

SUTIKA PARICHARYA AND ITS IMPORTANCE

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ABSTRACT

Post Natal Care refers to as *Sutika Paricharya* in *Ayurvedic* classics and *Sutika* is the phase of the woman which starts immediately after the delivery of a baby followed by expulsion of placenta. *Sutika Paricharya* as mentioned in classics emphasises on appropriate diet and regimen that should be followed by women in puerperium which helps restore her health and revert to normal pre pregnant state. A proper *Sutika Paricharya* leads to faster recovery of women in terms of her strength and health.

KEYWORDS: *Sutika Paricharya*, *Sutika*, Post Natal Care, Puerperium.

INTRODUCTION

In Ayurveda, *Sutika* is the woman who has given birth followed by expulsion of placenta.^[1] At this phase of life, woman having lost her strength during pregnancy due to growth and development of foetus and becomes weak during delivery, unstable dhatus which could be restored back to normalcy by *Sutika Paricharya* appropriately.^[2] If the *Sutika* doesn't follow *paricharya* properly and gets afflicted with diseases and it will be difficult to cure and sometimes may become incurable and should be treated with proper management.^[3,4,5] Puerperium is the period following child-birth during which the body tissues,

especially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically.^[6] Post-natal care includes systematic examination of the mother and the baby and appropriate advice given to the mother during postpartum period.^[7]

Definition

सूतायाश्चापि तत्र स्यादपरा चेन्न निर्गता। प्रसूताऽपि न सूता स्त्री भवत्येवं गते सति। (का.सं.खि 11/6)

A woman who has just given birth to a child followed by expulsion of the placenta is called *Sutika*.^[8]

Sutika Kala

According to different Acharya's;

Ayurvedic Text's	Sutika Kaala
<i>Sushruta Samhita</i>	6weeks until re-commencement of menses. ^[9]
<i>Ashtanga Sangraha</i>	6weeks until re-commencement of menses. ^[10]
<i>Ashtanga Hridaya</i>	6weeks until re-commencement of menses. ^[11]
<i>Bhava prakasha</i>	6weeks until re-commencement of menses. ^[12]
<i>Kashyapa Samhita</i>	6weeks until re-commencement of menses. ^[13]

Puerperium Duration-Puerperium begins as soon as the placenta is expelled and lasts for approximately 6weeks when the uterus becomes regressed almost to the non-pregnant size. The period is arbitrarily divided into:^[14]

Puerperal care	Time Period
Immediate	Within 24 hours
Early	Up to 7 days
Remote	Up to 6weeks

Sutika Paricharya

Care of the woman in Puerperium period considered under heading of *Sutika Paricharya*.

Samanya Paricharya

त्रैवृत्तं तु मणिं कृत्वा तं श्रोण्यां गर्भिणी सदा। प्रजाता शिरसा राजन् धारयेत्...॥ (का.सं.खि. 10/181)

to evil spirits as she is weak, an Amulet was used as charm against evil eyes.^[15]

2. Paricharya.

1. Use of Amulet for puerperal woman An Amulet is Trivrt should be worn on head by puerperal woman. It is believed that the puerperal woman is vulnerable

***According to charakacharya,^[16]**

सतिकां तु खलु बुभुक्षितां विदित्वा स्नेहं पाययेत् परमया शक्त्या सर्पिस्तैलं वसां भज्जानं वा सात्मीभावमभिसमीक्ष्य पिप्पलीपिप्पलीमूलचव्यचित्रक शृङ्गवेरचूर्णसहितम्। स्नेहं पीतवत्याश्च सर्पिस्तैलाभ्यामभ्यज्य वेष्टयेद्दरं महताऽच्छेन वाससाः तथा तस्या न वायुरुदरे विकृतिमुत्पादयत्यनवकाशत्वात्। जीर्णं तु स्नेहे पिप्पल्यादिभिरेव सिद्धां यवागू सुस्निग्धां द्रवां मात्रशः पाययेत्। उभयतः कालं चोष्णोदकेन च परिषेचयेत् प्राक् स्नेहयवागूपानाभ्याम्। एवं पञ्चरात्रं सप्तरात्रं वाऽनुपाल्य क्रमेणाप्याययेत्। स्वस्थवत्तमेतावत् सूतिकायाः। (च.सं.शा. 8/48)

Aahara	When <i>Sutika</i> is hungry, she should be given any one of the <i>Chatur sneha</i> (<i>ghrita, taila, vasa or Majja</i>) with <i>Panchakola Churna</i> according to <i>Bala</i> and strength of <i>Agni</i> . After <i>Sneha</i> is digested, <i>Yavagu</i> processed with <i>Pippalyadi churna</i> with <i>ghrita</i> is given and is given twice daily(morning and evening after <i>pariseka</i> with lukewarm water) and should be done for 5-7days.
Vihara	<i>Udara Abhyanga</i> with <i>ghrita</i> or <i>taila</i> followed by wrapping around(<i>udara</i>) with long and soft cloth, by doing so vata vitiation does not occur.

***According to shushrutacharya,^[17]**

अथ सतिकां बलातैलाभ्यक्तां वातहरौषधनिष्कवाथेनोपचरेत्। सशेषदोषां तु तदहः। पिप्पलीपिप्पलीमूलहस्तिपिप्पलीचित्रक शृङ्गवेरचूर्णं गुडोदकेनोष्णेन पाययेत् एवं दविरात्रं त्रिरात्रं वा कुर्यादादुष्टशोणितात्। विशुद्धे ततो विदारिगन्धादिसिद्धां स्नेहयवागू वा पाययेत् त्रिरात्रम्। ततो। यवकोलकुलत्थसिद्धेन जाङ्गलरसेन शाल्योदनं भोजयेत्बलमग्निबलं चावेक्ष्य। प्रायश्चैर्नां प्रभूतेनोष्णोदकेन परिषेचयेत्। क्रोधायासमैथुनादीन् परिहरेत्॥ (सु.सं.शा. 10/16,18)

Aahara	1. Parisheka and internally use of Kwatha of vatahara dravya(Bhadra darvadi Gana dravyas) 2. Churna of pippali Mula, Hastipipali, Chitraka, Srungavera with lukewarm jaggery water for 2/3days is given till expulsion of Dushita Rakta. 3. After vissudhi(cleansing process):Sneha yavagu or Ksira yavagu processed with Vidarigandhadi gana for 3days(3rd or 4th to 7th day from delivery)is given. 4. From 7th -8th day, Jangala mamsa rasa processed with Yava, Kola, Kulattha along with Sali Dhanya given according to Bala and Agni of Sutika.
Vihara	1. Abhyanga with Bala taila. 2. Normally, the Sutika is given good Parisheka and advised to refrain from Anger, Exercise, Coitus, Exertion.

***According to Vagbhata (Astanga Sangraha),^[18]**

अथ सूतिकां बलातैलेनाभ्यज्यात्। बुभुक्षितां च पञ्चकोलचूर्णेन यवान्युपकुञ्चिकाचव्यचित्रकव्योषसैन्धवचूर्णेन वा युक्तामहः परिणामिनी - यथासात्मीयं स्नेहमात्रं पाययेत्। स्नेहायोग्यां वातहरौषधक्वाथं ह्रस्वपञ्चमूलक्वाथं वा पीतवत्याश्च यमकेनाभ्यज्य वेष्टयेद्दरं वस्त्रेण। तथा न वायुरुदरे विकृतिमुत्पादयेदनवकाशत्वात्। जीर्णं तु स्नेहे पूर्वोषधैरेव सिद्धां विदायादिगणक्वाथेन क्षीरेण वा यवागू सुस्विन्नां द्रवां मात्रया पाययेत्। प्राक्स्नेहयवागूपानाभ्यां चोभयकालमुष्णोदकेन परिषेचयेत्। व एवं त्रिरात्रं पञ्चरात्रं सप्तरात्रं वाऽनुपाल्य ततो यवकोलकुलत्थयुषेण लघुना चान्नपानेन द्वादशरात्रात्परं जाङ्गलरसादिभिश्च क्रमादाप्याययेदग्निबलादीन्यपेक्ष्य। क्वथितशीतं च तोयं पाययेत्। तथा

जीवनीयबृंहणीयमधुरवातहरसिद्धैरभ्यङ्गोच्छादनपरिषेकावगाहैरन्नपानैश्च हृद्यैरुपाचरेत्।

(अ.सं.शा. 3/38)

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Aahara	1. For 3,5,7 days a) <i>Snehayogya: Snehapana with Panchakola churna with Saindhava Churna or Yavani, Cavya, Citraka, Vyosa.</i> b) <i>Snehaayogya: Kwatha of Vatahara dravyas/Laghupanchamula.</i> 2. After <i>Sneha, Khira yavagupana</i> or <i>Vidaryadi Kwathapana.</i> 3. From 8-12days: a) <i>Jangala mamsa rasa.</i> b) <i>Jivaniya, Brmhaniya, Madhura, Vatahara dravyas</i> used for <i>Abhyanga, Parisheka, Avagha, Aana.</i>
Vihara	1. <i>Abhyanga with Bala taila.</i> 2. <i>Udara Abhyanga with ghrita or taila</i> followed by wrapping of <i>Udara.</i>

*According to Vagbhata (Astanga Hridaya),^[19]

मुक्तगर्भापरां योनिं तैलेनाङ्गं च मर्दयेत्।
सूतिका क्षुद्रवतीं तैलाद् घृताद्वा महती पिबेत्। पञ्चकोलकिनीं मात्रामनुचोष्णं गुडोदकम् ॥
वातघ्नौषधतोयं वा, तथा वायुर्न कृप्यति। विशुद्धयति च दुष्टारत्रं द्वित्रिरात्रमयं क्रमः ॥
स्नेहायोग्या तु निःस्नेहमममैव विधिं भजेत्। पीतवत्याश्च जठरं यमकाक्तं विवेष्टयेत् ॥
जीर्णं स्नाता पिबेत्पेयां पूर्वोक्तौषधसाधिताम्। त्र्यहादूर्ध्वं विदार्यादिवर्गक्वाथेन साधिता ॥
हिता यवागूः स्नेहाद्या सात्म्यतः पयसाऽथवा। सप्तरात्रात्परं चास्यै क्रमशो बृंहणं हितम् ॥
द्वादशाहेनऽतिक्रान्ते पिशितं नोपयोजयेत्। यत्नेनोपचरेत्सूतां.... ॥ (अ.ह.शा. 1/91,94-99)

Aahara	1. For 2-3days- a) <i>Snehayogya: Mahatimatra with Panchkola Churna, Ushnagudodaka with Panchkola churna/Vatahara aushadhitoyopana.</i> b) <i>Snehaayogya: Without any Sneha above dravyas.</i> c) <i>Peya: Purvoktadravyas</i> after digestion of <i>Sneha.</i> 2. From 4-7th day: <i>Yavagu</i> prepared with <i>Vidaryadi Kwatha</i> with <i>Sneha</i> or <i>Ksheera.</i> 3. 8-12th day: <i>Jivaniya, Brmhaniya, Madhura Varga dravyas</i> -used for <i>Abhyanga, Udavartana,</i> 4. <i>Parisheka, Avagaha</i> and <i>Hrdya Ahara.</i>
Vihara	<i>Yoni abhyanga</i> and <i>sarvadaihk abhyanga.</i>

*According to Kashyapa,^[20]

उपक्रमं तु सूतानां सविशेषमतः परम्। संप्रवक्ष्यामि कात्स्नर्येन तन्निबोध यथाक्रमम् ॥
तदुपक्रमसामान्यं विशेषोपक्रमं तथा। वक्ष्यामि व्यासतो देशविदेशकुलसात्म्यतः ॥
प्रजातमात्रामाशवास्य सूतां शकला विजाविका। न्युब्जां शयानां संवाहय पृष्ठे संश्लिष्य कुक्षिणा ॥
पीडयेदधृमदरं गर्भदोषप्रवृत्तये। महताऽदुष्टपट्टेन कुक्षिपार्वे च वेष्टयेत् ॥
तेनोदरं स्वसंस्थानं याति वायुश्च शाम्यति। चर्मावनदधामासन्दीं बलातेलोष्णपूरिताम् ॥
अप्यासीत सदा सूता तथा योनिः प्रसीदति। प्रियङ्गुकानां कुसरैः स्वभ्यक्तां स्वेदयेत्ततः ॥
स्विन्नामुष्णाम्बुना स्नातां विश्रान्तां विगतकलमाम्। कुष्ठगुग्गुल्वगुरुभिधूपयेद्यतसंयुतैः ॥
ततोऽग्निबलवद्वीक्ष्य त्र्यहं पञ्चाहमेव वा। मण्डानुपानमन्वक्षं पिबेत् स्नेहं हिताशिनी ॥
स्नेहव्युपरमेऽशनीयादल्पस्नेहामसैन्धवाम्। यवागू त्र्यहमेवात्र पिप्पलीनागराश्रिताम् ॥
स्याद्व्यपेतौषधा पश्चात् सस्नेहलवणोत्तरा। कुलत्थयुषः सस्नेहलवणाम्लस्ततः परम् ॥
तथैव जाङ्गलरसः शाकानीमानि चाप्यतः। घृतभृष्टानि कूष्माण्डमूलकैर्वारूकाणि च ॥
स्नेहस्वेदौ च सेवेत मासमेकमतन्द्रिता। उष्णोदकोपचारं च स्वस्थवृत्तमतः परम् ॥
कुलसात्म्यं च बुध्येत् यस्मिन् यथा। औचित्यात् कलसात्म्यस्य ततथैवानुवर्तते ॥
अतो नैकान्तिकत्वाच्च सूतिकोपक्रमस्य च। देशं च जाति सात्म्यं च संप्रधार्य प्रयोजयेत् ॥
(का.सं.खि. 11/3,17-27,35-36)

Aahara	1. For 3-5days: a) <i>Mandapana.</i> b) <i>Hitobhojana.</i> c) <i>Snehapana.</i> 2. From 5-7days: <i>Yavagu</i> prepared with <i>Pippali, Nagara, Lavana rahita.</i> 3. From 7-12th day: <i>Sneha yukta yavagupana</i> with <i>Lavana.</i> 4. 12day: <i>Kulattha Yusa</i> prepared with <i>Sneha, Lavana, Amla, Mamsa rasa</i> with <i>Kusmanda, Mulika, Eravaruka</i> after <i>ghrita bhrishta.</i> 5. 1month: <i>Snehana, Svedana, Ushna jala Sevana.</i>
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Vihara	<ol style="list-style-type: none"> 1. <i>Rakshogana dravyas.</i> 2. <i>Aswasana.</i> 3. <i>Kukshi, Prishtha and Parshava Abhyanga samvahana in nyubjashyana.</i> 4. <i>Udara pidana.</i> 5. <i>Ushna Bala taila purita charmavana(Leather bag filled with Bala taila).</i> 6. <i>Yoni svedana with krishra with Priyangu.</i> 7. <i>Ushna Ambu snana and Vishranth(rest).</i> 8. <i>Dhupana with Kushta, Guggulu, Aguru.</i>
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*According to Harita,^[21]

प्रसूत्यनन्तरं रोधार्जुनकदम्बदेवदारुबीजकाढे कर्कन्धूञ्च यथालाभं लोहितविशुद्धे दापयेत्।
प्रसूतिजाता योनिः संशोध्यते। तैलेनापूर्याभ्यज्य चोष्णेन वारिणा स्वेदयेत्। उपवासमेवं कृत्वा द्वितीये
दिवसे गुडनागरहरीतकीश्च दापयेत्। देवययामोर्ध्वं कुलत्थयूषं वा सोष्णं पाययेत्। तृतीय दिवसे
पञ्चकोलयवागूर्दापयेत्। चतुर्जातक मिश्रा यवागूर्दापयेत्। पञ्चमेऽहनिशालिषष्टिकोदनं भोजयेत्।

अनेन क्रमेण दशपञ्चदशाहं चोपचारयेत्।

एवं कृत्वा च नारीणां द्वादशाहे भिषग्वरः। मांगल्यं वाचनं कृत्वा योषार्थञ्च प्रदर्शयेत्॥ (हा.सं.तृ.
63/1,5)

Aahara	<ol style="list-style-type: none"> 1. <i>After Prasava: Kwatha of Lodha, Arjuna, Kadamba, Devadaru, Bijaka, Karkandhu.</i> 2. <i>1st day: upavas.</i> 3. <i>2nd day:Guda,</i> a) <i>Nagara, Haritaki sevana.</i> b) <i>Ushna kulattha yusa sevana in late afternoon.</i> 4. <i>3rd day:Panchkola yavagu Pana.</i> 5. <i>4th day: Chaturjataka mishrita yavagupana.</i> 6. <i>5th day: Shali, Shastika Dhanya.</i> 7. <i>Ushna jala svedana.</i>
Vihara	<ol style="list-style-type: none"> 1. <i>Yoni purana and Abhyanga with taila</i> 2. <i>Mangalvachana.</i> 3. <i>Yoshartha pradarshana.</i>

Vishistha Paricharya

Specific puerperal management based on Desha and sex of child which has been explained by Kasyapaacharya

A) Desha

Desha	Ahara	Vihara
Anupa Desha	Manda prayoga with Agni-Bala vardhaka dravyas. Ushna dravya sevana. ^[22]	
Jangala Desha	Snehadi upakrama. ^[23] Sneha in sufficient quantity with Pippalyadi Kasayam for 3-5nights for strong woman and for weak woman,should be given Yavagu for 3-5nights followed by Snigdha Ahara as per Samsarjana Krama.	Ushnodaka Parisheka and avoidance of Anger, Exercise and Coitus. ^[24]
Sadharana Desha	Niether too Rukhsa or Snigdha dravyas.	
Videshik Desha	Rakta, Mamsa rasa, Kandamoola, Phala. ^[25]	

B) Sex of child:^[26]

	Aahara	Kaala
For Male child	<i>Taila pana and once Sneha is digested, Deepaniya aushadi samsakrita Yavagupana</i>	5-7days
For Female child	<i>Ghritapana and once Sneha is digested, Deepaniya aushadi samsakrita Yavagupana</i>	5-7days

Sutika Paricharya Benefits

Sutika become emaciated due to growth and

development of foetus and weak due to expulsion of Kleda, Rakta, instability of Dhatus, Sunya sarira(empty body). By following Paricharya, regains the lost nourishment, health and reaches to pre pregnant state.^[27]

DISCUSSION

Ayurvedic texts have elaborately mentioned the management and benefits of *Sutika Paricharya*. Due to loss of *Bala*, *Kleda*, and *Rakta* during *Prasava*, the *Dhatus* of *Sutika* becomes weak. To restore back the *Bala*, she need to follow diet and regimen mentioned based on *Sutika paricharya*. *Sutika* has to supply appropriate nutrients to the baby through *Stanya* and a quality *Stanya* is formed through *Ahara rasa* which in turn is produced through the process of digestion of food. Thus, the process of digestion and assimilation of the food should be appropriate, therefore the diet during *Sutika Kaala* helps the mother and the baby to grow and develop. Some of the *Paricharya* explained by *Acharyas* have an positive impact on *Sutika*.

1. *Panchkola dravyas* with different *Anupana's* have been explained by *Charaka* and *Vagbhatacharya* and *Haritacharya*, helps facilitates expulsion of *Dusta rakta* and rekindles the *Agni* when taken along with *Dipaniya dravyas*.
2. Intake of *Yavagu* in different medicated form, *Kshira* helps in nourishes the weak and emaciated woman and *Stanya* without causing *Agnimandhya* as is usually given after digestion of *Sneha* and explained by all *Acharyas*
3. *Yoni Puraña*, *Udara Pidana*, *Udara Abhyanga* explained by *Charaka*, *Sushruta*, *Vagbhata* and *Kashyapa*, *Harithacharyas* helps in involution of *Garbha*, it does *Vata Samana* and *Sula Prasamana* too.
4. *Dipaniya*, *Jivaniya*, *Madhura*, *Vatahara* dravyas used for *Abhyanga*, *Udavartana*, *Parisheka*, *Avagaha*, and *Hrdya Ahara* enhances *Stanya* and restores *Dhatus* back to normalcy explained by all *Acharyas*

CONCLUSION

Sutika avastha is one of the delicate phases of a woman's reproductive life where she is vulnerable to contract many diseases, therefore, a puerperal woman should follow *Sutika Paricharya* which has been emphasised in *Ayurvedic* classics. Based on the diet and regimen as mentioned by different *Acharyas* which should be followed by a *Sutika* helps her recover fast and also helps the child to grow and develop.

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