

Sutika Paricharya Boon to Postnatal Care: A Literature Review

Pharate Sonali Balasaheb¹, Deshmukh Pradnya Prataprao², Aoughade Agatrao Shivaji³,

1. Assistant Professor, Department of Prasutitantra and Striroga, Government Ayurved College and Hospital, Jalgaon, Maharashtra.
2. Professor and HOD, Department of Prasutitantra and Striroga, SMBT Ayurved College and Hospital, Nashik, Maharashtra.
3. Professor and HOD, Department of Agadtantra, Government Ayurved College and Hospital, Jalgaon, Maharashtra.

*Corresponding Author: drsonalipharate93@gmail.com

ABSTRACT :

Woman undergoes various phases in her life. Post Natal Care refers to as *Sutika Paricharya* in Ayurvedic texts and *Sutika* is the phase of the woman which starts immediately after the delivery of a baby followed by expulsion of placenta. *Acharya Kashyapa* narrating stage of *prasava* says that mother's one foot is situated in this loka and other in *Yama loka*. *Ayurveda* emphasizes much importance of the care of women especially in the prenatal (*Garbhini Avastha*) and postnatal period (*Sutika Avastha*). *Sutika Paricharya* as mentioned in classics emphasises on appropriate diet and regimen that should be followed by woman in postnatal period which helps restore her health and revert to normal pre pregnant state. Mother requires and deserves a great of support, care and nourishment to heal her body after delivery of fetus and

placenta. There are many complications arise immediately following delivery. Not only in developing countries but also in developed countries there are many women neglecting proper care after delivery. The main modalities of *sutika paricharya* is *Garbhashaya Shodhana*, Healing of *Dhatukshaya avastha* are completely established. A stage of Physical, mental and physiological wellbeing is restabilized. So, this present study has been selected to review *Sutika Paricharya* and its clinical importance.

KEYWORD: *Sutika*, Postnatal Care, *Sutika Paricharya*, Puerperium.

INTRODUCTION :

According to *Ayurveda*, *Sutika* is the woman who has given birth followed by expulsion of placenta.⁽¹⁾ During this phase of life, woman having lost her

strength during pregnancy due to growth and development of foetus and becomes weak during delivery, unstable dhatus which could be restored back to normal state by *SutikaParicharya* appropriately.⁽²⁾ If the *Sutika* doesn't follow *paricharya* properly and gets affected with diseases and it will be difficult to cure and sometimes may become incurable and should be treated with proper management.^(3, 4, 5) Puerperium is the period following childbirth during which the body tissues, especially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and physiologically.⁽⁶⁾ Post-natal care includes systematic examination of the mother and the baby and appropriate advice given to the mother during postpartum period.⁽⁷⁾ *SutikaParicharya* is mentioned in ayurvedic classics which includes *Ahara* (diet), *Aushadha* (medicines) and *Vihara* (regimens). By following *sutikaparicharya*, woman attains *DhatuParipoornatha* (replenishment of *Dhatu*) and reaches her overall health status as pre-pregnancy stage which is beneficial for mother as well as baby also. So to avoid further complications woman should follow *sutikaparicharya*.

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⁾ *Acharya Sushruta* and *Acharya Vagbhata*, explained the time period for *sutika kala* as 1 ½ month or until she gets her first menstrual cycle after labour and in case of *mudha-garbha*, four month time period can be considered as *sutika kala*.^(9, 10) *Acharya Kashyapa* explained the *sutika kala* for six months as the *dhatus* will resume to their original state by this time and after

analyzing the status of *dosha* and *dhatu* only the treatment pattern should be considered. *AcharyaBhavaprakasha* and *AcharyaYogaratanakara* describes *sutikakala* 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 start 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.

AIM AND OBJECTS :

1. To review the *ayurvedic* literature of *Sutika*, *Sutikakala* and *Sutikaparicharya*.
2. To know the importance of *sutikaparicharya* in postnatal phase.

MATERIAL AND METHODS :

This is literature review study. For this study, textual materials, Research Articles are used from which various references are collected.

SutikaParicharya involves administration by two ways -

- 1) **External administration - Aim -** To disinfect the birth canal and relieve exhaustion of labour. To heal laceration in the external genital organ during delivery of fetus and placenta.

Abhayanga— eg. *Bala Taila* , *Tila Taila*

- *Yoni Snehana*— woman in postnatal phase should sit over

small chair covered with leather bag filled with hot *Balataila*, sudation in *yoni* by oleo prepared with drug.eg.*Priyangu* etc.

- *Swedana* in *yoni* is executed with *krishara* prepared by using *priyangwadigana* drugs.
- After proper *swedana* is done, hot water bath followed by rest is advised.
- *Dhupana* - Fumigation with powered *kushtha*, *agaru*, *guggulu* mixed with *ghrita*.^(13, 14)

2) Internal administration -Aim -

To accelerate the involution process by improving immunity and to improve location by proper diet and drugs.

- *Manda - sevana*, considering her strength and digestive power the *manda* should be administered.
- *Yavagu* prepared with little amount of *sneha* and powdered *pippali* and *nagara* should be given.
- *Snehayuktayavagusevana* – *yavagu* containing sufficient quantity of *sneha* and *lavan* should be given.
- *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Sringaberachurna* with *ghrita* or hot *jaggary* should be given.
- Decoction of *Lagu panchamoola* and *Vatahara* plants orally.
- Rice gruel prepared with *Vidarigandadhigana* of drugs or milk, regimen should be followed 3, 5, 7 days.

- 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.^(15, 16, 17)
- Agreeable diet and drinks should be given up to 1 month.^(18, 19, 20)

Advantages of of steps followed in *SutikaParicharya*

Abhayanga- Abhyanga 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.

- *Abhayanga* reduces edema and swelling.
- Lymphatic massage relives sore muscles.
- Strengthens lungs, intestine and vital or- gans for proper functioning.
- Aids body in using fat deposition.
- Improve skin, soothes nerves and pulse to function properly.^(21, 22)

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

Edema - By vaso-dilation pressure of intra- vascular 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.

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

Pain – By reducing edema, tension, on the nerve endings diminishes and pain relieves.^(23, 24)

Hot water bath –Maintenance of hygiene is necessary during puerperal period to prevent infection of traumatized genitalia and cross infection to neonate.⁽²⁵⁾ **Fumigation** with *Kusta, Guggulu and Aguru* - These drugs have essential volatile oil which have strong antiseptic and disinfectant properties.^(26, 27)

Decoction of *Laghu*panchamoola drugs - These drugs have digestive, diuretic, anti-inflammatory and antiseptic properties. So helpful in a tonicity of bladder during postpartum period and also for diuresis of accumulated fluid in body during pregnancy.^(28, 29, 30)

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 *tiksanaproperties*.^(31, 32)

Rice gruel prepared with *Vidaryadigana* and milk– These drugs are *Rasayana*, helps the woman to recover in puerperal period.⁽³³⁾

Liquid diet like *yavagu* – Liquid diet is easily assimilable, quenches thirst, diuretic helpful in puerperium.^(34, 35)

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.^(36, 37, 38)

DISCUSSION :

There are several changes occurring in *garbhavastha, prasavastha. Dhatukshyata* of post natal woman makes her 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.⁽³⁹⁾ The *sutikakala* or duration mentioned for all the above said dietic regimen is *adhyardha-masa*, it is minimum needed period where the lady must follow particular mode of life.^(40, 41) The *sama dosha, samaagni, sama dhatu mala kriya (swastha)* is attained by following *sutikaparicharya* and helps in the proper formation of the *Dhatu*s, increasing *agni*, proper excretion of *mala, mutra* and *dustashonita. Sutikaparicharya* is effectively increases condition of mother which helps to maintain health of mother and ultimately fetus also by providing nutritious breast feed.^(42, 43, 44)

CONCLUSION :

Different procedures followed including *ahara* and a for the purpose of healing and recovery of woman after delivery is *sutikaparicharya*. It is process of rejuvenation done for the purpose *swasthy-rakshans*. It is *paricharya* followed in order to protect her- self and

her infant too to avoid postnatal complications.

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Conflict of Interest: Non

Source of funding: Nil

Cite this article:

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Ayurline: International Journal of Research In Indian Medicine 2023;7(4):01- 07