

## Sutika Katishoola Nidan Panchaka and Chikitsa Sutra (Treatment Principles) According to Ayurveda – A review

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### 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*, exhaustion 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 74 *Sutika* diseases which includes *Sutika Katishula* as a *Sutika* Diseases. Proper *Nidana Panchaka* of *Sutika Katishoola* is not given in the texts but as it happens due to *Vataprakopa* thus scattered data has been put under heading.

**KEYWORDS** – *Sutika*, *Sutika Katishula*, *Nidana Panchaka*, *Chikitsa Sutra*, Post-partum Low back-pain, etc.

### INTRODUCTION –

*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>[1]</sup>. Post-natal Low Back Pain (LBP) and pelvic pain are common problems in the post-partum period. Among all Demographic, obstetric and epidural variables examined the only factors significantly associated with backache after childbirth was backache before and during pregnancy.

In *Sutikavastha*, all *doshas* are aggravated mainly *Vata Dosha* due to *Pravahana* and *Raktashaya*. This *Vataprakop* 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. 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 Vriddhi* which responsible for *Vata vyadhis* like Low-Backache in women. In *Ayurveda*, *Kashyap Samhita* mentions 74 *Sutika* diseases which includes *Sutika Katishula* as a *Sutika* Diseases. Low-Backache in *Sutika* is very commonly encountered in current day to days practice. Postpartum back pain is common, with up to 75% of women experiencing back pain immediately following birth. During postnatal period, 68% of women in 8 weeks and 60% in 8 months Affected with back pain, neither elective caesarean section nor assisted vaginal delivery increase the risk of postnatal back pain compared with spontaneous. Low-Backache in Post-Partum can be managed by some modern medications, but methods of Modern Science have many drawbacks which either have side effects or needs a long term medication.

#### AIM AND OBJECTIVE –

- To understand *Nidana Panchaka* and *Chikitsa Sutra* (treatment principles) of *Sutika Katishoola* in both *Ayurvedic* and Modern Perspectives.

#### MATERIAL AND METHOD –

- Reviewing the *Sutika Katishoola* (Post-partum Low-backpain) *Nidana Panchaka* and *Chikitsa* through *Ayurvedic* classics, commentaries also recently published books and Research journals and modern science literature, the collection done and attempt to get co-relation between *Ayurveda* and Modern literature. An observation study done on 45 patients from SMBT *Ayurved* College.

#### SUTIKA –

*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<sup>[2]</sup>.

#### SUTIKA KATISHOOLA NIDANA PANCHAKA –

##### HETU –

*Mithyacharat Sutikaya Yo Vyadhirupajayate / Sa Krichhasadhyoasadhyo Va Bhavedatyapatarpanat //*

(*S.Sha.10/19*)

*Mithyachara* which means not following hygienic rituals and observances leads to *Sutikarogas*<sup>[3]</sup>.

##### PURVARUPA – Vyaktavastha

#### SAMANYA RUPA (COMMON COMPLAINTS) –

*Angamarda jwaraha kampa pipasa gurugatrata /*

*Shothaha shulatisarau cha sutikarogalakshanam //*

(*M.Ni.65/2*)

*Sutikaroga* develops due to use of direct air, dietetics and mode of life likely to aggravated *doshas*, incompatible food and ingredients are very serious<sup>[4]</sup>.

#### SAMPRAPTI –

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

**Prasava**  
 ↓  
**Mithyapochara. Sanklesha**  
 ↓  
**Prasutimaruta or Vitiating of Apana Vayu (Shukra Artava Shakrita Mutra Garbha Nishkramana Kriyaha)**  
 ↓  
**Garbhavridhi, Prasavaruka, Raktasriti, Atipidana**  
 ↓  
**Dhatu Shaithilya Dhatukshayajanya Vataprakopa (Raktakledaniruti) and Margavarodhajanya Vataprakopa (Sashesha Doshanam – Placental Remnants Etc.)**  
 ↓  
**Ashrayashrayi Bhava**  
 ↓  
**Apanavayu sthana (Apanoapanagaha Shroni Basti Medhra Urugocharaha)**  
 ↓  
**Artavavaha Srotasa (Artavavahe Dve Garbhashamulam Artavavahi Dhamanyau Cha)**  
 ↓  
**Vataprakopa (Apanavayu Prakopa / Prasutimarutayogata, Kaphanubandhi/ Kapharaktanubandhi)**  
 ↓  
**Shulascha Viguno Anilaha**  
 ↓  
**Sutika Katishshoola Nirmiti**

**Samprapti Ghataka –**

- *Dosha – Kaphanubandhi Vata especially Apana vayu*
- *Dushya – Rasa, Rakta, Mansa, Artava, Asthi*
- *Srotasa – Rasavaha, Raktavaha, Mansavaha, Artavavaha, Asthivaha, Manovaha, Purishavaha, Mutravaha.*

- *Srotodushti – Vataprakopa – Margavarodha and Dhatukshaya*
- *Agni – Jatharagni, Dhatwagni*
- *Ama – Jatharagnijanya and Dhatwagnijanya*
- *Udbhavastha – Garbhashaya, Katipradesha*
- *Rancharasthana – Rasavahini of Apanakshetra*
- *Adhisthana – Katipradesha*
- *Vyaktarupa – Shula, Raktakledasruti / Sutikasrava*

**SADHYA ASADHYATA – Kashtasadhya**

**CHIKITSA –**

**A) SAMANYA CHIKITSA (GENERAL TREATMENT) –**

*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 <sup>[6]</sup>

- 1) Treatment capable of suppressing *Vata* is the main principle.
- 2) *Nidana Parivarjana.*
- 3) *Bhautika – Bhuta chikitsa (Chakrapani)* – can be correlated with antimicrobial treatment (Antibiotic).
- 4) *Jeevaniya, Brimhaniya, Bala – Vardhana, Vatahara dravyas* for administration.
- 5) *Vatahara dravya Sneha, Sweda* are capable of giving immediate relief.
- 6) Following *Sutika Paricharya* – just after the birth of the child give *Lodhra, Arjuna, Kadamba, Devadaru, Nimba, Badari kwatha* (Decoction) for *Yoni* and *Rakta*

*Shuddhi* followed by *Tailabhyanga* and *Nadi Swedana*.

- 7) 1<sup>st</sup> day – *Langhana* the *Guda*, *Shunthi* and *Haritaki* followed by *Kulattha kwatha*.
- 8) 3<sup>rd</sup> day – Yavagu medicated with panchakola churna.
- 9) 4<sup>th</sup> day - Yavagu medicated with panchakola churna + Twaka, Ela, Patra, Nagakeshara.
- 10) 5<sup>th</sup> day cooked Shali + Pathya Bhojana till 15<sup>th</sup> day.
- 11) Jeevniya, Brimhanya, Balavardhaka and Vatahara drugs containing Annapana (Diet), Snehana, Abhyanga, Utsadana to reduce tiredness.
- 12) No Panchakarma should be given.

#### **B) VISHISHTHA CHIKITSA (ACCORDING TO LOCATION) –**

<b>Anupa desha</b>	<ul style="list-style-type: none"> <li>No snehapana</li> <li>Ushna drugs administration</li> <li>Use of Manda</li> <li>Swedana</li> <li>Vayu – Virahita sthana syana  </li> </ul>
<b>Jangala desha</b>	<ul style="list-style-type: none"> <li>Vata and Pitta predominance.</li> <li>Sneha satmya.</li> </ul>
<b>Sadharana desha</b>	<ul style="list-style-type: none"> <li>Sadharana ahara vihara (general diet and lifestyle)</li> </ul>
<b>Videsha jati</b>	<ul style="list-style-type: none"> <li>Use of Mamsa rasa, Kandamoola and Phala.</li> </ul>

#### **POSTPARTUM LOW-BACK PAIN –**

Low-back pain after delivery of child in women is commonly found in today's era. 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. There 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 [6].

#### **Causes –**

- 1) Changes in Hormonal levels as women's body releases progesterone and relaxin during pregnancy which relaxes the ligaments and joints to make delivery easier but they don't stay for long and may cause lower back pain.
- 2) Physiological changes like lower back pain in 2<sup>nd</sup> trimester which continues for few months after post-partum.
- 3) Increase in weight in pregnancy and muscles carry more weight thus causes pain.
- 4) There is increase in size during pregnancy thus additional strain on lower abdominal and back muscles.
- 5) Another causes are incorrect posture of breast feeding, physically strenuous work etc.

#### **Treatment –**

- 1) Exercises
- 2) If more – Paracetamol which is safe drug in lactating mothers too.

#### **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>[7]</sup>. *Katishoola* is explained as one of the *Lakshanas* of *Vata Vyadhi*. *Acharya Charaka* has explained it in *Vataja Nanatmaja Vikaras* <sup>[8]</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>[9]</sup>. Pain may be considerable and lasts for several months. *Acharya Kashyapa* has explained *Sutika Katishoola* (Low-back pain) 74 *Sutika Rogas* in which common are 25, 10 from *Dushprajata chikitsa* adhyaya and 39 in *Sutikopakramaniya* adhyaya <sup>[10]</sup> Thus *Vatahara Chikitsa* given to reduce vitiated *Vata* by minimising pain in *Kati Pradesha* and following *Sutika Paricharya*.

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