

***Sutika katishoola in Ayurveda – An observational study.*****Divya Pawar\*<sup>1</sup>, Sameer Gholap<sup>2</sup>**<sup>1</sup> Post Graduate Scholar<sup>2</sup> Associate Professor and Guide,

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**\*Corresponding author: Email – [divi.pawar94@gmail.com](mailto:divi.pawar94@gmail.com)****ABSTRACT –**

Post-natal Low Back Pain (LBP) and pelvic pain are common problems in the postpartum period. *Acharya Charaka* and all other classics have given a definite period for specific dietetic management of *Sutika* which can be considered as normal period of puerperium. Changes in lead to *Ati-Aptarparpana* of mother during *Sutika-kala*. Which causes *Vata Vriddhi* which is responsible for *Vata vyadhis* like Low-Backache in women. In Ayurveda, *Kashyap Samhita* mentions 64 *Sutika* diseases which includes *Sutika Katishula* as a *Sutika* Diseases. 45 patients taken for observational purpose. Among those patients who undergone Ventouse delivery than by Caesarean section and Normal vaginal. As Instrumental

delivery is because of *Vikrita Prasava* thus causing ore pain.

**KEYWORDS -** *Sutika Katishula*, Post-partum Low back-pain, Ayurveda

**INTRODUCTION –**

Post-partum Low back-pain is a common complaint in today's era. It is more intense and common in the postpartum period <sup>[1]</sup>. Up to 75% of women who suffer from pregnancy related back pain which continues to have after giving birth till few months <sup>[2]</sup>. Majority of cases resolves within 6 months <sup>[3]</sup>. Many researchers has reported rare cases of sacral stress fractures during and after pregnancy too <sup>[4]</sup>. This Post-partum Low back-pain if persists more may lead to chronic LBP

and spinal osteoporosis <sup>[5]</sup>. Among all Demographic, obstetric and epidural variables examined the only factors significantly associated with backache after childbirth was backache before and during pregnancy. Puerperium is period following childbirth during which all body tissues revert back approximately to a pre-pregnant state <sup>[6]</sup>.

*Sutika Kala* is named as Post-natal phase in Modern Science. *Ayurveda* has described management of *Sutika*, but *Kashyapa* has described in detail about it. He has mentioned that following delivery of child, the placenta is expelled; following that the women is called as *Sutika* <sup>[7]</sup>.

***Parijirna yatha vasram maladigdham samantataha /***

***Kleshen shodhyate tadnyai pradrishya tattashrayam /***

***Tatha shariram sutayaha pariklishtam paristratam /***

***Bhrisham doshabalai digdham kleshen parishodhyate***

***Yatha cha jirna bhavanam sarvataha shlathabandhanam /***

***Varshavatavikampanamasaham syattathavidhim /***

***Tatha shariram sutayaha svinnam prastravanashramaihi //***

***(Ka.Khi.11/46-48)***

That means the old cloth seized with dirt all around gets cleansed with great

difficulty even by experts (due to tattered state of cloth), similarly the body of puerperal women being greatly troubled and due to strength of *Doshas* get cured with difficulty. According to *Kashyapasamhita* this status causes *Vata-Vridhhi* which is responsible for different types of health problems such as puerperal sepsis, *Stanya Dushti*, anaemia, prolapse of uterus etc. <sup>[8]</sup>. In *Sutikavastha*, all *Doshas* are aggravated mainly *Vata Dosh* due to *Pravahana* and *Raktashaya*. So to avoid this and prevent disease, *Vatahari kriya* is mentioned <sup>[9]</sup>.

In *Sutikavastha*, all *doshas* are aggravated mainly *vata dosha* due to *pravahana* and *raktashaya*. This *vataprakopa* leads to *agnimandya* (loss of appetite). Though *Sutikavastha* is not a diseased state but due to *agnimandya*, *vataprakopa* and *dhatukshaya*, she is prone to develop disease earlier or later in the life <sup>[10]</sup>. Except *Acharya Charaka* all other classics have given a definite period for specific dietetic management of *Sutika* which can be considered as normal period of puerperium. Changes in lead to *Ati-Aptarparpana* of mother during *Sutika-kala*. Which causes *Vata Vridhhi* which responsible for *Vata vyadhis* like Low-Backache in women. In *Ayurveda*, *Kashyap Samhita* mentions 64 *Sutika* diseases which includes *Sutika Katishula* as a *Sutika* Diseases.

**AIMS AND OBJECTIVES –**

- To understand *Sootika Katishoola* in both *Ayurvedic* and *Allopathic* Perspectives.
- To observe 45 patients having puerperium.

**MATERIAL AND METHOD –**

Reviewing the through *Sootika Katishoola* (Post-partum Low-backpain)

*Ayurvedic* classics, commentaries also recently published books and Research journals and modern science literature, the collection done and attempt to get correlation between *Ayurveda* and Modern literature. An observation study done on 45 patients from *SMBT Ayurved College*.

**FACTORS IMPORTANT FOR PRASAVA AND SUTIKA AVASTHA (LABOUR AND PUERPERIUM) –**

<i>Factors</i>	<i>Sthana (Location)</i>	<i>Karma (Function)</i>
<b>ARTAVA</b>	<ul style="list-style-type: none"> <li>• Antahaphala (ovary)</li> <li>• Garbhashaya (Uterus)</li> </ul>	<ul style="list-style-type: none"> <li>• Menstruation</li> <li>• Garbha Formation</li> </ul>
<b>APANA VAYU</b> <sup>[11]</sup>	<ul style="list-style-type: none"> <li>• Vrishana (Testicles)</li> <li>• Basti (Urinary Bladder)</li> <li>• Medhra (Penis)</li> <li>• Kati (Low Back)</li> <li>• Nabhi (Umbilicus)</li> <li>• Uru (Thighs)</li> <li>• Vakshayana (Inguinal Region)</li> <li>• Guda (Anus)</li> </ul>	<ul style="list-style-type: none"> <li>• Ejaculation</li> <li>• Micturition</li> <li>• Defecation</li> <li>• Expulsion of foetus and Menstrual blood</li> </ul>

**STREE SHRONI SANDHI –**

**Trayaha Katikapaleshu | (Su.Sha.5/26)**

Flat bone of pelvis have three joints which are tuna sevani (suture) type.

**PRASAVA** <sup>[12]</sup> –

*Prasava* is defined as bringing forth, bearing production.

*Pra* – refers to forward.

*Su* – refers to pass.

*Prasava* is ‘*Garbha mochanam*’. *Mochana* means moksha, it may be

started that, Prasava is that phenomenon by which the foetus comes out of the womb.

It is expulsion of foetus due to the action of *Prasuti maruta* at the proper (*Janma*) kala, when the head of the foetus gets turned, comes forward and travels through the *yonis* to be expelled out.

***Taisminekadivasatikrantepi Navamam Masamupadaya***

***Prasavakalamityahuraha***

***Dashamanmasata /***

***Navamadashamaikadashadvadashanam***

***anyatamasmina Jayate Atonyatha***

***Vikari Bhavati /***

***(C.Sha.4/25)***

Acharya described that it should end with *Prasava* at proper time.

*Charaka* <sup>[13]</sup> – very next day after completion of ninth month.

*Sushruta* – ninth, tenth and eleventh months

*Kashyapa* – ten months.

**NORMAL LABOUR** <sup>[14]</sup> –

Series of events that take place in the genital organs in an effort to expel the viable products of conception (foetus, placenta and membranes) out of the womb through the vagina into the outer world is called Labour. The labour which fulfils the criteria of Spontaneous in onset and at term, vertex penetration, without undue prolongation, natural

termination without aids. Without having any complication affecting health of the mother and baby.

**ABNORMAL LABOUR** <sup>[14]</sup> –

Any deviation from the definition of normal labour like other than vertex or some other complications even with vertex presentation affecting the course of the labour or modifying nature of termination or adversely affecting the maternal foetal prognosis is called Abnormal Labour. Which are,

- Akala Prasava (Pre-mature labour)
- Kalatita Prasava (Post-mature labour)

***SUTIKA*** <sup>[16]</sup> :-

***Sutayaschapi Tatra Syadapara Chenna Nirgata /***

***Prasutaapi Na Suta Stree Bhavatyevam Gate Sati //***

***(Ka.S.11/6)***

*Kashyapacharya* has said until and unless *Aparapatana* takes place *stree* should not be considered as *Sutika*. This clearly indicates that *Aparapatan* (expulsion of placenta) is also very important and it is also the part of delivery process.

***Evam cha masadadhyardhanmuktaharadiyantrana***  
|

*Gatasutabhidhana* *syata*  
*punaravartavadarshanat* ||  
 (Va.sha.1/100)  
*Prasuta sardhamasante dristhve va*  
*punartave /*  
*Sutikanamahina* *syaditi*  
*dhanvantarermatam* || (Yo.ra.pa.6/10-  
 2)

*Sutika* as per *Ayurvedic* literature references of *Ashtanga Hridaya* and *Yogaratanakar* is she that should be considered for one and half month (45days) from the time of *Apatarpana* [16] [17].

#### **SUTIKAKALA –**

The phase of regaining lost strength and attaining pre pregnant state of woman is called as *Sutika Kala*. It is stated by different *acharyas* like,

Texts	Duration
1) <i>Sushruta</i> [18]	1 ½ month
2) <i>Ashtanga Hridaya</i> [19]	
3) <i>Ashtanga Sangraha</i> [20]	
4) <i>Bhavaprakasha</i> [21]	
5) <i>Charaka</i> [22]	5 – 7 days
6) <i>Kashyapa</i> [23]	6 months
7) <i>Yogratnakara</i> [24]	1 month
8) Modern Science	6 – 8 weeks

#### **SUTIKA KATISHOOLA –**

*Acharya Kashyapa* has mentioned *Sutika Katishoola* as 64 *Sutikaroga*.

*Nidana* [25] –

*Mithyacharat* *Sutikaya* *Yo*  
*Vyadhirupajayate /*  
*Sa* *Krichhasadhyoasadhyo* *Va*  
*Bhavedatyapatarpanat* || (S.Sha.10/19)

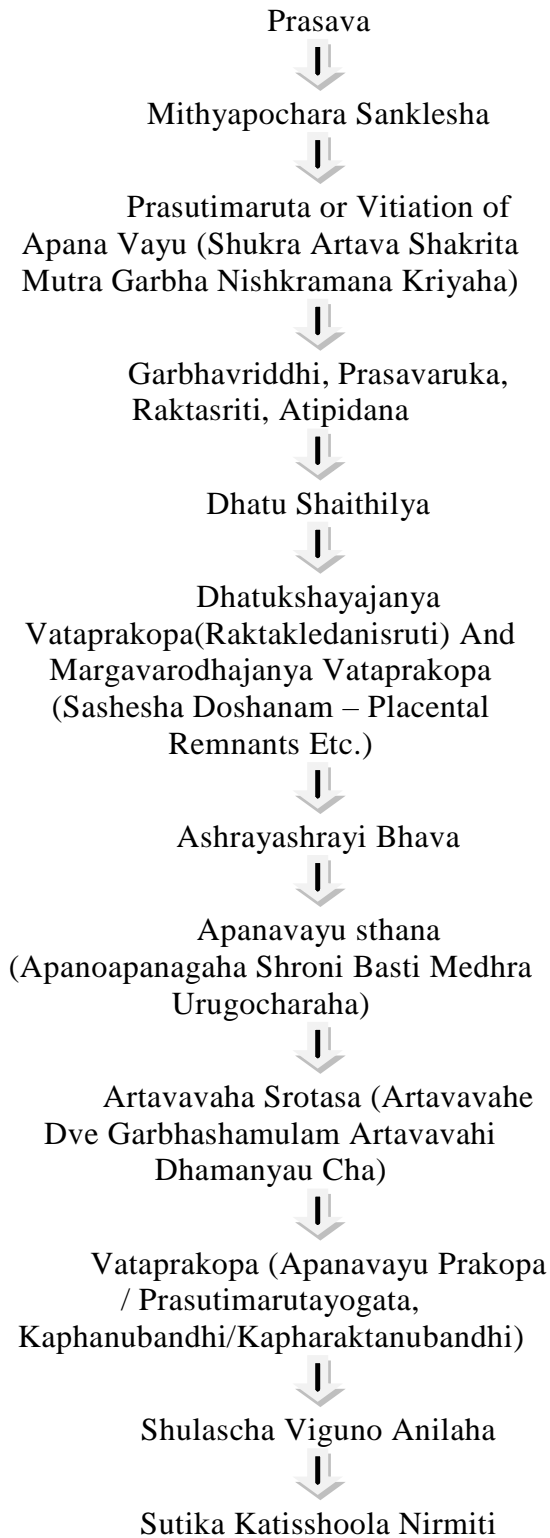
*Mithyachara* which means not following hygienic rituals and observances leads to *Sutikarogas*.

#### **Samprapti Ghataka –**

- *Dosha* – *Vata* especially *Apana* *vayu*
- *Dushya* – *Rasa*, *Rakta*, *Artava*, *Asthi*
- *Srotasa* – *Rasavaha*, *Raktavaha*, *Artavavaha* *Asthivaha*
- *Srotodushti* – *Margavarodha*, *Dhatukshaya*
- *Agni* – *Jatharagni*, *Dhatwagni*
- *Ama* – *Jatharagnijanya* and *Dhatwagnihjanya*
- *Udbhavastha* – *Garbhashaya*, *Katipradesha*
- *Rancharasthana* – *Rasavahini* of *Apanakshetra*
- *Adhisthana* – *Kati*
- *Vyaktarupa* – *Ruka*

#### **SAMPRAPTI –**

*Samprapti* of *Sutika Katishoola* is not given specially in classics but can be stated as follow,



**Chikitsa** <sup>[26]</sup> –

*Asutikarogashantyartham kuryat vataharim kriyam / (YR Streeroga)*

Aggravated *vata dosha* is being the main culprit for causing the disease

hence measures are taken to subside *vata dosha* which is a main principle

### **NORMAL PUERPERIUM** <sup>[27]</sup> –

Puerperium is defined following childbirth during which the body tissues, especially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically.

### **ABNORMAL PUERPERIUM** –

Any deviation from the definition of normal Puerperium like Pyrexia, PPH, Low-back pain, perineal pain, bowel problems, mastitis, psychological problems, thromboembolism, postnatal anaemia etc <sup>[28]</sup> called as Abnormal Puerperium.

### **POST-PARTUM LOW BACK PAIN** –

LBP after delivery may last up to 6 month to 1 year while the aetiology of LBP during pregnancy remains theoretical, three mechanisms are described regularly are Biomechanical, Musculoskeletal, Hormonal and Vascular. Their is pressure and stress during pregnancy and after delivery. It has been proved that incidence of LBP is significantly higher after caesarean section as compared to normal vaginal delivery <sup>[29]</sup>.

### **OBSERVATION** –

- 1) 45 Patient's data collected from SMBT Ayurveda College.

- 2) Among them 14 (8 Primi + 6 Multipara) were undergone Caesarean section.
- 3) 28 (18 Primi + 10 Multipara) delivered by Full term vaginal delivery.
- 4) 3 (2 Primi + 1 Multipara) delivered from Ventouse delivery.
- 5) Out of them 20 who had Low back pain were 12 vaginal delivery, 5 of Caesarean section and all 3 of ventouse delivery. Thus Low back pain found more in those patients who undergone Ventouse delivery than by Caesarean section and Normal vaginal. As Instrumental delivery is because of *Vikrita Prasava* thus causing more pain.

## DISCUSSION –

Many women complains about postpartum low back pain. It can be eased and cured by giving massage and other natural remedies. Modern treatment of aspect is pain killers can be given. According to Ayurveda, Low-Backache is the condition which is characterised by *shoola* and *stabdata*, due to vitiated *Apana Vata* which gets lodged in the *Kati Pradesha* <sup>[30]</sup>. *Katishoola* is explained as one of the *Lakshanas* of *Vata Vyadhi*. *Acharya Charaka* has explained it in *Vataja Nanatmaja*

*Vikaras* <sup>[31]</sup>. Vitiated *vata* is observed due to its *Margavarodhajanya* (Obstruction) and *Dhatukshaya* (Loss) etiological factors. *Margavarodhajanya* may happen after delivery in the form of Clots thus *Acharyas* has prescribed *Shodhana chikitsa* in *Sutika paricharya* to clean all the Vitiated *doshas* along with *vayu*. *Dhatukshaya* happen due to exhausted mother during labour due to pain and dehydration, postpartum bleeding etc. thus *Vatahara Chikitsa* like *Snehana*, *Swedana*, *Basti* are given in *Sutika* which reduces Low back pain by normalising *Apana Vayu* in *Kati pradesha*.

## CONCLUSION –

Low back pain which persists after birth and affects approximately a quarter of woman. About 45% women experience Postpartum Low back pain that can affect their mobility, ability to perform daily activities <sup>[32]</sup>. Pain may be considerable and lasts for several months. *Acharya Kashyapa* has explained *Sutika Katishoola* (Low-back pain) 64 *Sutika Rogas* thus *Vatahara Chikitsa* given to reduce vitiated *Vata* by minimising pain in *Kati Pradesha*.

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