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A Literary Review On *Sutika Paricharya*

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ABSTRACT: -

According to *Ayurvedic* classics, care of mother at every phase of her life, especially antenatal care (*garbhini Paricharya*) and postnatal care (*Sutika Paricharya*) is very much important.

Aims and Objectives: A comparative study and review of different *Acharyas* and *commentators* related to *Sutika Paricharya*.

Material and Method: In this review study, textual materials are used for the study from the *Ayurvedic* texts i.e. *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Samgraha*, *Bhavaprakasha*, *Yogaratanakara* and *Kasayapasamhita*

Result: In *Sutika Paricharya* woman should be cared with *Ahara*, *Vihara*, *Aushadi* and some *Pathya* and *Apathya* to restore the health of the mother.

Key words- *Sutika Paricharya*, *Sutika*



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INTRODUCTION

Sutika Paricharya is composed of two words *Sutika* and *Paricharya*. *Sutika* is the time after the expulsion of placenta. The word “*Paricharya* is derived from the *Sanskrit* root word (*dhatu*) “*Chara Gatibhakshanayoh*” meaning *Ahara*(Diet) and *Vihara* (Lifestyle)^[1]

As per modern medical science the Puerperium i.e. Postnatal Period begins as soon as placenta is expelled and last for approximately 6 weeks when the uterus becomes regressed almost to the

pre-pregnant size.^[2]

Almost in all the *Samhitas*, the *Acharyas* have mentioned the specific management of *sutika*. *Sutika kala* (Puerperium) is the time period in which a *Sutika* has to spend in a planned manner at a *sutikagara* (postpartum confinement) until her body mostly regains its pre-pregnant state.

According to different classics, there is different duration for management of *sutika* (table 1). *At the end of sutika kala, Sutika* regains all the *Dhatus, Rakta etc.* and reaches up to her natural and normal form.

Table 1: *Sutikakala* mentioned in various texts

Texts	Duration
<i>Charakasamhita</i>	5 to 7 days
<i>Sushrutasamhita</i>	1&1\2 month
<i>Ashtanga Hridaya</i>	1&1\2 month
<i>Ashtanga Samgraha</i>	1&1\2 month
<i>Bhavaprakasha</i>	1&1\2 month
<i>Yogaratnakara</i>	1&1\2 month
<i>Kasayapasamhita</i>	1-6 month

AIMS AND OBJECTIVES

1. The topics related to the *Sutika Paricharya* are described in the various texts and research papers published in various journals, hence it would be review.
2. A comparative study of different *Acharyas* and *commentators* related to *Sutika Paricharya*.

MATERIAL AND METHODS

In this review study, textual materials are used for

the study from the Ayurvedic texts i.e. *Charak Samhita, Sushruta Samhita, Ashtanga Hridaya, Ashtanga Samgraha, Bhavaprakasha, Yogaratnakara and Kasayapasamhita.*

Sutika Roga

Acharya Kashyap has mentioned that 74 types of diseases can occur in this period, if not managed properly. He divided *Sutika Vyadhies (diseases)* at two places- 35 in *Dushprajatachikitsa Adhyaya* and 64 in *Sootikopkramaniya Adhyaya*. 25 diseases are common at both the places.^[3]

Table 2 Principles of *Sutika Paricharya*

<i>Vatashaman</i>	<i>Prakop</i> of especial <i>vata dosh</i> in <i>Sutika Kala</i> . <i>Bala (sidacordifolia) taila</i> is used for <i>abhyanga (massage)</i> for shaman of <i>Vata Dosh</i> and <i>Parisehana</i> with <i>Vatahara Dravya Siddha Kwatha</i> .
<i>Agnideepana</i>	In Ayurveda, the term “ <i>Agni</i> ” is used in the sense of digestion of food and metabolic products. <i>Agni</i> converts food in the form of energy, which is responsible for all the vital functions of our body. As <i>Sutika Agni</i> is <i>manda</i> , <i>Agni Deepana</i> is the need of treatment for few days immediately after delivery. <i>Yavagu</i> or <i>Kshira Yavagu</i> is used for <i>Agnideepana</i> .
<i>Pachana</i>	<i>Snehapana</i> with <i>Panchkolachurna</i> .
<i>Stanyavardhaka</i>	<i>Stanya</i> production is dependent on hormones, blood supply and general physical and mental condition. According to <i>Sushrut Samhita</i> , milk ejection or let down reflex is caused by touch or sight of the infant. <i>Stanyavardhaka ausdhi- Shatavari (Asparagus racemosus), Fenugreek(Trigonella foenumgraecum) Fennel (Foeniculum vulgare), Cumin (Cuminum cyminum) seed.</i>
<i>Yonisamrakshaka</i>	<i>Yonidhoopan</i> is <i>Sthanik Chikitsa (Local Treatment)</i> for <i>Yonisamrakshaka</i> .
<i>Garbhashayashodhaka</i> <i>Kosthashodaka</i>	According to <i>Sushrut Samhita</i> , if <i>Rakta dosh</i> remains in <i>Garbhashaya(Uterus)</i> even after separation of placenta then <i>Panchkol Churn {Pippali (Piper longum), Pippalimula (Piper longum root), Chavya (Piperetrofractum), Chitraka(Plumbagozeylanica), and Shringavera(Zingiber officinale)}</i> should be given with <i>Ushna Gudodaka (warm jaggery water)</i> on the same day & repeat this for 2-3 days.
<i>Dhatupushti, Balya</i>	<i>Jeevaniya, Brimhaniya, Madhura and Vatahara Annapana</i> .

Sutika Paricharya (Samanya Paricharya)

In general (*Samanya Paricharya*), all the classics have advised *Abhyanga*, oral administration of *Sneha* with medicines and use

of medicines and decoctions for three to seven days after delivery. *Sutika Paricharya* includes mainly three parts *Ahara* (Diet), *Vihara* (Life style), *Aushadi* and *Pathya-Apthya*. (Table 3)

Table 3: Ahara, vihar and aushadhi for *Sutika Paricharya*

<i>Samhita</i>	<i>Ahara</i>	<i>Vihara</i>	<i>Aushadhi</i>
<i>Charaka Samhita</i>	<i>Snehapana Yavagupana Jeevaniya, Brimhaniya, Madhura and Vatahara Annapana.</i> ⁴	<i>Abhyanga</i> of abdomen with <i>Taila</i> or <i>Ghrita</i> then abdomen is wrapped properly by using big and clean cloth. <i>Abhyanga</i> and wrapping produces compression of abdomen thus prevents the presence of empty space and vitiation of <i>Vayu</i> . <i>Utsadana</i> , and <i>Parisechana</i> with luke warm water. ^[4]	When woman feels hungry, she should be given <i>Pippali</i> (<i>Piper longum</i>), <i>Pippalimula</i> (<i>Piper longum</i> root), <i>Chavya</i> (<i>Piperetrofractum</i>), <i>Chitraka</i> (<i>Plumbagozeylanica</i>), and <i>Shringavera</i> (<i>Zingiber officinale</i>) in the form of powder with any one of <i>Ghrita</i> , <i>Taila</i> , <i>Vasa</i> or <i>Majja</i> in quantity which she can digest easily after considering her <i>Satmyata</i> with <i>Anupana of Ushna Jala.</i> ⁴
<i>Sushrut Samhita</i>	<i>Jangalmamsa Rasa (Meat soup of wild animals) Yava (Vulgaris sativus), Kola (Ziziphusmauritiana), Kulathayusha (Dolichosbiflorus) Shaliolanabhojana.</i> ⁵	<i>Abhyanga</i> with <i>Bala (sidacordifolia) Taila</i> then <i>Parichana</i> with <i>Vatahara Dravya Siddha Kwatha.</i> ^[5]	<i>Panchkol Churan Pippali (Piper longum), Pippalimula (Piper longum root), Chavya (Piperetrofractum), Chitraka(Plumbagozeylanica), and Shringavera(Zingiber officinale)Panchkol Churan</i> along with <i>Ushna Gudodaka(warm jiggery water)</i> for duration of about 2-3 days. <i>Sneha Yavagu or Kshira Yavagu</i> which is processed by <i>Vidarigandhadi</i> group of drugs, for about 3 day. ⁵
<i>Ashtanga Sangraha</i>	<i>Yava, Kola, Kulathayusha Laghuannapana</i> ⁶	<i>Abhyanga</i> with <i>Bala(sidacordifolia) Taila.</i> <i>Abhyanga</i> of abdomen with <i>Taila</i> or <i>Ghrit</i> then abdomen is wrapped. <i>Parisechana</i> and bath with luke warm water and with <i>jivaniya,brimhaniya,</i>	<i>Snehapana</i> with <i>Panchkolachurna</i> with <i>Saindhava.</i> ^[6]

		<i>madhura</i> and <i>vatahar dravya</i> . ^[6]	
Ashtanga Hridaya	<i>Ksheera Yavagu</i> After 12 days given her <i>Mamsa rasa</i> ⁷	Similar description as <i>Ashtanga Sangraha</i> . <i>Abhyanga</i> of <i>yoni</i> along with body ^[7]	<i>Panchkol Churan</i> (<i>Piper longum</i> , <i>Piper longum</i> root, <i>Piperetrofractum</i> , <i>Plumbagozeylanica</i> , <i>Zingiber officinale</i>) along with <i>Ghrita</i> or <i>Taila</i> . <i>Anupana- Ushna Gudodaka</i> (warm jiggery water) for 2 or 3 days. ^[7]
Kasayap	<i>Pippali</i> , <i>Nagar Yukt</i> and <i>Saindhavarahita</i> <i>Alpasnehalavanayavagu</i> , then <i>Sasneha- Lavana- Amlayuktakulattha Yush</i> with meat soup of wild animals and <i>Ghritabhrishta</i> <i>Kushmanda</i> , and <i>Moolaka</i> . ⁸	<i>Abhyanga</i> (<i>Massage</i>) of her back, pressure on abdomen and flanks then <i>Udarveshtana</i> . <i>Sutika</i> is made to sit in the chair which is enclosed by leather bag filled with <i>Bala</i> (<i>Sidacordifolia</i>) <i>Taila</i> after <i>Swedana</i> and the <i>yoni</i> is executed with <i>Krishara</i> prepared by using <i>Priyangwadi Gana</i> drugs. Then bath is given with hot water. Then <i>Dhupana</i> is given by using <i>Kushtha</i> , <i>Agaru</i> , and <i>Guggulu</i> mixed with <i>Ghrita</i> . ^{8]}	<i>Snehapana</i> according to <i>satmya</i> . <i>Anupana-Manda</i> for 3 or 5 days. ^[8]

***Vishishta* (specific) *Paricharya* by Acharya Kashyapa (Table 4)**

Table: 4 *Sutika Paricharya* according to different *Desha* (region) included in *Vishishta Paricharya*.^[9]

<i>Anupa Desh</i>	<i>Vaat</i> and <i>Kapha Dosha</i> are dominant in <i>Anupa Desh</i> so should avoid <i>Abhishyandi</i> and <i>Sneha Dravyas</i> . <i>Manda</i> is used to increase <i>Agni</i> and <i>Balavardhaka</i> drugs are advised. <i>Swedana</i> , <i>Nivata Shayana</i> and use of <i>Ushna Dravyas</i> are said to be gratifying.
<i>Jangala Desh</i>	<i>Vata</i> and <i>Pitta Dosha</i> are dominant in <i>Jangala Desh</i> so <i>Sneha</i> is <i>Satmya</i> in this region, hence used in good quantity.
<i>Sadharana Desh</i>	<i>Sadharana Ahara-Vihara</i> is advised, No excessive use of <i>Sneha</i> or no excessive use of <i>Ruksha Dravyas</i> is said to be beneficial for a women of <i>Sadharana Desh</i> .

Pathya & Apathya for Sutika

In *Sutika Kala*, vitiation of *Vata* is very much possible due to less activity of *Sutika*. Even less consumption of *Vatala* diet even in a very little quantity may create many problems. So *Pathya* and *Apathya* of the *Sutika* should be understood. (Table 5)^[10]

Table: 5

<i>Pathya</i> (Health promoting)	<i>Apathya</i> (disease causing)
<i>Sutika</i> should take the bath with luke warm water.	Sexual intercourse
Boiled water should be taken for drinking purpose.	Physical stress, anger and indulgence in irresistible emotion.
<i>Parishek</i> and <i>Avagahana</i> are always beneficial for <i>Sutika</i> .	Cold water
<i>Udaravestana</i>	<i>Panchakarma</i>
Use of <i>jeevaniya</i> and <i>brimhaniya</i> drugs	Exercise
<i>Sneh Yukt</i> diet	

Benefits of *Sutika Paricharya*- Although *Sutika* is not a stage of illness, still she should be taken care for specially considering various reasons. The woman becomes weak and emaciated due to growth of fetus and also the body becomes empty due to instability of all *Dhatus*, Labor pains, excretion of *Kleda* and *Rakta etc.*^[11]

DISCUSSION

The “*sama dosha, sama agni sama dhatu mala kirya*” is attained by following *Sutika Paricharya* and it helps in the proper formation of the *Dhatus*, increasing *Agni*, proper excretion of *Mala*, *Mutra* and *Dusta Shonita*. *Sutika Paricharya* improves the condition of mother.

1. *Abhyanga*-

Abhyanga is given to *Sutika* either *Sthanika* or *Sarvadaihika* with the help of *Ghrta* and *Taila* especially with *Bala Taila* which is *Vatashamaka*. It tones up pelvic floor, abdominal & back muscles and relieves muscle spasm and recovers from soft tissue injury by increasing

blood circulation.^[12]

2. *Parisheka & Avagaha*-

Parisheka is pouring hot water in a stream, it is *Vatakaphara*, *Vedanahara*, does *Agnideepti*, *Twakaprasannata* and *Srotoniramalata* so that abnormal blood clots accumulated in uterine cavity after the delivery of *Garbha* excreted properly and *Vata Dosha* also subsides.^[13]

3. *Udarveshtana (Pattabandana)*-

Prevents vitiation of *vatadosha* by compressing hollow space produced after expulsion of fetus. Abdomen should be tightly wrapped with big and clean cloth after bath. It provides support to the back & abdomen. It mainly helps the uterus to shrink back to its normal size. It also helps to straighten back after pregnancy and improving posture.^[14]

4. *Yonidhupana (Vaginal fumigation)*-

Dhupana (fumigation) as *Rakshoghna* (antiseptic) and *Vedanahara* (painkiller) is given by using *kushtha (Saussurea lappa)*, *guggulu*

(*Commiphora wightii*) and *agaru* (*Aquilaria agallocha*). *Dhupana Karma* is indicated for both infectious and non-infectious different genital disorders of *Sutika*, *Sutika-Prasava* and improves defense mechanism of female genital tract by maintaining healthy vaginal flora.^[15]

CONCLUSION

In *Sutika Paricharya* woman should be cared with Ahara, Vihara, Aushadi and with some *Pathya* and *Apathya*. The post-delivery period (*Sutika Kala*) is a very crucial phase in a woman's life, because *Sutika* who becomes weak due to development of fetus, loss of Dhatus, vata dosha prakop, excretion of blood and exhaustion due to labor pain. She not only regains her pre-pregnant state by following this proper management and care but also helps in lactation. Hence *Sutika Paricharya* plays important role in the prevention of *Sutika roga* (e.g. backache, fever etc) and gives healthy life.

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