



Conceptual Study Of Sutika Paricharya

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Abstract - Postnatal care is called as Sutika Paricharya. In ayurveda antenatal and postnatal care phase of every mother life is very important. Ayurveda Samhita Acharya Sushruta, Acharya Charaka, And Acharya Vaghbhatta, Harita the kal (period) of Sutika paricharya is variable as per their respective Samhitas - Acharya Sushruta - 45 days, Acharya Charaka - exactly not mention the period of Sutika paricharya, Ashtaang Sangraha - 45 days, Ashtanga Hridaya - 45 days, Kashyap - 6 month, Bhavaprakash and yogratnakara - 45 days Or up to the menstrual cycle regularize (artava darshana).

In ayurveda about 74 type of disease can happen in this period if not management properly. A healthy mother would give healthy child. Health of mother in Puerperium period is more important and sutika paricharya must be given more attention to prevent many complications during that period. So care of pregnant patients after delivery and before delivery must be given for safe motherhood and healthy childhood.

Keywords - Ayurveda, Sutika paricharya, Kala, Charaka, Bhavaprakash, postnatal care etc.

Introduction -

In Ayurveda concept, postpartum period called Sutika Kala and the care during this Kala means Sutika paricharya. Sutika care period is explained as 1 and half months after delivery upto next menstruation. Postpartum period means Puerperium. In this period mother anatomical and physiological changes during pregnancy return to non pregnant state. Most of mother and child death during this period. It is mentally and physically demanding situation. Upto next menstruation mother is sutika because menstruation is seen only after dhatu paripurnata, healthy state of body and accumulation of blood in yoni pradesha.

Aims and objectives - to review study of Sutika kala, Sutika Samanya chikitsa pathya apathyā.

Sutika paricharya-

1. In postpartum period gudodak and pippali churna can be given. Gudodak is vatashamak (normalized Vata) and Pain reliving.
2. After mugdh yusha added with 1 teaspoon of panchkola churna is given.
- 3 . Mother feels hunger, satmya Aahara Can be taken .
4. Panchkola siddha Yavagu (improve digestion), Vidarigandhadi Yavagu (nourishes) , Shatavari kshirpak Yavagu (regulates synthesis and secretion of breast milk) .
5. Kadali rasayana, fruits juices, kushmamdyo Avaleha with milk it is good for sutika. Ashwagandha, shatavari, guduchi, shatapushpa, Rasona, mudga, masha can be given for 1 month.

Bahyantara procedure for Sutika -

1. Sarvanga Abhyanga with Bala Taila, it helps in involution of uterus, vagina, cervix, pelvic floor, and pelvic fascia and is a relief of pain.
2. Parikshana with dashamula kwatha after bala tail Abhyanga. Swedana procedure is contraindicated in sutika.
3. Dhupana procedure with bhurja patra, sarshapa, lashuna, Atasi etc can be used.

After dhupana Vatahara Dravya Basti can be given.

Sutika wound care-

Wash with lukewarm water. Panchawalkala kwatha.

Dhupana , lepana with haridra and kumari.

Pichu with any ropana ghrita.

Sutika paricharya - care of women during Sutika period for mother and baby Heath -

It involving following principles -

1. Agnidipana
- 2.Pachana
- 3.Vatashaman
- 4.Raktavardhana
- 5.Stanyavridhi
6. Dhatuposhana, balya,
- 7.Garbhashyashodhana

Samanya paricharya for sutika -

1. Use of amulet for puerperal women - fix amulet of trivruta over sutika head. It may protect her from harmful things.

2. Paricharya -

According to acharya Sushruta -

Aahara	Vihara
For 2-3 days Vatashamaka Aushadhi Dravya and Kwatha sevana Ushna gudodaka with pippali Dravya.	.
3 to 7 days sneha yavagu or ksheer yavagu with vidarigandhadi Dravya.	Sarvang bala taila Abhyanga Parisheka with vatahara dravya.
8 day jangal mamsa rasa, yava, kola kulathya yusha	

According to acharya Charaka

Aahara	Vihara
Sneha pana. Yavagu pana pippalyadi dravya for 5 to 7 days.	Abhyanga Pariksheka Udar veshtana
Kramavat - appyayan and Swasthvritapalan	

According to Vaghbata (ashtang sangraha)

Aahara	Vihara
Snehayoga - snehapana with panchkola churna with saindhava. Snehaayoga - Vatahara / laghupanchamula kwatha. Kshirayavagupana - vidarigandhadi siddha dravya. All for 3 to 7 days	Sarvang bala tail Abhyanga Sthanika udar Abhyanga- ghrita and taila Udarveshtana Ushnodaka parisheka Acchadana Avagahana

8 to 12 days Yava kola, kulathha Yusha Laghuannapana	
After 12 days jangal mamsa rasa, Jeevaniya, brihamaniya, madhura vatahara rasa annapana.	

According to Harita -

Days	Aahara	Vihara
After prasava	Kwathapana - lodra, arjuna dravya	Yoni purana Abhyanga Ushnajalasevana Mangalavachana Yosharthapradarshana
1 st day	Upavas	
2nd day	1. Guda, nagar, Haritaki sevana. 2. Ushna kulathya yusha sevana	
3 rd day	Panchakolayavagu pana	
4 th day	Chaturjatamishrita yavagupana	

Pathya and Apathya -

Pathya -

1. Including protein diet foods 2- 3 times per day such meat, poultry , fish, eggs, dairy, beans nuts and seeds.
2. Eat three serving of vegetables, including green vegetable per day.
3. Drink water to satisfy your thirst. Many women find they are thirsty while breastfeeding, however, forcing yourself to drink fluid does not increase your supply.

Apathya - .

1. Avoid high mercury fish, Alcohol, excessive caffeine, processed and unhealthy foods, Raw or undercooked foods etc.
2. Avoid certain herbs like peppermint, parsley, and sage. As they may affect milk supply.

Discussion -

Apart from that managing postpartum depression was also found to be very relevant nowadays. In earlier times new mother and child were protected and careful for by all which made the mother to feel good and wholesome. Living in a separate room surrounded with mantras and religious rituals make the children have healthy growth and development and prevent from infection. Sutika period is an entirely new stage of mother's life.

Conclusion -

Different procedure included a proper management of Ahara, vahra and Aushadhi in Sutika Paricharya. So by following Sutika Paricharya, Garbhashay Shuddhi, dhatu paripurnata, Sthanikaviddhi. Are completely well established. Sutika kala is one of delicate phases of women reproductive life. Where she is vulnerable to contract many diseases, therefore, puerperal women should follow Sutika paricharya which has been emphasized in ayurveda classics. Diet and regimen as described by different Samhita which should be followed by Sutika helps her recover fast and also helps to child growth and development.

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