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“RESTORATION OF HEALTH OF WOMEN INSUTIKA AWASTHA PUERPERAL PERIOD WITH SPECIAL REFERENCE TO KASHYAPOKTA SUTIKA PARICHARYA” – A CONCEPTUAL STUDY”

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ABSTRACT:-

Ayurveda provides importance for the care of women at each and every phase her life, specially during antenatal period and during puerperal period. The puerperium immediately after the separation of placenta and up to the 6 weeks following it.

In this period, women experience the physical and mental fatigue during delivery of the baby. So, she needs proper regimen to regain her lost vitality and helps the women body to revert back to pre-pregnant state which called as *Sutika Paricharya*. Due to this she restores her health and strength. This *Sutika Paricharya* has been mentioned by the all the *Acharyas*.

Key words:- *Sutika*, *Sutika-kala*, *Sutika Paricharya*, Puerperium

INTRODUCTION:-

Pregnancy and delivery are itself Immuno-compromised state. To cope up with these incidence lots of bodily changes occurs in women during puerperium.

According to modern medical science, "Puerperium is the period following childbirth during which the body tissue, especially the pelvic organs revert back approximately to the pre-pregnant state both anatomically and Physiologically."^[1]

Puerperium begins with expulsion of placenta and lasts for approximately 6 weeks i.e. up to the uterus comes in pre-pregnant state.

it divided into 3-

- (a) Immediate :- within 24 hrs.
- (b) Early :- upto 7 days
- (c) Remote :- upto 6 weeks^[2]

The puerperium called as *Sutika kala* in *Ayurveda*

According to *Aacharya Kashyapa*:- "*Sutayashchapi tatra syadapara chenna nirgata* /

Prasutapi na suta stree bhavatyevam gate sati //"^[3]

Aacharya Kashyapa said, *Sutika* term only used after expulsion of placenta. Here, *Aacharya* clearly mentioned that after delivery of an infant, till placenta is not expelled, then the women cannot be called as *Sutika*. In *Ayurveda*, it is mentioned that

if this state (Puerperal state) not managed properly, it may cause 74 types of Diseases.^[4]

This period is immensely important to the puerperal women. Due to vitiation of *Vata* after delivery, digestion, immunity of women becomes weak. So to cope up with this and to increase strength, *Vata* should be properly balanced and proper management of *Sutika* needed.

- *Sutika-kala* :-

Sutika-kala is post-natal period or puerperal period.

In *Ayurveda*, there are different kinds of opinions regarding the duration of period. *Aacharya Charaka* has not mentioned any specific period, whereas all other Classics have given specific duration of specific dietetics, etc., which can be considered as normal period of puerperium.

- *Sutika kala* by various *Aacharyas* :-

Sr. No.	Name of Aacharyas	<i>Sutika Kala</i>
1.	<i>Aacharya Charaka</i>	<i>Sutika Kala</i> is not exactly mentioned
2.	<i>Aacharya Sushruta</i> ^[5]	1 ½ month i.e. 45 days
3.	<i>Ashtanga Sangraha</i> ^[6]	1 ½ month i.e. 45 days or up to recurrence of menses
4.	<i>Ashtana Hridaya</i> ^[7]	1 ½ month i.e. 45 days or up to recurrence of menses

5.	<i>Aacharya Kashyapa</i> ^[8]	6 months
6.	<i>Aacharya Bhavaprakasha</i> ^[9]	1 ½ month i.e. 45 days or up to recurrence of menses
7.	<i>Yogratana</i> ^[10]	1 ½ month i.e. 45 days or up to recurrence of menses
8.	<i>Modern</i> ^[11]	Immediate :- within 24hrs Early :- up to 7 days Remote :- up to 6 weeks

AIMS & OBJECTIVES

• AIM :- To understand the importance of *Kashyapokta Sutika Paricharya* in Puerperal women for Restoration of her health.

• OBJECTIVES:-

To know the management of *Sutika Awastha* according to *Aacharya Kashyapa*

To know the puerperium in detail.

MATERIAL AND METHODS:-

Literary references are Collected from *Charaka Samhita, Sushrut Samhita, Kashyapa Samhita, various Ayurvedic Sanhitas*, modern books, Articles, journals, etc.

• *Sutika Parichanya*

"*Sutika Paricharya*" made up of two different words, *Sutika + Paricharya*. The woman must be advised to follow special

dietary regimen and life style known as *Sutika Paricharya*.

After *Prasava*, due to vitiation of *Vata*, immunity and strength of the women becomes weak. Delivery of baby, loss of fluid, loss of blood during labour are responsible for *Dhatukshaya*.

According to *Ayurveda*, if the purperal period is missed managed it causes 74 diseases.

So, *Ayurveda* has suggested detailed management during *sutika-kala* which includes a detailed description of *Aahara, Vihara, Aushadi* known as *Sutika Paricharya*.

• *Sutika Paricharya* includes following components :-

A) *Aashwasana* (Psychological Reassurance)

B) *Aahara* (Normal diet in Puerperium)

C) *Vihara* (Normal daily activities and therapeutic procedures)

• Principle of *Sutika Paricharya*

1) *Vata shamana*

2) *Agni Deepana*

3) *Pachana*

4) *Rakta vardhana*

5) *Stanya Vardhana*

6) *Yoni Sanrakshana*

7) *Garbhashaya Shodhana*

8) *Koshta shodhana*

9) *Dhatupushti*

• *Acharya Kashyapa* mentioned *Sutika Paricharya* as follows:-

"*Sutikaya visheshena rakshoghmani hitani cha*||" [12]

Kashyapa says that the puerperal woman should use specifically *Rakshoghna* and beneficial things.

• *Acharya Kashyapa* includes following management in *Sutika Paricharya*:-

Aashwasana (Psychological reassurance) [13]

After expulsion of baby, women should encouraged by sweet spoken words by accoucheuse. It is a kind of *Satvavajaya Chikitsa*.

• Dietary regime for *Sutika* all according to *Acharya Kashyapa* [14]

1) *Manda Pana* :-

By considering strength & digestive power of *Sutika*, the clear supernatant water in which rice is boiled should be given for three or five days.

2) *Hitabhojana and Snehapana*:-

The women who takes *Hitabhojana, Snehapana* should be given to her.

3) *Sneha-Yavagu*:-

After digestion of *Snehapana* i.e. from 5th day to 7th day the *Lavanrahita AlpaSnehayukta yavagu* with *Pippali* and *Nagara* should be given to her for 3 days. and then *Sasneha Lavanyukta Yavagu* should be given on 7th to 12th day.

4) From the day 12, *Sasneha Salavana Kulattha Yusha* (Soup of Dolichous biflorus containing salt and fat) along with *Mansarasa* (Meat soup of wild animal) and *Ghritabhrishta kushmanda ,moolaka* and *Ervaruka* should be given to Puerperal Women.

5) for 1 month, woman should use oleation (*Snehana*), sudation (*Swedana*), *Ushna Jala Sevana*.

• Regimen for internal, external and local therapies for *Sutika* according to *Acharya kashyapa* :-

1) *Aashwasana*:- (Psychological reassurance)

After expulsion of baby, women should encouraged by sweet spoken words by accoucheuse. It is a kind of *Satvavajaya Chikitsa*.

2) *Sanvahana* (Gentle message)

The woman after delivery made to lie down in hunch-back position, then rub her back, press her abdomen / flanks and then compress her abdomen in order to expel the *Doshas* left over after delivery.

3) *Uderaveshtana* (abdominal tightening)

Abdomen and flanks should be wrapped with clean big cloth, by this wrapping abdomen reaches its proper place and also subsides the *Vata Dosh*.

4) *Yoni Snehana* :-

The puerperal woman should always sit over a small chair covered with leather-bag filled with hot *Bala taila*. with this her *yonis* becomes healthy.

5) *Yoni Swedana* :-

Swedana of *Yoni* should be done with *Krushara* prepared with *Priyangu*.

6) *Snana*:

After *Swedana* hot water bath followed by rest should be given to puerperal woman.

7) *Yonidhupana*:-

Yonidhupana should be done with *Kushta*, *Guggulu* and *Agaru* mixed with *Ghrita*.

- *Aacharya Kashyapa* has described the puerperal period management on the basis of *Desha* (residence place) as follows ^[15]:-

A] For *Aanupa Desha*–

- In *Aanupa Desha* usually diseases of *Vata* and *shleshma* occurs.
- Due to dominance of *Kleda* in this area *Sneha* should not be used initially, Instead of *Mandadi* should be given.
- Swedana*, Sleeping in *Vayu-rahita* place.
- All *Ushna dravyas* should be used.

B] For *Jangala Desha* :-

- The woman of *Jangala Desha* should take *Ghrita*, *Taila* or other *Sneha* with *Pippalyadi Kashaya*.
- To the strong woman *Snehapana* should be given for 3 or 5 nights to the weak

woman *Yavagupana* should be given for 3 or 5 nights.

iii. Then the *Snigdha Anna* should be given according to *Sansarjana Krama*.

iv. she should be irrigated with hot water.

v. *Vyayama*, *Maithunadi* should be avoided by Puerperal woman.

C] For *Sadharana Desha* :-Average management is beneficial.

D] Woman of *Mlecche* caste should use blood, meat soups, *Kandamula*, fruits during this period.

DISCUSSION :-

During puerperal period, vital elements are lost from *Sutika* i.e. *Dhatukshaya* of *Sutika*, due to this she experiences weakness with low digestive power.

The management explained by the *Aacharya Kashyapa*, helps *Sutika* to regain her pre-pregnant state.

Manda, *Yusha*, *Yavagu* mentioned by *Aacharya kashyapa* are *Balya*, *Tarpana*, *Dhatuposhaka* and *Vatashamaka*.

Pippali, *Pipalimula*:- Anti-inflammatory ^[16], Immunomodulator ^[17], Antibacterial^[18]

-useful for recovery of relaxed organ soon after the delivery^[19]

Nagara:- It stimulates the digestive power i.e. *Agnideepana* property

Kulathha:- Rich source of iron, so useful for *Raktavardhana*

Ervaruka - It has 94% water content so keeps the body hydrated, regulates blood pressure, helps in digestion.

Snehapana :-It suppresses the *Vata Dosha* in *Sutika* and increase the digestive power. It calms down mind, reduces mental stress and increases peristaltic movements of intestine^[20]*Snehapana* given with drugs like *Pippali*, *Pippali-mula*, etc. They have properties like *Katu*, *Tikta rasa*, *Ushna Veerya* which helps to digest *Sneha* and act as appetizer^[21]

Udarveshtanam :-Due to the abdominal tightening, abdominal muscles become flattened, support to the back of women is also beneficial.

Parisheka:- It helps to excrete blood clots accumulated in uterine cavity and *Vata Dosha* also subsides. It helps in *Gharbhashaya shodhana*.

Yonidhupana:- During Puerperal period, vaginal defence is lowered due to hypoeostrogenic state and the patient becomes prone to infection.

So, *Dhupana* by *Kushta*, *Guggulu*, *Agaru*, etc have property like *Jantughna*, *Kandughna*, *Shothahara*, *Ropana*, etc.

To prevent the complaints during *Sutika kala* like *Prishta shoola*, *Katishoola*, *Yonivedana*, etc. *Sutika Paricharya* is must needed.

CONCLUSION:-

The regimen described by the *Aacharya Kashyapa* used for *Sutika* is totally scientific. Different procedures include in *Aahara*, *Vihara* for the management of Puerperium has the purpose of *Punarnaveekarana* of women known as *Sutika Paricharya*.

It is complete regimen for Puerperal women.

It includes following principles like *Vatashamana*, *Agnidipana*, *Pachana*, *Raktavardhana*, *Gharbhashaya shodhana*, *Koshta shodhana*, *Dhatupushti*, etc. which helps the Puerperal women to attain the strength and reach to her pre-pregnant state.

In modern science there is no specific regimen mentioned for *Sutika Awastha*, so *Kashyapokta Sutika Paricharya* replenish it and has ideal approach during *Sutika Awastha*.

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