

## AN AYURVEDIC CONCEPT OF SUTIKA PARICHARYA AND CLINICAL IMPORTANCE OF SAMANYA PARICHARYA – A REVIEW

Dr. Soniya<sup>1</sup> and Dr. Meenakshi Pandey\*<sup>2</sup>

<sup>1</sup>P.G. Scholar, Department of Stri Roga and Prasuti Tantra, All India Institute of Ayurveda.

<sup>2</sup>Assistant Professor, Department of Stri Roga and Prasuti Tantra, All India Institute of Ayurveda.

Article Received on  
26 August 2019,  
Revised on 16 Sept. 2019,  
Accepted on 06 Oct. 2019  
DOI: 10.20959/wjpr201912-15956

### \*Corresponding Author

**Dr. Meenakshi Pandey**

Assistant Professor,  
Department of Stri Roga and  
Prasuti Tantra, All India  
Institute of Ayurveda.

### ABSTRACT

The transformation of female, from a woman to mother is the happiest lifetime event, but this happiness is gained only after undergoing tremendous physical exertion during labour, so old people used to term 'labour' as women's rebirth. The women become extremely debilitated physically & mentally, after the delivery & there are more incidences of backache, feeling weakness etc. Motherhood is all about loving, sharing, sacrificing & struggling. *Ayurveda emphasizes* much importance of the care of women especially in the prenatal & postnatal period. After delivery of baby, after the placenta is expelled then woman is termed as *Sutika* & the care is termed as *Sutika-Paricharya*.

*Mithyaachara* during this period definitely results in incurable diseases or diseases which are difficult to cure. After following proper *Sutikopacharya* (puerperal regimen) woman regains all the lost things and reaches pre- pregnancy status. The mode of *Paricharya* includes important therapies, nutritional diet & *swasthavrithapalana*. The main achievements through *Sutika-Paricharya* are *Garbhashayashuddhi*, *Dhatu-paripurnata*, *sthanya- vridddhi*, *punarnavekarana*. So the present study has been selected to review *sutika-paricharya* & its clinical importance.

**KEYWORDS:** *Sutika*, *Sutika Paricharya*, *Sutika Paricharya*, *Mithyaachara*

## INTRODUCTION

Motherhood is all about loving, sharing, sacrificing and struggling. *Ayurveda* emphasizes much importance of the care of women especially in the prenatal and postnatal period. *Sutika* is the state of women immediately after delivery and extends till the time she continues breast feeding. *Sutika* refers to the woman after the expulsion of placenta.<sup>[1]</sup> The sound 'puthramsuthe...' brings back jeeva, i.e, life to a parturient woman. But this is possible if her health is taken care of during post natal. 'Soonyasareereprasootha.' mild derangement can cause life threatening situation for mother and baby. Hence extreme care is to be taken during pregnancy and puerperium. The period after the *prasava* is called as *sutikavastha*. During Puerperium the body tissues, especially the pelvic organs revert back approximately to pre-pregnant state both anatomically and physiologically. Puerperium begins as soon as placenta is expelled and last for approximately 6 weeks when the uterus becomes regressed to non pregnant state.<sup>[2]</sup> This period is of happiness and contentment on one hand and physical, mental fatigue due to delivery on the other hand. After delivery the woman become emaciated and have *Shunyashareera* because of *garbhavridhhi*, *shithilasarvashariradhatu*, *pravahanavedana*, *kledarakta-nisruti*<sup>[3]</sup>, *agnimandya*, these will lead to *dhatukshaya* hence extra care to be given to prevent complication during this period to avoid 64 types of disease<sup>4</sup> which can happen in this period if not managed properly. So *Charak*, *Sushruta* and both *Vagbhatas* said that what so ever diseases afflict the *Sutika* are difficult to cure or may become incurable.<sup>[5,6,7,8]</sup> *Ayurveda* has advised a specific diet and lifestyle regimen called *Sutika Paricharya* to prevent further complications and restore the health of the mother.

## AIMS AND OBJECTIVIES

To review the literature of *sutika*, *sutikakala*, *sutikasamanya* & *vishistaparicharya*, *pathya* & *apathya* with Clinical significance of *sutikaparicharya*.

## MATERIAL AND METHODS

This is a review study. Textual materials are used for the study from which various references have been collected. Main *Ayurvedic* texts used in this study are *Charak Samhita*, *Sushruta Samhita*, *Ashtang-Sangraha*, *Kashyap samhita*. Commentaries are also included in it. The procured theses were studied in details and scientific review was done.

## DEFINITION<sup>[9]</sup>

- ❖ A woman who has just given birth to a child followed by expulsion of the placenta is called as *Sutika* by Acharya Kashyap.

- ❖ Modern science says during Puerperium the body tissues, especially the pelvic organs revert back approximately to pre-pregnant state both anatomically & physiologically and it is up to 6 weeks.

### Sutika Kaala (Postnatal Period)

**Table 1: According to different Acharyas.**

Literature	Time period
Charak	Not specified
Sushruta	One and half month or until next <i>rajodarshan</i>
Astang sangraha	One and half month or until next <i>rajodarshan</i>
Astang hridaya	One and half month or until next <i>rajodarshan</i>
Bhavprakash	One and half month or until next <i>rajodarshan</i>
Yogratnagar	One and half month or until next <i>rajodarshan</i>
Kashyap	6 months

### WHAT IS SUTIKA PARICHARYA?

- Care of the woman during puerperium comes under the heading of *Sutika Paricharya*.

### Principles of Sutika Paricharya

- ❖ *Vatashamana*
- ❖ *Agnideepana*
- ❖ *Pachana*
- ❖ *Raktavardhaka*
- ❖ *Stanyavardhaka*
- ❖ *Yonisanrakshaka*
- ❖ *Garbhashayashodhaka, Kostashodaka*
- ❖ *Dhatupusti, Balya*

### SAMANYA PARICHARYA<sup>[10]</sup>

#### 1) Manidharan for Puerperal Women

- The *Sutika* should fix amulet of *trivruta* over her head. It is sort of psychological support to her. Thus may protect her from harmful things.

#### 2) Bath for *sutika* (*Prasuta Snana*)

- According to the rituals of family the bathing ceremony of puerperal women should be performed on auspicious period of 10th or 12th day.

## 3) Paricharya

Table 2: Paricharya acc. to Different Acharyas.

Acharyas	Number of days	Ahara	Vihara
Charak <sup>[11]</sup>	5-7days	1) Snehapana 2)YavagupanaPippalyadidravys	1) Abhyanga 2) Parisheka ubhyatakala 3) Udaravestana
Sushruta <sup>[12]</sup>	2-3days	1)Vataharaaushadhadravyakwathapana 2)Ushnagudodaka with pippalydidravys	1)Sarvadaiihikabalatailaabhyanga 2)Parisheka with vatahara - Bhadra-darvyadidravys
	3 or 4 -6 or 7 days	1)Snehayavagu/ksheerayavagu with Vidariganadravyas	
	8th day	1) Jangalmamsa rasa 2) Yava, Kola, Kulathayusha 3) Shaliodanabhojana	
Astang sangrah <sup>[13]</sup>	3 or 5 or 7 days	1)Snehayogya- Snehapana with Panchakolachurna with saindhava 2)SnehaAyogya-Vatahara/ laghupanchamoolakwathapana 3)Ksheerayavagupana- Vidaryadiganasiddh	1)Sarvadaiihikabalatailaabhyanga 2)SthanikaUdaraabhyanga- grita/taila 3)Udarvesthana 4)Ushnodakaparisheka- ubhayat 5)Acchadana 6)Avagahana
	8-12 days	1)Yava, Kola, Kulathayusha 2) laghuannapana	
	After 12 days	1) Jangalmamsa rasa 2) Jeevaniya, brihmaniya, Madhura, vataharadravyasadhitaannapana	

Table 3: Sutika Paricharya according to Astang Hridya.

Astang Hridya <sup>[14]</sup>	2-3 days	1)Snehayogya- Snehapana- mahatimatra with panchakolachurna 2)Ushnagudodaka with panchakolachurna / Vataharaaushadhitoypapana 3)Snehaayogya-without sneha above dravyas 4) Peya – Purvoktadravyas	1)Yoniabhyanga and sarvadaiihikaabhyanga 2)Sthanikaudaraabhyanga - ghrita/taila 3) Udaravestana 4) Udvartana 5) Parisheka 6) Avagaha
	4-7 days	SnehaYavagu/ KsheeraYavagu	
	8-12 days	Jeevaniya, brihmaniya, Madhuravarga siddha hridhyaannapana	
	After 12 days	Mamsa rasa	

**Table 4: Sutika Paricharya according to Kashyap Samhita.**

<b>Kashyap<sup>[15]</sup></b>	3-5 days	<ul style="list-style-type: none"> <li>• Mandapana</li> <li>• Hitabhojana</li> <li>• Snehapana</li> </ul>	<ul style="list-style-type: none"> <li>• Rakshoghanadravya</li> <li>• Ashwashana</li> <li>• Kukshi, pristhaparshava samvana in nyubaj position</li> <li>• Udarapidana</li> <li>• Udarveshthan</li> <li>• Yoniswedan, ushnodakasnan</li> <li>• Dhupan with kustha guggulu etc</li> </ul>
	5-7 days	<ul style="list-style-type: none"> <li>• Snehyuktayavagupana, pippali, nagar, lavan rahita</li> </ul>	
	7-12 days	<ul style="list-style-type: none"> <li>• Snehayukta yavagupana with lavan</li> </ul>	
	12 days	<ul style="list-style-type: none"> <li>• Kulathayusha Jangalamansa rasa Ghritabhartijashaka</li> </ul>	
	1month	<ul style="list-style-type: none"> <li>• Snehan swedan ushna jalasevana</li> </ul>	

**Table 5: Sutika Paricharya according to Harita.**

<b>Acharya</b>	<b>Days</b>	<b>Ahara</b>	<b>Vihara</b>
<b>Harita<sup>[16]</sup></b>	After delivery	Kwathpana-lodra arjunadi dravya	Yoni apurna Abhyanga Ushnajalswedan Mangala vachan
	1 <sup>st</sup> day	Upavas	
	2 <sup>nd</sup> day	Guda, nagar, haritaki sevana, Ushna kulatha yusha sevana	
	3 <sup>rd</sup> day	Panchkola yavagu pana	
	4 <sup>th</sup> day	Chaturjatak mishrita yavagupana	

**Mode of action of all the regimen****Abhyanga<sup>[17]</sup>**

- Sthanik or sarvadhahik with ghrita and taila mainly with bala taila
- Vatashamak, rasayan to dhatus and shramhara
- Abhyanga tones up the pelvic floor, abdominal, back muscle, tissues and relieve the muscle spasm. It helps in recovery from soft tissue injury by increased circulation.
- It prevents thrombosis by rubbing and friction improves the venous blood flow by dilating superficial blood vessels.
- *Abhyanga at lower back helps for proper drainage of lochia.*
- *Yoni Abhyanga tones up vagina and perineum and prevents laxity and prolapse, alleviates pain and heals vaginal and perineal wounds.*

**Parisheka & Avagaha<sup>[18]</sup>**

vatakaphahara, vedanahara, does agnideepti, twakaprasannata, srotoniramalata, so that abnormal blood clots accumulated in uterine cavity after the delivery of Garbha excreted properly and Vatadosha also subsides.

**Udaraveshtana (Pattabandana)**

It prevents vitiation of vatadosha by compressing hollow space produced after expulsion of foetus. It provides support to the back & abdomen and helps the uterus to shrink back to its normal size. Also helps to straighten back after pregnancy, improving posture.<sup>[19]</sup>

**Yonidhupana:** It maintains the hygiene of the perineum as Vaginal defence is lowered due to hypoestrogenic state during pregnancy. Drugs used in Yonidhupan like kusta, agaru, guggulu have the properties like jantugna, kandugna, shothahara, vranashodhana, ropana.<sup>[20]</sup>

**Udarapeedana:** facilitate uterine stimulation inducing contraction which may result in expulsion of residual blood clots.

**Mode of action of diet used in Sutika Paricharya**

**Snehapana:** Sneha (Ghrita/ Taila / Vasa/ Majja) given to sutika is mixed with dravyas like Pippali, Pippalimoola, Chavya, Chitraka, Shrungavera, Yavani, Upakunchika. All these drugs are agnideepana, vatashamak & amapachana and helps to digest the sneha and act as appetizer.<sup>[21]</sup>

**Ghrita:** Ghrita is Vata pitta shamaka, Balya, Rasayan, Agnideepak, Raktavikaranashak, & Yogavahi. Ghrita provides many essential fatty acids which provides anti- inflammatory properties. Ghrita which includes 17 amino acids essential for good health. It contains 3% linoleic acid, an antioxidant. It also contains vitamins A, D, E, K.<sup>[22]</sup>

**Garbhashayashodhana:** Drugs like Panchakola are given with warmed jaggery water for excretion of DushtaShonita from uterus. It normalises the lochial discharge and does proper uterine involution. Drugs having the garbhashayashodhaka and garbhashayasankochaka properties, removes the dushtashonita or sheshadosha from grabhashaya.<sup>[23]</sup>

**Snehayavagu or Ksheerayavagu:** Yavagupana in the form of manda, peya with sneha or kwatha. It stimulate the agni, it is grahi, laghu in nature, dhatuposhana, tarpana properties, easily digestible & absorbable, reduces thirst thus does the maintenance of water in the body. Ksheera is rich source of proteins, vitamins and calcium provides energy & maintains tissue.<sup>[24]</sup>

**Yusha:** Yusha is given to the Sutikais prepared of Yava, Kola, Kulatha. It is semisolid, rich in protein. It act as agnideepaka, balya, swedajanana, pusti sukhaprasadana.<sup>[25,26]</sup>

**Mamsa rasa:** 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. It helps in galactogenesis and enhance the property of maternal milk.<sup>[27]</sup>

### Mode of action of drugs used in Sutika Paricharya

- Pippali, Pippalimula, Chavya, Chitraka, Shringavera are used which are Ushna, Teekshna, Deepana, Pachana, Shoolagna and Kaphavatashamaka. They are helpful in reducing Agnimandya & shoola in sutika.
- Drugs are katurasatmaka & katuvipaki has the properties of shonitasanghatbhedana leads to normal yoni-gatasrava because of this garbhashayashuddhi occurs.
- Pippali, Pippalimula are anti-inflammatory<sup>[28]</sup> and anti-bacterial activity.<sup>[29]</sup>
- Chavya is liver stimulant & blood cleansing and has rejuvenating properties.
- Chitraka is useful as appetizer, digestive, anti-helminthic, causes uterine contractions, and cures postpartum disorders.<sup>[30]</sup>
- Shunthi is known to stimulate digestion. It has anti-inflammatory, antimicrobial property.
- Kola is a good source of calcium, phosphorus, Vitamin A. It has anti oxidant property, wound healing & anti inflammatory properties.
- Kulatha is an excellent source of iron, molybdenum and manganese. It has antispasmodic activity and is used in uterine disorders and anemia.
- Yava is a good source of fibre. It contains copper, phosphorus, zinc and Vitamin E.
- Rice gruel prepared with vidaryadigana act as rasayana.

### PATHYA AND APATHYA OF SUTIKA

#### *Pathya*

1. *Sutika* should use *hitakaraka ahara* and *vihara*
  2. *Sutika* should have bath with warm water
  3. Adequate sleep
  4. For drinking, boiled water should be used
  5. *Abhyanga* should be done with luke warm oils & *Parishek*, *Avagahana* etc with al- ways luke warm water.
  6. *Udaravesthana* should be done.
- Diet must contain *Garbhashayashodaka*, *Sthanyavardhaka*, *Stanyajanana*, *Vataharadravya*
  - Use birth controls measures
  - Pelvic floor exercise (kegal's exercise)

***Apathya***

- 1) Excess exercise
- 2) Sexual intercourse
- 3) Mental & Physical stress
- 4) Cold water, Cold wind & Cold things etc
- 5) Contraindication of *Panchakarma*
- 6) Anger, Fear, Depression
- 7) *Diwaswap, Atapasevana*

**Clinical significance of Sutika Paricharya**

- Sutika agni is manda, agni-deepana is the need of treatment for few days immediately after delivery, which may be needed prior to the administration of brimahana drugs.
- Use of snehana suppresses vata.
- Uttama rasa produces uttamastanya which depends on quality of agni.
- Yava, Kola laghu annapaana is advised after 5 days, this form of food helps to replenish Dhatu.
- Usage of mamsa rasa & brimhanadravyas, using jeevaniya or brimhaniya or madhuradravyas. This might act as dhatuvardhaka and helps to maintain proper lactation.
- Abhyanga recommended by using balataila in nyubja position, which might help to restraint vitiated vata, spiralling the abdominal muscles.
- Parisechana by using kwatha prepared by vataharadravyas act as vedanahara, kledahara.
- Udarapattabandhana -Wrapping the abdomen with long and clean cloth, which in turn helps abdomen to retrieve its normal position and there is no accumulation of vata in vacant sites.
- Dhupana as rakshoghna and vedanahara is mentioned by using kushtha, guggulu and agaru.

**Benefits of Sutika Paricharya<sup>[31]</sup>**

The woman become weak and emaciated due to growth of foetus, & also empty body due to instability of all dhatus, labour pains, excretion of kleda and rakta. By Paricharya she attain all the lost things and reaches her pre-pregnant state.

**CONCLUSION**

The diets and regimens which are described by Ayurveda literatures thousands of years ago for Sutika is totally scientific. Different procedures included needs a proper management of



ahara, achara for the purpose of punarnaveekarana of the stree, that is Sutika- Paricharya. Sutika Paricharya have been told for the prevention of problems of women like backache etc. So by following Sutika Paricharya, Garbhashayashuddhi, Dhatuparipurnata, Sthanya-vridddhi, Punarnaveekarana are completely established.

## REFERENCES

1. Kashyapa Samhita Sanskrit introduction by Pt. Hemaraj Sharma, Chaukhambha Sanskrit Sansthan, Varanasi, 305.
2. D.C. Datta's, Textbook of Obstetrics, edited by Hiralal Konar, 7<sup>th</sup> edition, pub-Jaypee Brothers medical publishers (P) Ltd, New Delhi, edi., 2013; 144.
3. Asthanga Sangraha of Vagbhata, edited by Atridev Gupta, reprinted, pub- Krishnadas Academy, Varanasi, edi., 2005; 1: 288.
4. Prof. P.V.Tiwari, Ayurvediya prasuti- tantra & Streeroga, Prasuti tantra, First part, Pub- Chaukhambha Sanskrit Samsthan, Varanasi, Edi., 2003; 559.
5. Bramhananda Tripati. Charaka Samhita of Agnivesha, pub-Chaukambha Surbharati Prakashana, Varanasi, 2013; 1: 952.
6. Sushruta Samhita of Sushruta, Ambika Dattashastri, Vol 1, pub-Chaukambha prakashana, Varanasi, 2012; 103.
7. Asthanga Sangraha of Vagbhata, editedby Atridev Gupta, Vol1 reprinted pub- Krishnadas Academy, Varanasi, 2005; 40.
8. Asthanga Hridaya of Vagbhata, Pandit Hari Shastri, Commentary of Arundatta, pub- Krishnadas Academy, Varanasi, edi, 2005; 40.
9. Prof. P.V.Tiwari, Kashyapa Samhita text with English translation & Commen- tary, pub- Chaukambha Bharati Academy, Varanasi, edi-2002; 576.
10. Kashyapa Samhita Of Vridddha Jeevaka, Satyapala Bhigacharya, Varanasi, pub- Chaukhambha Sanskrit Sansthan, edi, Khilasthana chapter 10, 4<sup>th</sup> edition, 1994; 181.
11. Charaka Samhita, of Agnivesha, revised by Charaka Acharya, Yadavaji Trikamaji Chaukhambha Orientalia, 5<sup>th</sup> edition, 2001; 348.
12. Sushruta Samhita Of Sushruta, by-Acharya Yadavaji Trikamaji, pub-Chaukhambha Orientalia, 8<sup>th</sup> edition, 2005; 389.
13. Asthanga Sangraha Of Vagbhata, by- Kashinath Shastri, pub-Chaukhambha Ori- entalia, 9<sup>th</sup> edition, 2005; 376.

14. Prof. P.V.Tiwari, Ayurvediya Prasuti- tantra & Streeroga, Prasutitantra First-Part, pub-Chaukhambha Sanskrit Samsthan, 2003; 549.
15. Kashyapa Samhita by Pt. Hemaraj Sharma, pub-Chaukhambha Sanskrit Sansthan, 10<sup>th</sup> edition, 2005; 306.
16. Harita Samhita with Nirmala Hindi Com- mentary by Acharya Ramavalamba Shas- tri, 1st edition, Prachya prakashana, Vara- nasi, 1985; 104.
17. [http://www.allthingshealing.com/Martial Arts/Abhyanga- Ayurveda\\_Massage-and-Postnatal-care/12173#.UjNFINJWYSI](http://www.allthingshealing.com/Martial Arts/Abhyanga- Ayurveda_Massage-and-Postnatal-care/12173#.UjNFINJWYSI)
18. Susruta Samhita by- Yadhavji Trikamji, 5<sup>th</sup> edi. pub- Chaukhambha Orientalia, 1992; 389.
19. Udaravestana-[www.ayurvedalive.in](http://www.ayurvedalive.in)> post- delivery mothercare for 1<sup>st</sup> week Ayurveda.
20. Susruta Samhita Of Sushruta, by Yadhavji Trikamji, 5th edi, pub-Chaukhambha Ori- entalia, 1992; 18.
21. Bhavamishra. Bhavaprakasha Samhita. by- Misra Brahmasankara, Vaisya Rupalalaji, 8<sup>th</sup> edi, pub-Chaukhambha Sanskrit Sansthan; Haritakyadivarga, 1993; 72; 24.
22. Livestrong.Com (Homepage On Internet), Santa Monica, CA 90404, Healthy Living For Prevention Of Diseases. Inc; C Avail- able From [Http://WWW.Livestrong.Com/](http://WWW.Livestrong.Com/); 2013.
23. Kashyapa Samhita by Pt. Hemaraj Sharma, pub-Chaukhambha Sanskrit Sansthan, 10<sup>th</sup> edition, 2005; 306.
24. [Http://En.Wikipedia.Org/Wiki/Milk/;2013](http://En.Wikipedia.Org/Wiki/Milk/;2013)
25. Kashyapa Samhita, by-Pandit Hemaraj Sharma, pub-Chaukambha Sanskrit Samsthan, 10<sup>th</sup> edition, 2005; 250.
26. Sharangadhara Samhita, Pandit Pa- rusharam Shastri Vidyasagar, pub- Chaukhambha Orientalia, 2005; 165.
27. Kapil Soni, Sutika Paicharya In Present Scenario, Department of Prasutitantra evam Stri rog, R.G. Govt. Post graduate Ayurvedic College, Paprola, H.P., 2010; 13-4.
28. Kumar A, Panghal S, Mallapur SS, Kumar M, Veerma Ram, Singh BK. Anti- inflammatory activity of Piper longum. In- dian Journal of Pharmaceutical Sciences. 20 Srinivasa Reddy P, Kaiser Jamil, Mad- husudhan P, Anjali G, Das B. Antibacterial, 09; 71(4): 454-456.
29. Srinivasa Reddy P, Kaiser Jamil, Mad- husudhan P, Anjali G, Das B. Antibacterial activity of isolates from Piper longum and Taxusbaccata. American Journal of Engi- neering Research, 2001; 39(3): 236-238.

30. Sharma P V. Dravyagunavijnana, 16<sup>th</sup> ed. Varanasi, pub-Choukhambha Bharati Academy, 1999; 278. 37.
31. Asthanga Sangraha of Vagbhata, by- Atridev Gupta, reprinted, pub- Krishnadas Academy, 2005; 1: 288.