Review Of Sutika Paricharya With Special Reference To Aahar And Its Clinical Perspectives.

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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. The women become extremely debilitated physically & mentally, after the delivery & there are prone to incidences of backache, weakness etc. After parturition , after the placenta is expelled then woman is termed as Sutika & the care is termed as Sutika Paricharya. After following proper Sutikopacharya (puerperal regimen) woman regains all the lost things and reaches pre-pregnancy status. The mode of Sutika Paricharya includes ayurvedic therapies, nutritional diet & swasthavrithapalana.

The main achievements through Sutika Paricharya are Garbhashayashuddhi, Dhatu-paripurnata, sthanya-vriddhi, punarnavekarana. Its used for the proper balance of Physical, mental and physiological status for sutika.

Key words :- sutika , sutika paricharya , sutika aahar

Introduction :-

Ayurveda emphasizes much importance of the care of women especially in the prenatal & postnatal period. Sutika is the state of women immediately after delivery & extends till the time she continues breast feeding. Sutika refers to the woman after the expulsion of placental . The sound ‘puthramsuthe…’ brings back jeeva, i.e, life to a parturient woman.

But this is potential if her health is taken care of throughout post natal.

’soonyasareereprasootha, mild derangement can cause life threatening condition for mother & baby. During Puerperium the body tissues, especially the pelvic organs revert back approximately to pre-pregnant state both anatomically & physiologically. This period is of happiness & contentment on one hand & physical, mental fatigue due to delivery on the other hand. After delivery the woman become emaciated and have Shunyashareera because of garbhavriddhi,shithilasavr ashariradhatu, pravahana vedana, kleda- rakta-nisruti , agnimandya these will lead to dhatukshaya hence extra care to be given to prevent complication during this period. So Charak, Sushruta and both Vagbahatas said that what so ever diseases afflict the Sutika are difficult to cure or may become incurable. Ayurveda has advised a specific diet & lifestyle regimen called Sutika Paricharya to prevent further complications & restore the health of the mother

Aim :-

- Review Of Sutika Paricharya With Special Reference
- To Aahar And Its Clinical Perspective To The Diet.

Objectives

1. To study the role of sutika paricharya with aahar perspectives
2. To study the clinical perspectives of sutika aahar.

Method and Material :-

Literary references are collected from Charaka samhita, Sushrut samhita, Kashyapa samhita, Harit, Bhel and Sharangdhar samhita and various other Ayurvedic Samhita and modern science of obstetrics branch books and also websites.

When it involves the postnatal, written material suggests ladies to be treated with heat, status and unction as a part of their medical aid. This purpose will be achieved by rectifying food preparations per the imbalance of Dosha, keeping the house hotter, providing applicable rest and by administering daily peaceful massage with heat oil.

Food preparations suggested square measures general towards supporting digestion, restoration and lactation. Once parturation a woman’s biological process health is weakened and desires to be
rekindled and nurtured. written material focuses on foods that square measures heat, wet, oily, and have sweet, bitter and salty tastes, to bring equilibrium of Vata.

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

**Food to include in post pregnancy diet :-**
- These 5 category are:
  - Grains
  - Vegetables
  - Fruits
  - Dairy
  - Proteins

**What ought to be avoided in at once delivery diet?**
- Garlic
- citrus fruits
- alcohol
- peanuts
- chocolates
- chillys
- oily, gassy food
- fried snacks & fizzy drinks

**Sutika aahar acc. To various acharyas :-**

<table>
<thead>
<tr>
<th>Aahar acc. To charak</th>
<th>Sushrut</th>
<th>Vagbhat (a.s)</th>
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<tr>
<td><strong>Vayu upana, snehapana,</strong> <strong>Pippal yadi Dravy as</strong></td>
<td>Vatahar dravya ausha dh kwath apana, Ushag udo pak with pippal yadi dravy a, sneha yawag u, ksheera yawag u, yavag u, jangal mams a rasa, yava</td>
<td>Snehayoga a Snehapana with panchaola churna with saindhava, Snehayoga ya Vatahara/ laghupanc hamulak kwatha pana, ksheera yawagupan a, vidaraydig anasiddha, yava, kola, kulatha yusha, laghuanna pana, janagal mamsa</td>
<td>Mandapana, hitabhojana, snehapana, sneha yukta yavagupana – pippali, nagara, lavana rahita yavagu, snehayukt yavagupana with lavana, kulatha yusha, jangalmams a rasa, ghrita bharji ashoka, swedana,ush najalsevan.</td>
<td>Kwath apana, arjuna di Dravya a, upvas, guda, nagar, haritaki sevan, ushna kulatlath a yusha seven, panchakola yawag u pana, chaturata mishrita yawag</td>
<td></td>
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1)Panchakola – dhatusaithiyahara, deepan, pachana, shulagha.
2)Ghrita- yogavahi, Strengthen system alimentarium, vatashamana.
3)Jagery- mansa & raktavardhaka.
4)Decocion of laghupanchamula dravya- vataghna, bruhana, balya,deepna , mutrala, jwaraghna .
5)Rice porridge ready with vidaryaganadi gana and milk- rasayana, helps the ladies to recover purperal amount.
6)Liquid diet like yavagu- Tarpana, vatashamaka
7)Mansa rasa- supply of iron, vitamin, essential aminoalkanoic acid, and element.
8) kulatha- Cleanses abnormal blood through womb further it'll decreases kleda .

In fashionable science it’s told that the patient ought to get on traditional diet of her selection, if the patient is fresh high calories , further macromolecule , fat, many fluids , mineral, vitamins are to lean , this all consummated in ayurvedic diet.

**Motive of this regimen**
- To improve her immunity, involution process, lactation and digestive power. Also restore her health.
- Specific advice on the basis of place of residence:
  - Acharya Kashyapa has delineated the postnatal management on the premise of residence place as follows,
  - For anupa dehsa (marshy land) - In quaggy land sometimes diseases of vata and kapha occur. attributable to mastery of humindness during this space initial fat shouldn't used; instead scum of poached rice treated with appetisingand strength manufacturing things ought to lean. Svedana (sudation), sleeping in air free...
Clinical Significance Of Sutika Aahar

- If Sutikaagni is manda, agnideepana is the need of treatment for few days immediately after delivery, which may be needed prior to the administration of brimahana drugs. The drugs which are used instantly after delivery are agnivardhaka by their nature.
- Use of snehana suppresses vata. Uttama rasa produces uttamastanya which depends on quality of agni.

- Yava, Kola laghuannapaana is advised after 5 days, this form of food helps to replenish Dhatu. Advise for the madhuradravyas this might act as dhatuvardhaka and helps to maintain proper lactation.
- Eating the right foods can help you cope with the umpteen transformations that have occurred in your body over the last nine months.
- It will help your body to heal itself from the wear and tear and will help you regain your strength and energy after the birth of your baby.
- Only then will you be able to look after your baby well.
- If lady are breastfeeding, eating healthy becomes more important because what you eat will be passed on to your baby through your milk.
- Do not avoid fats.
- Hydrates yourself with extra juice and water

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 navekarana of the stree itself is Sutika-Paricharya.
- SutikaParicharya have been told for the prevention of problems of women like backache etc. So by following Sutika-Paricharya, Garbhshayashuddhi, Dhatuparipurnata, sthanya-vriddhi, punarnavikarana are completely established.

Reference


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