- peanuts
- chocolates
- chillies
- oily , gassy food
- fried snacks & fizzy drinks

Sutika aahar acc. To various acharyas :-

Aahar acc. To charak	Sushrut	Vagbhat (a.s)	Vagbhat (a.h)	Kashyap	Harit
Yavagupana, snehapana, Pippalyadi Dravyas	Vatahar dravya aushadh kwathapana, Ushagudak with pippalyadi dravya sneha yavagu, ksheera yavagu, ksheera yavagu, jangalmamsa rasa, yava	Snehayoga Snehapana with panchaola churna with saindhava, Snehaayoga Vatahara/ laghupanc hamulak kwatha pana, ksheera yavagupana, vidaryadiganasiddha, yava, kola, kulatha yusha, laghuanna pana, janagal mamsa	Samasa.	Mandapana, hitabhojana, snehapana, sneha yukta yavagupana – pippali, nagara, lavana rahita yavagu, snehayukta yavagupana with lavana, kullatha yusha, jangalmamsa rasa, ghrita bharjit ashoka, swedana, ush najalsevan.	Kwathapana, arjuna di Dravya, upvas, guda, nagar, haritaki sevan, ushna kulathaya yusha seven, panchakola yavagu pana, chaturjata mishrit yavag

	kola kulatt ha yusha, shali odan bhojan.	rasa, madhura annapana.			u pana.
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- 1)Panchakola – dhatushaithilyahara, deepan, pachana, shulaghna.
- 2)Ghrita- yogavahi, Strengthen system ailmentarium, vatashamana.
- 3)Jagery- mansa & raktavardhaka, Supports biological process power further as balances vata.
- 4)Decoction of laghupanchamula dravya- vataghna, bruhana, balya, deepna , mutrala, jwaraghna .
- 5)Rice porridge ready with vidaryaganadi gana and milk- rasayana, helps the ladies to recover purperal amount.
- 6)Liquid diet like yavagu- Tarpana, vatashamaka
- 7)Mansa rasa- supply of iron, vitamin, essential aminoalkanoic acid, and element.
- 8) kulatha- Cleanses abnormal blood through womb further it'll decreases kleda .

In fashionable science it's told that the patient ought to get on traditional diet of her selection, if the patient is fresh high calories , further macromolecule , fat, many fluids , mineral, vitamins are to lean , this all consummated in ayurvedic diet.

Motive of this regimen

- To improve her immunity, involution process, lactation and digestive power. Also restore her health.
- Specific advice on the basis of place of residence:
- Acharya Kashyapa has delineated the postnatal management on the premise of residence place as follows,

For anupa dehsa (marshy land) - In quaggy land sometimes diseases of vata and kapha occur. attributable to mastery of humidness during this space initial fat shouldn't used; instead scum of poached rice treated with appetising and strength manufacturing things ought to lean. Svedana (sudation), sleeping in air free

place. using most ushna (hot) herbs is helpful. Acharya Chakrapani has processed that oleaginous material ought to be prohibited.

II. For jangala desha (wild or dry place) She ought to lean ghrita or oil or the other oleaginous instruction in sensible amount victimisation steewing of pippali etc. herbs.

For robust ladies this oleaginous material and to the weak ladies rice porridge ought to lean for three or five nights. It ought to follow the utilization cereals merging with oleaginous things in frequently increasing technique. She ought to usually be irrigated with sensible amount of plight and will avoid anger, exercise and sexual relation. Acharya Kashyapa has mentioned that in such places diseases of vata and tyrannid oft takes place. As oleaginous materials square measure genial during this areas that ought to be employed in great amount.

I. For sadharana desha (ordinary or neither miry nor dry place) - Average (in use of neither to oleaginous nor dry material) management is advantageous.

- for girls with mlecha caste Utilize blood, meat yusha rhizomes, eatable roots and fruits throughout this section. time period management in keeping with sex of child Acharya Kashyapa counsel that taila for delivery of teenager and ghrita for female offspring ought to tend for drinking when delivery. when correct digestion of this fat, rice porridge prepare with appetising drug ought to tend for 5 to seven days, then scum of poached rice etc. ought to be employed in gradual manner.

Clinical Significance Of Sutika Aahar

- If Sutikaagni is manda, agnideepana is the need of treatment for few days immediately after delivery, which may be needed prior to the administration of brimahana drugs. The drugs which are used instantly after delivery are agnivardhaka by their nature.
- Use of snehana suppresses vata. Uttama rasa produces uttamastanya which depends on quality of agni.

- Yava, Kola laghuannapaana is advised after 5 days, this form of food helps to replenish Dhatu. Advise for the madhuradravyas this might act as dhatuvardhaka and helps to maintain proper lactation.
- Eating the right foods can help you cope with the umpteen transformations that have occurred in your body over the last nine months.
- It will help your body to heal itself from the wear and tear and will help you regain your strength and energy after the birth of your baby.
- Only then will you be able to look after your baby well.
- If lady are breastfeeding, eating healthy becomes more important because what you eat will be passed on to your baby through your milk.
- Do not avoid fats.
- Hydrates yourself with extra juice and water

Conclusion

- The diets & 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 punar- naveekarana of the stree itself is Sutika- Paricharya.
- SutikaParicharya have been told for the prevention of problems of women like backache etc. So by following Sutika- Paricharya, Garbhashayashuddhi, Dhatu- paripurnata, sthanya- vriddhi, punar- navikarana are completely established.

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