

Review on Sutika Parichaya

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ABSTRACT

Ayurveda give importance for the care of mother at every phase of her life specially when it comes to antenatal and postnatal care. A postnatal period beginning immediately after the separation of placenta and extending upto 6 weeks, otherwise called as puerperium or puerperial period. Postnatal care certainly co- related with Sutika Parichaya explained in Ayurvedic classics. They have described dietary regimen, living style and other required management for whose pregnancy and upto 6 months after delivery. It is well known that certain psychosomatic changes takes place during Sutikakala such as loss of weight, loss of body fluid, lacerated genital tract, constipation, mental stress etc. Most of these changes lead to atiparpan (emaciation) of mother during Sutikakala. This Status causes Vata- vriddhi which is responsible for different types of health problems such as puerperal sepsis, Stanyadushti (vitiated breast milk), anaemia, prolapse of uterus etc. According to kashyapa samhita, treatment of Sutika is as difficult as cleaning of unclean, tattered and old cloth. In olden days, ladies used to follow strict guidelines during early postpartum days i.e. in Sutikakala, which helps the woman to regain her lost vitality and helps her body to revert back to prepregnant state is called Sutika Parichaya, as during this period she restores her health and strength.

I. INTRODUCTION

As per modern medical science the puerperium is the period following child birth during which the body tissues especially the pelvic organs revert back to the pre pregnant state both anatomically and physiologically. Motherhood is a unique and exciting moments in every woman's life. Woman after delivery of baby followed by expulsion of placenta is termed as Sutika. Sutika suffers physics and mental fatigue. Due to development of fetus, exertion of labour pains, excretion of moisture and blood the woman becomes very weak. After following proper Sutika

Parichaya woman regain all the lost things and reaches pre pregnant status.

AIMS AND OBJECTIVES

To review the literature of Sutika, Sutika kala, Sutika samanya and vishistha Parichaya, pathya-apathya with clinical importance of Sutika Parichaya.

MATERIALS AND METHODS

It is a conceptual study. Data on Sutika Parichaya is collected from various samhitas.

SUTIKA- A woman who has just given birth to a child followed by expulsion of the placenta is known as Sutika.

सूतायाश्चापि तत्र स्यात् अपरा चैन्न निर्गता
प्रसूताऽपि न सूता स्त्री भवत्येव गते सति

SUTIKA KAL

According to different samhitas

1. Charaka- no specific duration.
2. Sushruta- one and half month or until next rajodarshan.
3. Vagbhata 1 and 2- one and half month or until next rajodarshan.
4. Kashyapa- six months as all the dhatus will resume to their original i.e. pre pregnant state by this time.

SUTIKA PARICHAYA

A care of the woman during puerperium comes under Sutika Parichaya.

Principles

1. Vatashaman
2. Agnideepan
3. Yoni sanrakshan
4. Stanyavardhaka
5. Garbhashaya shodhan
6. Koshta shuddhi
7. Dhatupushti
8. Balya

SAMANYA PARICHARYA

- A) Amulet for puerperal woman
The puerperal woman should tie amulet of trivrt over the head.
- B) General care I.e. mode of life and diet.

ACCORDING To SAMHITAS

1. Charaka samhita

Aahar- liquid gruel of rice medicated with pippali, pippalimula, chitraka, shunthi for 5-7 days. Use of brihagana drugs from 6 or 8 days.

VIHAR- Abhyanga of abdomen with taila or grita then udarveshtan with big clean clothes. Irrigation or bath with Luke warm water.

2. Sushruta samhita

Aahar- sneha yavagu or kshara yavagu saturated with drugs of vidarigandhadi gana from 3-4 days to 6-7 days. Meat soup of wild animals saturated with yava, kola, kulattha with cooked shali rice from 8 day of Sutika kala.

VIHAR – Abhyanga with Bala taila then irrigation with decoction of bhadradaru etc . drugs capable of suppressing the vata.

3. Ashtang sangraha

Aahar- liquid yavagu prepared with either milk or vidaryadi gana drugs for 3, 5 or 7 days. Light diet with soup of yava, kola, kulattha from 4, 6 or 8 day to 12 day. Meat soup of wild animals, agreeable diet from 13 day to Sutika kala.

VIHAR- Abhyanga with Bala taila . Udarveshtan after massage of abdomen with taila or ghrita. Irrigation with Luke warm water.

4. Ashtang hridaya

Aahar- Panchakola siddha peya for first 3 days. Vidaryadi gana kwath snehayukta yavagu or kshira yavagu from 4- 7 day, after that gradually brihana diet from 8- 12 day, meat soup should be used.

VIHAR- Almost similar description as ashtanga. Sangraha. There is also description of massage of yoni along with body .

5. Kashyap samhita

Aahar- Pippali , nagaryukta and saindhavarahita alpasneha yukta yavagu for first 3- 5 days, then sasnehalavan yavagu then sasnehalavan amla yukta kulattha yush with meat soup of wild animals and ghrita rishta kushamand and moolaka .

VIHAR – Massage of back, pressure of abdomen and flanks , then udarveshtan. Sitting over a small chair covered with leather bag filled with hot Bala

taila, then sudation in the yoni with oleo prepared with priyangu etc. hot water bath after proper sudation, fumigation with kushtha, guggulu, and agaru mixed with ghrita.

BENEFITS OF SUTIKA PARICHAYA

1. Strengthen and improves digestion power.
2. Tones muscles, calms nerves and greases all joints.
3. Improves lactation.
4. Increase psychological alertness.
5. Helps woman's to revert back to its pre pregnant state.

II. DISCUSSION

In Sutika kala , proper Sutika Parichaya cause complete involution of uterus and other pelvic organs, so that they reach to their pre pregnant state. Aim of puerperium is to maintain maternal fetal health. Preventing any complications and to establish infant feeding. Abhyanga causes toning up of muscles of pelvic floor, abdomen, back and vagina. Ayurveda advocates Bala taila, sassamum oil for Abhyanga during postnatal period. Vaginal massage facilitates proper drainage of lochia i.e. vaginal secretion, pacifies apana vata and tones up vagina. Swedan is having the property of vatashaman ,hence it is beneficial during Sutikakala where vata is vitiated. In general all the texts advised massage, oral administration of fat with drugs and decoction for 3- 7 days after delivery. Sutika who becomes weak due development of fetus, excretion of kleda, blood and exhausted due to labour pains regain her pre pregnant state by followed Sutika Parichaya.

III. CONCLUSION

Ayurveda described diets and regimen in Sutika kala is totally scientific. After following Sutika Parichaya Sutika can achieve shuddhi, dhatu paripurnata , sthanya vriddhi and avoid postnatal complications.

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