

A REVIEW ON SUTIKA PARICHARYA

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ABSTRACT

Sutika kala is a period begins after expulsion of placenta. This period is of happiness & contentment, on one hand and physical & mental fatigue due to delivery, on the other hand, she become weak or emaciated after loss of blood and body fluid during delivery.¹ *Acharya Kashyapa* narrating stage of *prasava* says that her one foot is situated in this *loka* and other in *Yama loka*. The lady after such a difficult process of *prasava* must be advised certain mode of life called *sutika paricharya*.² 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*. Mother requires and deserves a great of support and nourishment to heal her body and fulfil her motherly responsibilities. So every effort is made and great care is taken to ensure the mother's needs are met and that she is healthy and free from diseases. So *Ayurveda* has given at most importance to *Sutika Paricharya*.³ The body demand relaxation and rejuvenation to the normal stature. In fact it is the womanly wisdom and right to bring back the body Beautiful. ⁴The main modalities or achievements of *sutika paricharya* is *Garbhashaya shuddhi, Dhātu-paripurnata, sthanya- vridhhi, punar navekarana* are completely established. A stage of Physical, mental and physiological wellbeing is re-stabilized.⁵

Keywords: *Sutika Paricharya ,ropan, fumigation, Abhyang, Puerperium, Laghu pancha moola*

INTRODUCTION

The puerperium is the period of time encompassing the first few weeks following birth. The duration of this "period" is understandably inexact, and it is considered by most to be between four and six weeks³. Although a relatively uncomplex time compared with pregnancy, the puerperium is characterized by many physiological changes. Some of these changes may be simply bothersome for the new mother; although serious complications can also arise. Some mothers have feelings of abandonment following delivery because of a newly aimed focus upon the infant. Thus, the puer-

perium may be a time of intense anxiety for many women⁶. A woman who has just given birth to a child followed by expulsion of the placenta is called *sutika*. Almost all *samhitas*, the *Acharyas* have mentioned the specific management of *sutika* only after the expulsion of placenta⁷.

Sutika kala according to different *Acharyas*

Acharya Charaka has not given any definite duration as well as specific regimen for the management for *sutika*⁸.

Sushruta and *Vagbhata*, explained the time period for *sutika kala* as 1 ½ month or until she gets her first menstrual cycle after la-

bour and in case of *mudha-garbha*, four month time period can be considered as *sutika kala*.^{9,10}

Kashyapa explained the *sutika kala* for six months as the *dhatu*s will resume to their original state by this time and after analyzing the status of *dosha* and *dhatu* only the treatment pattern should be considered².

Bhavaprakasha and *Yogaratanakara* describes *sutika kala* either after 1 ½ months or after restoration of menstrual cycle and after that she can free from diet regimen. In case of complicated labour only after subsidence of complications she should be free from regimen.^{11, 12}

During this period she should started her normal diet slowly in 10-12 days, the diet and drugs mentioned by *Ayurvedic Acharyas* helps the women to restore her vitality and vigor that was lost during the process of delivery.

***Sutika paricharya* includes following Ahara and Aoushadas**

External administration

Aim

- To relieve the exhaustion of labour.
- To heal laceration in the external genital organ.
- To dis-infect the birth canal.

1. Balataila Abhayanga

2. *Yoni* – *snehana* puerperal woman should sit over small chair covered with leather bag filled with hot *Balataila*, sudation in *yonis* by oleo prepared with *Priyangu* etc drug.

3. *Swedana* in *yonis* is executed with *kri-shara* prepared by using *priyanguwadigana* drugs.

4. After proper *swedana* is accomplished, hot water bath followed by rest is advised.

5. Fumigation with powered *kushtha*, *agaru*, *guggulu* mixed with *ghrita*.^{3,13}

Internal administration

Aim

- To restore the strength.
- To accelerate the involution process.
- To improve her immunity.
- To improve lactation.

1. *Manda - sevana*, considering her strength and digestive power the *manda* should be administered.

2. *Yavagu* prepared with little amount of *sneha* and powdered *pippali* and *nagara* should be given

3. *Snehayukt ayavagu sevana* – *yavagu* containing sufficient quantity of *sneha* and *lavan* should be given.

4. *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Srinabera churna* with *ghrita* or hot *jag-gary* should be given.

5. Decoction of *Lagu pancha moola* and *Vatahara* plants orally.

6. Rice *gruel* prepared with *Vidarigandadhi gana* of drugs or milk, regimen should be followed 3,5,7 days.

7. After 12 nights, use of meat soup of wild animals, besides oil *ghrita*, decoction prepared with *Jivaniya*, *Brimhaniya*, *Madhur* and *vatahara* drugs should be used for massage, irrigation and bathing.^{2,3,13}

8. Agreeable diet and drinks should be given up to 1 month.^{3,9,2}

Benefits of steps followed in *SutikaParicharya*

Abhayanga- Ahhayanga includes pressure points they correspond remarkably with the anatomical position of lymph nodes, this technique is pointed towards increasing lymph flow in the skin as well as lymph movement in the larger lymphatic vessels and lymph nodes in the body.

Lymph contains great number of lymphocytes which are responsible for

maintaining the body's circulatory immunological resistance.

1. *Abhayanga* reduces edema and swelling.
2. Lymphatic massage relieves sore muscles.
3. Strengthens lungs, intestine and vital organs for proper functioning.
4. Aids body in using fat deposition.
5. Improve skin, soothes nerves and pulse to function properly.^{14,15}

Hot fomentation of yoni - It helps in relieving pain and inflammation due to local tear during labour or due to episiotomy and helps in early healing.

Healing - By increasing blood flow of local area through vasodilation, the leucocytes and macrophages reach the damaged tissue in more quantity and enhances repair.

Edema - By vasodilation pressure of intravascular compartment decreases and fluid from extra vascular compartment moves by pressure gradient to intravascular compartment and it flows out of the area by blood stream.

Pain - By reducing edema, tension, on the nerve endings diminishes and pain relieves.^{3,15}

Hot water bath - It is evident that maintenance of hygiene is necessary during puerperal period to prevent infection of traumatized genitalia and cross infection to neonate.¹⁷

Fumigation with *Kusta, Guggulu* and *Aguru* - These drugs have essential volatile oil which have strong antiseptic and disinfectant properties.^{3,12}

Decoction of *Laghupanchamoola* drugs - These drugs have digestive, diuretic, anti-inflammatory and antiseptic properties. So helpful in a tony of bladder during postpartum period and also for diuresis of accumulated fluid in body during pregnancy.^{9,3,17}

Panchakola* with *Ghrita* or *jaggary - *Panchakola* drugs have antipyretic, appetizer, utero-tonic, antibacterial, antifungal, and act as analgesic. *Ghrita* being *yogvahi* enhances the properties of *panchakola* by balancing its *ruksha* and *tiksana* properties.^{9,3}

Rice gruel prepared with *Vidaryadigana* and milk - These drugs are *Rasayana*, helps the woman to recover in puerperal period³.

Liquid diet like *yavagu* - Liquid diet is easily assimilable, quenches thirst, diuretic helpful in puerperium.^{9,3}

Meat soup of wild animals besides decoction of *Jivaniya, Brimhaniya* and *Madhura* drugs - Meat is an excellent source of iron, Vitamins, essential amino acids and trace elements. *Madhura, brimhaniya* drugs are anabolic and helpful to recover maternal system from stress and strain of labour and help in galactogenesis and enhance the property of maternal milk.^{2,3,9}

DISCUSSION

There are ample changes occurring in *garbhavastha, prasavastha*, the *chala doshas, kleda, raktha nisruthi, dhatu kshyata* and *shunyata* of her body after a stage of *sukha prasava*, makes *sutika abala* and more prone to get *vata* vitiating disorder. The delicateness of her body makes the necessity of particular mode of life in order to attain her health and rejuvenate her body.¹⁵

The *sutika kala* or duration mentioned for all the above said dietetic regimen is *adhyardha-masa*, it is minimum needed period where the lady must follow particular mode of life.^{3,15}

The *sama dosha, sama agni, sama dhatu mala kriya* is attained by following *sutika paricharya*. And helps in the proper formation of the *Dhatu*s, increasing *agni*, proper excretion of *mala, mutra* and *dusta*

shonita. Sutika paricharya is effectively increases condition of mother.^{2,15,16}

CONCLUSION

Different procedures followed including *ahara* and *achara* for the purpose of *punar-naveekarana* of the *stree* is *sutika paricharya*. It is process of rejuvenation done for the purpose *swasthy-rakshans*. It is *paricharya* followed in order to protect herself and her infant too.

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