

**SUTIKA PARICHARYA- A LITERARY REVIEW**

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ABSTRACT

Prasuta after delivery is called as Sutika. Sutika kala is period following childbirth during which all body tissues revert back approximately to a pre-pregnant state. A postnatal period begins immediately after the separation of placenta and extending up to six weeks, during this period all body tissue revert back approximately to pre pregnant stage both anatomically and physiologically.

During the time of labour mother undergoes tremendous physical exertion and becomes extremely debilitated physically and mentally; which leads to derangement of Doshas especially Vata dosha in the mother. These pathological changes cause general weakness, pain abdomen, low backache, loss of appetite, dysfunction of bladder, post-natal psychosis etc. Apart from these, mother also suffers with Dhatukshaya. If this stage is unattended by appropriate measures, then that will lead to maternal morbidity. In order to reduce the postpartum maternal morbidity, reforming postpartum care measures by providing holistic and flexible maternal health care is necessary. In the existing modern medical system, puerperal care limits to supplementation of the iron, calcium and prevention of infections. Ayurvedic medicines are helps to proper involution of the uterus, increase lactation & appetite, replenishes of the lost dhatus, relax in pain & constipation and prevent infections during the Sutika kala.

Keyword: Sutika Paricharya, Sutika kala

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INTRODUCTION

Mortality and morbidity of mother are most challenging problems of our Country. India experience maximum number of maternal death in the world it is estimated that out of 3,58,000 maternal death recorded annually approximately 68,000 death occur only in India which is more than any other Country⁽¹⁾ Globally India ranks 53rd among 182 countries for having the highest maternal mortality ratio⁽²⁾ Maternal death is the death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management but not from accidental or incidental causes.⁽³⁾The millennium development goals were established in the year 2000 which aimed at reducing maternal mortality by 75% by the year 2015. ⁽⁴⁾ This is now currently followed by the Sustainable development goals which aims at reducing the global maternal mortality ratio to less than 70 per 1,00,000 live births.

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Ayurveda give importance to the care of mother at every phase of her life especially in antenatal and postnatal care. A the period beginning immediately after the separation of placenta and extending up to six weeks, otherwise called as puerperium or puerperal period. Postnatal care is named as Sutika Paricharya Sutika Paricharya are very well described by our ancient Ayurvedic scholars in their respective Samhitas. This period is of happiness and contentment, on one hand and physical and mental fatigue due to delivery, on the other hand, she become weak or emaciated after loss of blood and body fluid during delivery. Acharya

Kashyapa narrating stage of prasava says that her one foot is situated in this loka and other in Yamaloka. The lady after such a difficult process of prasava must be advised certain mode of life called Sutika Paricharya. The regimen that helps the woman to regain her lost vitality and helps her body to revert back to pre- pregnant state is called emphasis has been laid on post natal care i.e. Sutika Paricharya, as during this period she restores her health and strength. Sutika Paricharya Should be cared with Ahara Vihara and Aushadi and with some Dos(Pathya).

Ancient scholaras i.e. Charaka, shushrut, Ashatng Sanghrraha, Ashatng Hriday kashyap, Harit, the is variable as per their Not exactly mentioned the period. 45 days or up to the irregularize (Artav Darshan). As per modern medical science the Puerperium i.e., Post natal Period begins as soon as placenta is expelled and last for approximately 6 weeks when the uterus becomes regressed almost to the non-pregnant size puerperium, many complications can occur as it is said in Ayurveda about 74 types of diseases can happen in this period if not managed properly. A healthy mother would give healthy child. Health of mother in puerperium period is more important and sutika must be given attention to prevent many complications during that period. So, care of a mother before pregnancy, during pregnancy and during puerperium must be given for safe motherhood and healthy childhood. Among these, the sutikakalais more important for healthy and proper growth of child. Since, firstweek soon after delivery is of immense important for both sutika and newly born baby, hence, during that period great attention and special care is necessary for both. Due to vitiation of vata after delivery, digestive power as well as immunity and strength of mother will be weak and the lady is in compromised state, therefore care and management causing vata balance and increasing body strength of sutika should be done. Expulsion of foetus, loss of fluid and blood and exhaustion during labour, all these cause dhatukshaya and this dhatukshaya causes loss of body.

The period of Sutika Paricharya is variable as per their respective samhitas:

- Charak- Not exactly mentioned the period.
- Sushrut - 45 days.
- Ashatng Sanghrraha - 45 days
- Ashatng Hriday -45 days
- Kashyap - 6 months.

- Bhav Prakash and Yog Ratnakara - 45 days or up to the menstrual cycle regularize(Artav Darshan).

Sutika Paricharya-

Sutika Paricharya includes mainly three parts Ahara (Diet), Vihar (Lifestyle), and Aushadi (Post natal visit and Medicines). As per medical science has advises Postnatal examination i.e. twice daily for first 3 days and subsequently once a day till the umbilical cord drops off. At each examination should see about temperature, pulse, and respiration, Breast examination, Progress of Normal involution of Uterus Examination of Lochia for the abnormality, check urine and Bowels and advise on perinea toilet including stiches if any. The immediate postnatal complications viz. puerperal sepsis, thrombophlebitis, secondary haemorrhages hold be kept in mind. Next visit at 6 weeks to see involution of uterus and should complete by then and there after once 2 or 3 month till the end of one year. ⁽⁵⁾

Sutika Paricharya by Charak Samita ⁽⁶⁾

Diet- Liquid gruel of rice medicated with pippali (Piper longum), pippalimoolPiper longum's root), chavya (Piperetrofractum), chitraka (Plumbagozeylanica), sunthi (Zingiberofficinale) for 5-7 days. Use of brihagana drugs from 6th or 8th day.

Mode of life - Abhyanga of abdomen with tailaor ghritathen Udarveshtana with big clean cloth. Irrigation or bath with luke warm water.

Medicines - Sarpi, Taila, Vasa or Majja with pippali (Piper longum), pippalimoola (root of Piper longum), chavya (Piper retrofracum), chitraka (Plumbago zeylanica) and Shringavera (Zingiber officinale) churna.

Anupana-Ushna jala for 5 or 7 nights

Sutika Paricharya by Sushrut Samhita ⁽⁷⁾

Diet - Snehayavagu or kshirayavagu saturated with drugs of Vidarigandhadi (Desmodiumgangetium etc.) gana Form 3rd or 4th to 6th or 7th days.2 Mansrasa of Jangal Mans saturated with yava (Vulgaris sativus), kola (Ziziphus mauritiana), kulatth (Dolichosbiflorus) with cooked Shali rice From 7th or 8th day to sutikakala

Mode of Life - Abhyanga with bala (Sidacordifolia) taila, then irrigation with decoction of Bhadradaru (Cedrusdeodara) etc.drugs capable of suppressing the vata. Pippali (Piper

longum), pippalimoola (root of Piper longum), hastipippali, chitraka (Plumbagozeylanica) and shringavera (Zingiberofficinale) churna. Anupana- ushnagudodaka (warm jiggery water) for 2 or 3 days.

Sutika Paricharya by Ashtang Sangraha ⁽⁸⁾

Diet - Liquid yavagu prepared with either milk or vidaryadigana (Puerariatuberosa etc.) drugs For 3, 5 or 7 days. 3 Light diet with soup of Yava (Vulgaris sativus), kola (Ziziphusmauritiana) and Kullattha(Dolichosbiflorus) From 4th, 6th or 8th day to 12th Meat soup of wild animals, agreeable diet from 13th to sutika Kala.

Mode of life - Abhyanga with Bala (Sidacordifolia) taila, Udarveshtana after massage of abdomen with taila or ghrita, Irrigation with luke warm water. Massage, unguent, irrigation and bathing with jivaniya, brimhaniya, madhura and vatahara drugs.

Medicines - Sneha with panchakola (Piper longum, root of Piper longum, Piper retrofractum, Plumbagozeylanica and Zingiberofficinale) churna or Sneha with yavani (Trachyspermumammi), upakunchika (Nigella sativa), chavya (Piper retrofractum), chitraka (Plumbagozeylanica), Vyosha (Zingiberofficinale, Piper nigrum, Piper longum) and Saindhava

Anupana- Ushnajala for 7 nights.

Sutika paricharya by Kashyap Samhita ⁽⁹⁾

Ahara - Pippali (Piper longum), nagar (Zingiber offinalis) yukta and saindhavarahita alpasnehayuktayavagu for first 3 or 5 days, then sasnehalavanayavagu, then sasneha-lavana-amlayuktakulattha (Dolichosbiflorus) yush with meat soup of wild animals and ghritabhrishta Kushmanda (Benincasahispida), and moolaka (Raphanussativus).

Mode of life Massage of back, pressure of abdomen and flanks, then udarveshtana. Sitting over a small chair covered with leather bag filled with hot bala (Sidacordifolia) taila, then sudation in the yoni with oleo prepared with priyangu (Callicarpa macrophylla) etc. Hot water bath after proper sudation, Fumigation with kushtha (Saussurealappa), guggulu (Commiphoramukul) and agaru (Aquilariaagallocha) mixed with ghrita.

Medicines - Snehapana according to satmya.

Anupana-Manda for 3 or 5 days

DISCUSSION

As per the ancient Scholars in their respective samhitas described the Ahara (Diet), Vihara (Life style) and Aushadi (Medicines) and various Pathya (Dos) and Apathya (Donts) and the modern medicine also describes increased requirement of Recommended Dietary Allowance (RDA) for Energy is for (0-6months) +600 Kcal.and 6-12 months +520 Kcal. Also requirement increased for Proteins (19gms) Calcium (600mg/d) etc.

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