AYURVEDIC APPROACH IN THE MANAGEMENT OF SUTIKA KALA (PUERPERIUM)

Mehjabin Hashina¹ Humtsoe Yanbeni²

¹MS scholar, ²Professor & HOD,
Department of prasuti tantra and stree roga, Govt. Ayurvedic college and hospital, Guwahati -781014, Assam

INTRODUCTION

The main aim of ayurveda is swastha rakshana and vikara prasaman¹. Ayurveda has given care to the stree (women) at every phase of her life in respect of rajaswala paricarya (menstrual care), garbhini paricarya (antenatal care), sutika paricarya (postnatal care). The term sutika is used after expulsion of placenta in all classics², and management is given thereafter. Also the puerperium is the period of time encompassing the first few weeks following birth. The duration of this period is understandably inexact & it is considered by most to be between 4 & 6 weeks³. Although, a relatively complex time compared with pregnancy, the puerperium is characterised by many physiological changes. Some of these changes may be simply bothersome for the new mother, although serious complication can also arise. Some mothers have feelings of abandonment following delivery because of a newly aimed focus upon the infant. Thus the puerperium may be a time of intense anxiety for many women.

ABSTRACT

Ayurvedic science is one of the most ancient sciences. The matter regarding sutika and its management are very well described in almost all Ayurvedic classics which are collected and compiled for a better and easier study. Sutika is the women after expulsion of placenta and the time period up to 6 weeks thereafter is termed as sutika kala or puerpurium or puerpurial period. Garbhini is much prone to diseases due to aggravation of already excited doshas. This further may be aggravated during delivery and puerpura due to loss of blood and all-important dhatus of the body and the women suffers from diseases that are incurable or get cured with difficulty. To prevent all these complications, special dietary regimen, living lifestyle and other required management are described in almost all Ayurvedic classics for the sutika kala under the heading sutika paricarya. The main objective of this sutika paricarya is to retain all lost things and reaches her pre pregnancy state along with prevention of all complication. A state of physical, mental and psychological wellbeing is re-established.

Keywords: Garbhini, Sutika, Sutikaparicarya, Ayurveda, Postnatal care
obtained by following sutika paricarya. Here sutika paricarya is discussed in detail to maintain health of a delivered woman.

Sutika kala as per various acaryas

1. Acarya Charaka has not given any specific duration.
2. Acarya Sushrut and Vagbhata, explained sutika kala for 1 ½ month or until she gets her first menstruation after delivery & in case of mudha garbha 4 months, can be considered as sutika kala.
3. Kashyap mentioned sutika kala as 6 months.
4. Bhavaprakash and Yogratnakar describes sutika kala for 1 ½ months or after restoration of menstrual cycle & after that she can be free from sutika paricarya. In case of complicated labour only after subsidence of complication she should be free from sutika paricarya.

AIM AND OBJECTIVE OF SUTIKA PARICARYA

1. To relieve the exhaustion of labour.
2. To heal laceration in the external genital organs.
3. To support the involution process.
4. To restore vigour and vitality.

SUTIKA PARICARYA

Sutika paricarya (postnatal care) described in various classics are tabulated as follows:

<table>
<thead>
<tr>
<th>TEXT</th>
<th>AHARA KALPANA(DIET)</th>
<th>VIHAR (MODE OF LIFE)</th>
<th>AUSADHI(MEDICINE)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Charaka samhita</strong></td>
<td>Liquid gruel of rice medicated with pippali (piper longum), pippalimula (piper longum’s root), chavya (piper retrofractum), chitrak (plumbago zeylanica), sunthi (zingiber officinale) for 5-7 days.</td>
<td>Abhyanga of abdomen with taila or ghrita then udaraveshtana with big clean cloth. Irrigation or bath with luke warm water.</td>
<td>Sarpi ,taila ,vasa, majja with pippali (piper lingum), pippalimula (piper longum’s root ), chavya (piper retrofractum),chitraka (plumbago zeylanica) &amp; shringavera (zingiber officinale) churna.</td>
</tr>
<tr>
<td><strong>Sushruta samhita</strong></td>
<td>Sneha yavagu or kshira yavagu saturated with drugs of vidarigandhadi (desmodium gangeticum etc.) gana from 3rd or 4th to 6th or 7th days. meat soup of wild animals saturated with yava (vulgaris sativus), kola (ziziphus mauritiana), kulattha (dolichos biflorus) with cooked shali rice from 7th or 8th day to sutika kala.</td>
<td>Abhyanga with bala (sida cordifolia) Taila , then irrigation with decoction of bhadradaru (cedrus deodara) etc. drugs capable of suppressing vata.</td>
<td>Pippali (piper longum), pippalimula (piper longum ‘root), hastipipali, chitraka (plumbago zeylanica) and shringabera (zingiber officinale ) churna with gudodaka (jiggery water ) for 2 or 3 days.</td>
</tr>
<tr>
<td><strong>Ashtanga samgraha</strong></td>
<td>Liquid yavagu prepared with either milk or vidaryaadhi gana (pueraria tuberose etc.)drugs for 3,5</td>
<td>Abhyanga with bala (sida cordifolia ) taila, udarveshtana</td>
<td>Sneha with panchakola (pippali, pippalimula, chavya, chitrak, sunthi ) churna or sneha with</td>
</tr>
</tbody>
</table>
or 7 days, light diet with soup of yava (*vulgaris sativus*), kola (*ziziphus mauritiana*) and kulattha (*dolichos biflorus*) from 4th, 6th, or 8th day to 12th day. Meat soup of wild animal, agreeable diet from 13th to sutika kala11 after massage of abdomen with taila or ghrita, irrigation with luke warm water. Massage, unguent, irrigation and bathing with jivaniya, brimhaniya, madhura and vatahara drugs.11

| Panchakola(*piper longum*, root of *piper longum*, *plumbago zeylanica*, *piper retrofractum*, *zingiber officinale*) siddhapeya for first 3 days, vidaryaadi gana kwath siddha snehayukta yavagu or kshira yavagu from 4th to 7th day, after that gradually brimhana diet from 8th to 12th day, after 12th day meat soup should be used.12 | Same like *astanga samgraha*. Massage of yoni is described along with body12. | Taila or ghrita with Panchakola (*piper longum*, root of *piper longum*, *plumbago zeylanica*, *piper retrofractum*, *zingiber officinale*) churna along with usna gudodaka (warm jaggery water for 2 or 3 days12). |

| Pippali (*piper longum*), nagar (*zingiber officinalis*) yukt and saindhavarahita alpasneha yukta yavagu for first 3 or 5 days, then sasneha lavana yavagu, then sasneha-amla-lavan yukta kulattha (*dolichos biflorus*) yush with meat soup of wild animals and ghritabhrista kushmanda (*benincasa hispida*), and moolaka (*raphanas sativus*).13 | Massage of back, pressure of abdomen and flanks then *udaravestana*, sudation in the yoni, hot water bath after swedan, fumigation with kustha (*sausserea lappa*), agaru (*aquilaria agallocha*) mixed with ghrita.13 | According to satmya snehapan and manda for 3 or 5 days.13 |

| Usna kulattha (*dolichos biflorus*) yush on 2nd day, panchakola yavagu on 3rd day, chaturjataka (*cinnamomum* | Massage and oil filling of vagina then swedan.14 | Kwath of lodhra (*symlocus racemosus*), arjuna (*terminalia arjuna*), kadamba (*anthrocephalus indicus*), devadaru (*cedrus* |
Harita samhita | cardomomum, cinnamomum zeylanicum, messua ferra) mixed yavagu on 4th day, shali rice on 5th day. | deodara) etc. guda with haritaki (terminalia chebula ) & sunthi (zingeber officinale ) churna on 2nd day morning.

Amulet for sutika: The puerperal woman should tie amulet of trivrita(operculina turpethum) over her head.

Kashyap described sutika paricarya according to place where sutika resides

<table>
<thead>
<tr>
<th>anupa desha (marshy land)</th>
<th>Jangala desha (dry land)</th>
<th>Sadhanaran desha (ordinary land)</th>
<th>Mleccha cast (foreigners)</th>
</tr>
</thead>
<tbody>
<tr>
<td>In marshy land usually diseases of vata and kapha occur. Because of high humidity in the area fat initially should not be use; instead scum of boiled rice treated with appetizing and strength producing things should be given. Swedan ,sleeping in free air.</td>
<td>She should be given ghrita or oil or any unctuous recepi in good quantity using decoction of pipalli etc. herbs. For strong women this unctuous material and to the weak women rice gruel should be given for 3 or 5 nights. it should follow the use cereal blended with unctuous things in regularly increasing method. kashyap mentioned that vata and pitta diseases occur frequently so high amount of unctuous diet should be given.</td>
<td>Here neither unctuous nor dry substances are advised. General management have to be followed.</td>
<td>Here use of blood meat yusha (soup), rhizomes, eatable roots and fruits throughout this phase.</td>
</tr>
</tbody>
</table>

General principal of treatment of sutika kala problems

- Avoidance of etiological factors.
- By giving congenial diet and properly administering oleaginous substances with due consideration to place of living, time factor and suitability of the diseases.
- Women should be treated with massage, anointment, irrigation, and ghrita along with jivaniya (life prolonging), brimhaniya (anabolic), madhura (sweet) and vatahara drugs.
- The woman who is diseased due to difficult labour should be given oleation and sudation which suppress the vayu.

BENEFITS OF SUTIKA PARICARYA:
After delivery body becomes weak and emaciated due to development of fetus and also unsteadiness of all dhatus, excretion of kleda (moisture) due to labour pain and loss of blood during delivery. Sutika paricarya helps to replenish those lost things and attain pre pregnancy state.

DISCUSSION
Giving birth to a child makes a woman complete. But starting from the period of garbhini till delivery, a woman undergoes lots of changes in the body. Comparison of pregnant woman is done with the pot filled with oil,that slightest oscillation of such pot causes spilling of the oil. Pregnancy and delivery is a
physiological process, where we need to support it through proper diet, regimen and medicines, otherwise it may lead to many complications. Sutika kala in most of classic is described as adyaardha masa (1½ months), it is the duration till when sutika paricarya (post natal care) is required, which mainly decreases vata and do brimhana. Aim of post natal care is to maintain maternal and infant health preventing any complication & to establish infant feeding. It also helps to attain sama dosha, sama dhatu, sama agni & sama mala of the mother. It increases maternal and fetal health status.

CONCLUSION

As sutika kala is the most delicate and critical stage in a woman’s life, so, special diet, regimens, medicines are required which are mentioned by various acaryas under the heading sutika paricarya. Post natal care (sutika paricarya) mentioned in ayurveda in a meticulous fashion helps a woman to adjust herself socially, mentally and psychologically, to grow up in every aspect and attain proper growth of newborn.

REFERENCES

1. Kashinath pandey, charak samhita with vidyotini hindi commentary, reprint 2008, choukhamba ,Varanasi, sutrastahna chapter-30/26, pg no-587
2. Vriddha jivaka, kashyap samhita, 4th edition, choukhamba, Varanasi, khilasthana chapter 10; verse no. 181
3. Cunniggham, leveno, bloom william’s obstetrics 23rd edition, McGraw – hillcompanies U.S chapter no.30; pg no 646
5. Yadavji trikamji, sushrut samhita nibandha samgraha, reprint 2003, choukhamba, Varanasi, sharirsthana ,chapter 10
7. Bhramasankara mishra, bhavamishra, bhavaprakash, 1st edition , choukhamba, Varanasi, purvakhandha, chapter 4
8. Krishna das, yogratnakar, choukhamba, Varanasi, cikiktsa sathan, stree roga cikitsa
13. Vriddha jivaka, kashyap samhita, 4th edition, choukhamba, Varanasi, khilasthana chapter 10; verse no. 181
14. Acarya Ramavalamba Shastri, harita samhita with nirmala hindi commentary1st edition, trittiya sathan 53/ 1,5
15. Vriddha jivaka, kashyap samhita, 4th edition, choukhamba, Varanasi, khilasthana 10/ 182 ; 11 / 3,17,18,36
CORRESPONDING AUTHOR

Dr. Mehjabin Hashina
MS scholar, department of prasuti tantra and stree roga, Govt. Ayurvedic College and hospital, Guwahati -781014, Assam

Email: hashina.mehjabin88@gmail.com

Source of Support: Nil
Conflict of Interest: None Declared