



AN AYURVEDIC APPROACH IN PATHYAPATHYA IN SUTIKAPARICHARYA-A REVIEW

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ABSTRACT

Postnatal period is an important phase of transition in women's life. It is the period after delivery of conceptus when maternal physiological and anatomical changes return to the nonpregnant state. Ayurveda has described in detail about the postnatal period and care for this period under the title Sutika Paricharya. It has been mentioned in terms of Ahara, Vihara (~regimen) and Aushadha. Main goal of Sutika Paricharya is to regain the lost strength and vitality as same as the prepregnant state by following the treatment principles like "Garbhashaya Shuddhi etc. The mode of Paricharya includes important therapies, nutritional diet & swasthavritthapala. So the present study has been selected to review sutikaparicharya & its clinical importance.

KEYWORDS: Sutikaparicharya, Ayurveda, Postnatal care.

INTRODUCTION

A healthy woman is the main root of a healthy family and society. In today's world due to increasing mental stress and unhealthy dietetic habits leads to disturbance of social, physical and psychological aspects of life by which women develops menstrual abnormalities during reproductive age. These all factor further results in Sutika Roga. This period is also known as puerperium, starts following the expulsion of the placenta until complete physiological recovery of various organ systems when maternal physiological and anatomical changes return to the nonpregnant state. The postpartum period divides into three arbitrary phases, i.e., acute phase - the first 24 hours after delivery of the placenta, early - upto

7 days, and late - up to 6 weeks to 6 months. Lack of care in this time period may result in death or disability as well as missed opportunities to promote healthy behaviors, affecting women, newborns.

AIM AND OBJECTIVES

To review the literature of Sutika, Sutikakala and Sutika paricharya alongwith Pathya & Apathya in Sutika paricharya.

MATERIAL AND METHODOLOGY

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

Sutikakala

Literature	Time Period
Charaka	Not specified
Sushruta	1 1/2 month or until next rajodarshan
AshtangaSangraha	1 1/2 month or until next rajodarshan
AshtangaHridaya	1 1/2 month or until next rajodarshan
Bhavaprakasha	1 1/2 month or until next rajodarshan
Yogaratanakara	1 1/2 month or until next rajodarshan
Kashyapa	6 months

Sutika paricharya:- Vatashamana Agnideepana Pachana Raktavardhaka Stanyavardhaka Yonisanrakshaka Garbhashayashodhaka, Kostashodaka Dhatupusti, Balya.

According to acharya charak

Number of days	Ahara	Vihara
5-7days	Snehapana Yavagupana Pippal Yadidravys	Abhyanga Parisheka- ubhyatakala Udaravestana
Kramavat	Appyayan & Swasthavrittupalana	

According to acharya sushruta

Number of days	Ahara	Vihara
2-3days	Vatahara aushadha dravyakwathapana Ushnagudodaka with pippalydidravys	SarvadaihikabalatailaabhyangaParisheka with vatahara – Bhadra-darvyadidravys
3 or4-6or7Days	Snehayavagu/ksheerayavagu	
8th day	Jangalmamsa rasa Yava, Kola, Kulathayusha Shaliodanabhojana	

According to acharya kashyap

Days	Ahara	Vihara
3-5 days 5-7 days	MandapanaHitabhojanaSnehapana Snehayuktayavagupana-pippali,nagara- lavana- rahitayavagu	Rakshoghnadravya, Ashwasana Kukshi, Pristha, Parshwaabhyangsamva Udarapidana Udaravesthana Ushnabalatailapuritacharmasana Yoniswedana- priyanguetc Ushnodakasana Vishranti Dhupana- kustha, guggulu etc.
7- 12 days	Snehayuktayavagupana- with lavana	
12days	Kulathayusha Jangalamamsa rasaGrithabharjitashaka	
1 Month	Snehana, Swedana, Ushnajalasevana	

According to asthanga hridaya

Days	Ahara	Vihara
	Snehapana	Yoniabhyanga Sthanikaudaraabhyanga Udaravestana Udvartana Parisheka Avagaha
2-3days	Ushnagudodaka	
	Snehaayogya	
	Peya	
4-7days	SnehaYavagu	
8-12days	Jeevaniya, brihmaniya, Madhuravarga siddha	
	Hridhyaannapana	
After 12 days	Mamsa rasa	

Pathya

Hitakaraka ahara & vihara

Sutika should have bath with warm water. Adequate sleep should be followed.

For drinking, boiled water should be used. Abhyanga and Parishek,

Avagahana Udaravesthana

Diet must contain Garbhashayashodaka, Sthanyavardhaka, Stanyajanana, Vataharadravya.

Apathya

Shita ahara Maithuna

Physical and mental Stress. Ati Vyayama.

Shoka, Bhaya, Krodha. Atapasevana and Divaswapna.

Panchkarma is contra indicated in sutika.

DISCUSSION

Childbirth care during and for the time following this period is an area of great concern nowadays. Interest for giving quality care during this period is increasing. People turn towards traditional practices during this period. In Ayurveda, a detailed description regarding the same in a systematic way is mentioned. *Sutika* is considered as *Shoonya sharira* as she becomes weak due

to development of fetus, loss of strength of body tissues, excretion of *Kleda* and *Rakta* during the delivery process etc. For regaining the lost vitality and strength, special care should be provided for *Sutika*. This suggests the use of *Samanya* and *Visesha paricharya* during postnatal period as per requirement. *Samanya paricharya* is aimed at providing a universal and unique care for all postnatal females but *Visesha paricharya* is somewhat more focused on person-oriented approach.

CONCLUSION

The diets & 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 *punar-naveekarana* of the *stree* itself is *Sutika- Paricharya*. *SutikaParicharya* have been told for the prevention of problems of women.

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