

Importance of *Sutika Paricharya*

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Abstract

Introduction – Post natal period is very important phase of transition in women's life. We must take care of women in post-natal period with same cautions and sincerity as we take care in ante natal period. Post delivery period after pregnancy is directly related to maternal physiological and anatomical changes in mother. And these changes should revert to the same state as before pregnancy.

In *Ayurveda* classics it is described as *Sutika Paricharya* title. The word *Paricharya* includes *Ahara* (Diet), *Vihara* (regimen) and *Aushadha* (Medicines).

Main Goal of *Sutika Paricharya* is to regain the lost vitality and strength as same as the pre-pregnant state. This article contains and describes different component of *Sutika Paricharya* by different classical *Ayurvedic* Texts.

Aim and Objectives – To review the literature of *sutika paricharya* from

different *ayurvedic* texts and compile its importance.

Methodology – A thorough review of literature related to *sutika paricharya* in *ayurvedic* compendia was performed.

Result – *Sutika Paricharya* can be mentioned in the terms of *Ahar*, *Vihara* and *Aushadha*. After reviewing the literature, we found different *sutika paricharya* is mentioned for different women on the basis of *Desha* (place of residence) and gender of birth child, also it is mentioned in the terms of both *samanya* and *vishesh paricharya*.

Discussion – In *Ayurved* we found detailed description and indications for what to do after delivery to regain women's vitality and strength. And also, we got ideas for systemic quality care during post-natal period (*Sutika paricharya*). We should follow the things what our *acharyas* instructed to us to get desirable results.

Keywords - Ayurveda, Post-natal care, *Sutika Kala*, *Sutika Paricharya*,

Introduction: Post natal care is very critical for women. Its very important that women get their physical and mental health back and restore to pre-pregnant state.

Post natal phase could be divided into three phases- first 24 hours, early 7 days, late upto 6 weeks to 6 months. There are many challenges in all these phases. Mother and new born could be at risk post-delivery, if not taken care properly. Many new born babies and mothers die on the day of delivery or in first few days or weeks due lack of proper care. WHO has prescribed guidelines on post-natal care.

Ayurveda too has recommended guidelines for post natal care which is known as *Sutika Paricharya*. Whole period of mother and new born in which they require extra care is known as *Sutika kala*. *Prasav*(labour) is strenuous activity which results in *Dhatu-Kshaya* and reduced strength of women. *Paricharya* is mentioned in Classics which includes *Ahara*(diet), *Vihara*(regimens), *Aushadha* (medicines). Period of at least one and half month upto 6 months are very important to regain over all health of women after delivery. According to *Ayurveda* about 74 types of diseases can happen in post-natal period if not managed properly. By following regimens prescribed in *Ayurveda* classics women get back to pre-pregnancy state. *Sutika Paricharya* helps a woman in-

- Restoring one's health.
- To rejuvenate body.
- To re-establish the digestive and metabolic state of body.
- To ensure good quality and quantity of breast milk.
- To normalize physiological functions & strengthening of muscles and ligaments.
- To cleanse out uterus and yoni.
- To regain woman's beauty and skin hydration.
- To balance *Kapha, Vata, Pitta* in body.

Aim and Objectives – To review the literature of *sutika paricharya* from different *ayurvedic* texts and compile its importance.

Methodology – A thorough review of literature related to *sutika paricharya* in *ayurvedic* compendia was performed. We reviewed *Ayurveda classics* such as *Charaka Samhita*, *Sushrut Samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, *Bhavaprakash*, *Yogratnakara* and *Kashyap Samhita*, *Harit Samhita* for our review. We also did google search for our review.

Review of literature –

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

Whole period in which woman get her over all health back as she had before pregnancy, is known as *Sutika kala*.

Different *Acharyas* mentioned different *Sutika kala*¹

Literature	Time Period
<i>Charaka</i>	Not specified
<i>Sushruta</i>	1 1/2 month or until next <i>rajodarshan</i>

<i>AshtangaSangraha</i>	1 1/2month or until next <i>rajodarshan</i>
<i>AshtangaHridaya</i>	1 1/2month or until next <i>rajodarshan</i>
<i>Bhavaprakasha</i>	1 1/2month or until next <i>rajodarshan</i>
<i>Yogaratnakara</i>	1 1/2month or until next <i>rajodarshan</i>
<i>Kashyapa</i>	6 months

Sutika Paricharya involves the following principles,

- 1) *Vatashamana*
- 2) *Agnideepana*
- 3) *Pachana*
- 4) *Raktavardhaka*

5) *Stanyavardhaka*

6) *Yonisanrakshaka*

7) *Garbhashayashodhaka, Kostashodaka*

8) *Dhatupusti, Balya*

Samanya Sutika Paricharya as per different *Samhitas* ²

Text	Days/Duration	Ahara and Aushadha	Vihara
<i>Charaka Samhita</i> ³	5-7 Days	<i>Snehapana, Yavagupana</i>	<i>Abhyanga, Parisheka-ubhayatakala, udaravestana</i>
<i>Charaka Samhita</i>	<i>Kramavata</i>	<i>Aapyayan & Swasthavritta palana</i>	<i>Abhyanga, Parisheka-ubhayatakala, udaravestana</i>
<i>Sushruta</i> ⁴	2-3 Days	<i>Vatahara Kashaya pana, Ushna Gudodaka with pippalydi dravyas</i>	<i>Sarvadaihika Balataila Abhyanga, Parisheka with Vatahara Dravyas</i>
<i>Sushruta</i>	3 or 4 – 6 or 7 days	<i>Sneha yavagu/ksheera yavagu with vidarigana dravyas</i>	<i>Sarvadaihika Balataila Abhyanga, Parisheka with Vatahara Dravyas</i>
<i>Sushruta</i>	8th day	<i>Jangal Mamsarasa, Yava, kola, kulatha yusha, Shaliodana Bhojana</i>	<i>Sarvadaihika Balataila Abhyanga, Parisheka with Vatahara Dravyas</i>
<i>Ashtanga Hridaya</i> ⁵	2-3 days	<i>Snehapana-with panchakolachurna, Ushna gudodaka with panchakola churna/Vatahara aushadhi toyapana, Peya – Purvokta dravyas</i>	<i>Yoni abhyanga & sarvadaihika abhyanga, Sthanika udara abhyanga-ghrita/taila, Udaravestana, Udvartana, Parisheka, Avagaha</i>
<i>Ashtanga Hridaya</i>	4-7 days	<i>SnehaYavagu/KsheeraYavagu</i>	<i>Yoni abhyanga & sarvadaihika abhyanga, Sthanika udara abhyanga-ghrita/taila, Udaravestana, Udvartana, Parisheka, Avagaha</i>
<i>Ashtanga Hridaya</i>	8-12 days	<i>Jeevaniya gana/brihmaniya gana/Madhuravarga siddha Hrididya annapana</i>	<i>Yoni abhyanga & sarvadaihika abhyanga, Sthanika udara abhyanga-ghrita/taila, Udaravestana, Udvartana, Parisheka, Avagaha</i>
<i>Ashtanga Hridaya</i>	After 12 days	<i>Mamsa rasa</i>	<i>Yoni abhyanga & sarvadaihika abhyanga, Sthanika udara</i>

			<i>abhyanga-ghrita/taila ,Udaravestana, Udvartana,Parisheka,Avagaha</i>
<i>Ashtanga Sangraha</i> ⁶	3 or 5 or 7 days	<i>Snehapana with Panchakola churna with saindhava, Sneha ayogya-Vatahara/ laghupanchamoola kwatha pana,Ksheera yavagu pana-Vidaryadigana siddh</i>	<i>Sarvadaihika balataila abhyanga, Sthanika Udara abhyanga-grita/taila ,Udarvesthana ,Ushnodaka parisheka-ubhayatha kala,Acchadana,Avagahana</i>
<i>Ashtanga Sangraha</i>	8-12 days	<i>Yava,Kola,Kulatha yusha,laghu annapana</i>	<i>Sarvadaihika balataila abhyanga, Sthanika Udara abhyanga-grita/taila ,Udarvesthana ,Ushnodaka parisheka-ubhayatha kala,Acchadana,Avagahana</i>
<i>Ashtanga Sangraha</i>	After 12 days	<i>Jangala mamsarasa, Jeevaniya gana/brihmaniya gana/Madhura,vatahara dravyasadhita annapana</i>	<i>Sarvadaihika balataila abhyanga, Sthanika Udara abhyanga-grita/taila ,Udarvesthana ,Ushnodaka parisheka-ubhayatha kala,Acchadana,Avagahana</i>
<i>Kashyapa</i> ⁷	3-5 5-7	<i>Manda pana ,Hitakar bhojana ,Snehapana ,Snehayukta yavagu pana-pippali,nagara-lavana rahita yavagu</i>	
<i>Kashyapa</i>	7-12	<i>Snehayukta yavagu pana-with lavana</i>	
<i>Kashyapa</i>	12 days	<i>Kulatha yusha ,Jangala mamsarasa ,Gritha bharjita shaka</i>	
<i>Kashyapa</i>	1 month	<i>Snehana,Swedana,Ushna jala sevana</i>	
<i>Harita</i> ⁸	After Prasava	<i>Kwatha pana-Lodhra,arjuna etc.dravya</i>	
<i>Harita</i>	1st Day	<i>Upavasa</i>	
<i>Harita</i>	2nd Day	<i>Guda,nagar,haritaki sevana , Ushna kulatha yusha sevana</i>	
<i>Harita</i>	3rd Day	<i>Panchakola Yavagu pana</i>	
<i>Harita</i>	4th Day	<i>Chaturjata mishrita Yavagupana</i>	
<i>Harita</i>	5/10/15 days	<i>Shali Shastik odana</i>	

Vishishtha Paricharya

It is explained on the basis of *Desha* (residence place) & gender of child.

Visesha sutika paricharya according to Desha of Sutika-

<i>Desha</i>	<i>Ahara</i>	<i>Vihara</i>
<i>Anupa Desha</i> (Marshy Land)	<i>Manda prayoga with agni-balavardhaka dravya , Ushna dravya sevana</i>	<i>Swedana, Nivata Shayana</i>
<i>Jangala Desha</i> (arid land)	<i>Snehopachara</i>	<i>Snehopachara</i>
<i>Sadharana Desha</i>	<i>Neither too sneha nor ruksha dravyas</i>	<i>Neither too sneha nor ruksha dravyas</i>

Visesha Sutika Paricharya according to sex of child

Days	Gender of child	Advices
5-7 days	Male	<i>Tailapana ,Deepaniya aushadhi samsakrita yavagupana</i>
5-7 days	female	<i>Ghritapana,Deepaniya aushadhi samsakrita yavagupana</i>
Later	Both sexes	<i>Mandadi prayoga</i>

Sutika paricharya for Videsha Jati (foreigners)

Women of *Mleccha* caste and other foreigners should use blood, meat soups, eatable roots, rhizomes, and fruits during this period.

*Pathya and Apathya for Sutika (Dos and Donts):*³

Pathya (Dos):

1. Adequate rest and Diet is most important.
2. *Sutika* should have bath with plenty of Water.
3. Boiled water should be taken for drinking purpose.
4. *Parisheka, Avagahana* etc. are always with luke warm water.
5. She should do *udarveshtana*.
6. *Snehana* and *Swedana* must be done every day as per *desha, kala* etc.

7. *Maharshi Kashyapahas* given the special indication of *manda* for *sutika* *Apathya* (Donts):

The following things are prohibited:

1. Physical and mental stress, anger etc Women experiences lots of physical and mental stress during labour and get exhausted. This may be the reason behind restricting her from exercise. Emotional imbalances like anger, fear and depression seriously affect lactation
2. Consumption of cold things aggravates *VataDosha*.
3. Due to weakened and lacerated genital tract due to labour activity, the sexual activities involve strain and friction of genital region which may leads to, bleeding and

infection. The hypoestrogenic state following delivery makes vaginal epithelium thin and provides very little lubrication after sexual stimulation resulting into painful intercourse.

4. Cold water, cold wind and cold things etc.
5. There is contraindication of *Panchkarma* for *Sutika*. due to administration of *AsthapanaBasti*, the *amadasha* of *sutika* would be increased. Due to *nasya karma*, emaciation, anorexia, body ache would be created in *sutika*.

Result and Conclusion

The diets & regimens which are described by Ayurveda literatures thousands of years ago for *Sutika* is totally scientific. Different procedures included need of proper management of *ahara*, *Vihar* for the purpose of *punar-naveekarana* of the *stree* itself is *Sutika-Paricharya*. So by the following *Sutika-Paricharya*, *Garbhashayashuddhi*, *Dhatu-paripurnata*, *stanya-vridhhi*, *punar-naveekarana* are completely established.

Discussion

Quality care during post natal period is important and People must adhere traditional practices to take care of mother and newborn. In Ayurveda, a detailed description regarding the same in a systematic way is mentioned. *Sutika* is considered as *Shoonya sharira* (empty body) as she becomes weak due to development of fetus, loss of strength of body tissues, excretion of *Kleda* (moisture) and *Rakta* (blood) during the delivery process etc. For regaining the lost vitality and strength, special care

should be provided for *Sutika*. This suggests the use of *Samanya* and *Visesha paricharya* during postnatal period as per requirement. *Samanya paricharya* is aimed at providing a universal and unique care for all postnatal females but *Visesha paricharya* is somewhat more focused on person-oriented approach. This special care has been mentioned in terms of residence place (*desa*) and sex of the child and which is applicable for those who are more socially stable and having chances to follow this. The main components of *Sutika Paricharya* are diet (*Ahara*), *regimen (Vihara)* and medicines (*Aushadha*).

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