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DIETETIC MANAGEMENT OF *SOOTIKA* (POSTNATAL CARE) THROUGH AYURVEDA

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ABSTRACT

Woman who has just delivered a baby followed by the expulsion of placenta is called *Sootika* or “Period following child birth during which the body tissues, especially the pelvic organs revert back approximately to the pre pregnant state, both anatomically and physiologically.” *Sootika Kala* is mostly taken as one and half months from delivery. World Maternal Mortality Rate is estimated to be 400 per 100000 live births. It is essential to find out a solution for improving maternal health by incorporating the knowledge of *Sootika Paricharya*. Ayurveda elucidate due importance for care of female in every stage of life reflected as *Rajaswala Paricharya*, *Garbhini Paricharya* and *Sootika Paricharya*. **Aims and objectives:** Prevention of infection, prevent the incidence of excessive bleeding, relief in body pain and weakness, enhancing the production of breast milk, correcting digestive troubles and repairing and toning up of muscles. **Results:** Acharya Kashyapa prescribed *Deshanusrtha Sootika Paricharya* and also advised to do this according to *Ritu*, *Dosha*, and *Prakriti* of woman. This helps in *Garbhashayashudhi*, *Dhatu Paripurnata*, *Stanyavidhi* and *Punarnaveekarana* of body and replenish the *Dhatus*, increase *Ojah*, improve *Vyadhikshamatwa*, maintain proper lactation, help in healthy well-being of newborn and health of mother is regained. **Conclusion:** Ample changes occurs in *Prasava-Avastha* due to *Chala Dosha*, *Kleda Rakta Nisruti*, *Dhatukshaya* and *Shunyata* of the body after the

delivery. Mild derangement can cause life threatening complication to the mother and the baby. Hence extreme care should be taken during pregnancy and puerperium.

KEYWORDS: *Garbhashayashuddhi, Sootika Paricharya, Dhatukshaya, Punarnaveekarana*

INTRODUCTION:

A woman is always given importance in *Ayurveda* by elucidating care at every phase of her life in respect of *Rajaswala Paricharya* (menstrual care), *Garbhini Paricharya* (Ante Natal Care), and *Sutika Paricharya* (Post natal Care). Mild derangement can cause life threatening complication to the mother and the baby. Hence extreme care should be taken during pregnancy and puerperium. separation of placenta and extending up to six weeks called as puerperium or puerperal period. Postnatal care is named as *Sootika Paricharya* in Ayurvedic classics. *Garbhini* and *Sootika Paricharya* are very well described by our ancient Ayurvedic scholars starting from *Samhita* period. They have described dietary regimen, living style and other required management for whole pregnancy and up to 6 months after delivery. Therefore, she needs special and proper care during Puerperium due to loss of blood and other important *Dhatu*s of body.

Sootika Kala:

Duration of diet and regimen management after delivery, Acharya Sushruta & Acharya Vagbhata said that 1&1/2 month and some other Acharyas said that reappearance of menstruation, six months & four months.

AIMS

- Prevention of infection
- Prevent the incidence of excessive bleeding
- Relief in body pains and weakness
- Support involution
- Enhancing the production of breast milk
- Correcting digestive troubles
- Repairing and toning up of muscles

OBJECTIVES:

Postnatal care is to ensure a normal puerperium with delivery of a healthy baby, maintain maternal and infant's health, preventing illness, to establish infant feeding, encouragement of emotional support and educating mother about herself and her children's future.

MATERIAL AND METHODS:

Data on *Sootika Paricharya* is collected from various *Samhitas*. Clinical importance of *Sootika Paricharya* is also reviewed. Basic principle of *Sookita Paricharya* is mentioned. After explaining *Sootika*, *Sootika Kaala*, *Sootika Samanya* and *Vishishtha Paricharya* & its *Pathya* and *Apathya* is elaborated according to different *Samhitas*

RESULTS

Sootika who becomes weak due to development of foetus, loss of *Dhatus*, excretion of *Kleda*, blood and exhaustion due to labour pains regains her pre-pregnant state by following the *Sootika Paricharya*.

Care during *Sootika Kala*-

1. Attention immediately after labour- Ambulation and rest
2. Diet
3. Care of bladder and bowel
4. Perineum care
5. Care of breast

Principles in the management

1. *Garbhashaya Shodhana*
2. *Agni Deepana*
3. *Vedana Sthapana*
4. *Vatanulomana*
5. *Balavidhi*
6. *Sthanyajanana*
7. *Vranaropana*

DISCUSSION

After delivery should take abdominal massage with *Bala Taila* & *Swedana* (cloth dipped in hot water & wrapped on the abdomen) this wrapping procedure helps to compression of abdomen & the reduce the extra space in the stomach. Both morning & evening should do bath with hot water (hot water shower bath is very helpful according to Acharya Dalhana) after only should take meals i.e. *Ghruta* or milk with rice. According to Acharya Kashyapa should always sit in small chair covered with leather-bag filled with hot *Bala Taila*. With this her *Yoni* becomes healthy. Up to 1 month *Abhyanga*, cloth *Sweda*, hot water bath is necessary. Considering the strength & digestive power boiled rice should be given for 3 or 5 days. then 6 or 7th day salt free gruel mixed with little quantity of oil & *Ghruta Sneha Dravya* with *Pippali* & *Nagara* should be given. Then 9th day use of rice gruel mixed with sufficient quantity of salt, *Sneha Dravya* (oil & *Ghruta*) the meat soup of wild animals, should take then soup of *Kulattha* mixed with *Sneha Dravya* salt & sour substance. also, *Kushmanda*, radish, cucumber etc vegetable fried in *Ghruta* should use. Oil should be given to drink in case male child delivery. in case female *Ghruta* should be given. After digestion of these fat, rice gruel prepared with appetizer should be given for 5 or 7 days, then scum of boiled rice etc. should be used in gradual manner.

General Principal of treatment for *Sootika*^[1]

- a. Avoidance of etiological factors is the best medicine.

- b. She should be treated with massage, an ointment, irrigation, & *Ghrita*, oil, decoction, prepared with *Bhautika*, *Jivaniya*, *Brumhniya*, *Madhura*, *Vatahara* drugs along with specific dietetics.
- c. The woman who is diseased due to difficult labour should be given *Snehana* & *Swedana* which suppress the *Vayu*. The wise physician should prescribe rice-gruel treated with appetizing drug. With this the women becomes healthy & sleep well.

Pathya - Apathya for Sootika^[2]

Pathya:

1. *Sootika* should have bath with much quantity of warm water.
2. Boiled water should be taken for drinking purpose.
3. *Parisheka*, *Avagahana* etc. are always with luke warm water.
4. She should do *Udarveshtana*.
5. *Snehana* and *Swedana* must be done every day as per *Desha*, *kala* etc.
6. Acharya Kashyapa has given the special indication of *Manda* for *Sootika*.

Apathya^[3]

1. The sexual intercourse.
2. Physical and mental stress, anger etc.
3. Cold water, cold wind and cold things etc.
4. There is contraindication of *Panchakarma* for *Sootika*
 - (a) Due to administration of *Asthapana Basti*, the *Ama Dosha* of *Sootika* would be increased. ^[4]
 - (b) Due to *Nasya karma*, emaciation, anorexia, bodyache would be created in *Sootika*

The specialty of giving birth to a child made a woman unusual for her creative point of view in the life. Comparison of pregnant woman is done with the pot filled with oil, as slightest oscillation of such pot causes spilling of oil, similarly slightest carelessness to the pregnant woman can initiate abortion etc. In *Sootika Kala*, proper *Sootikaparicharya* causes complete involution of uterus and other pelvic organs, so that they reach to their pre pregnant state. Aim of puerperium is to maintain maternal and infant health preventing any complication and to establish infant feeding. *Abhyanga* have been described in almost all of *Ayurvedic* classics. *Abhyanga* causes toning up of muscles of pelvic floor, abdomen, back and vagina. *Ayurveda* advocates *Bala* oil (*Sida cordifolia*) As *Sootika Kala* is a critical period for women, it needs a proper management and care with specific diet, mode of life and *Aushadhi*. In *Sootikakala*, there is vitiation of *Vata*, therefore it is most advisable to take *Vatashamaka* drugs. *Abhyanga* also plays most significant role to pacify *Vata Dosha*. In *Sootikaparicharya*, most of drugs have been prescribed by various authors in single and compound form both. During *Sootikakala*, woman needs a special management and care for proper and healthy growth of new born baby as well as for maintenance of her own health.

CONCLUSION

Different procedures followed including *Ahara*, *Vihara* and *Aushadha* for the purpose of *Punarnaveekarana* of the *Stree* is called *Sootika Paricharya*. It is a process of rejuvenation done for the purpose *Swasthy-Rakshans*. This *Paricharya* followed in order to protect to both the mother and her infant. The *Samah Dosha*, *Samah Agni*, *Samah Dhatu Malah Kriya* is attained by following *Sootika Paricharya* and helps in the proper formation of the *Dhatu*s, increasing *Agni*, proper excretion of *Mala*, *Mutra* and *Dushtha Shonita*. *Sootika Paricharya* is effectively increases condition of mother^[5,6]

Practically treatment protocol for *Sootika*

Oral medication

1. *Saptavinshatiki Guggulu* - 6gms * 3times with honey after meal
2. *Devdaryadi Kashaya* + *Dashamoola Kashaya* -10gms * 2 times with water before meal
3. *Chandraprabhavati* -2 tab.* 3 times with water after meal
4. *Pratapalankeshvar Rasa*-500 mg+*Trikatu Churna* -500mg+*Bharangi Churna*-500mg- 2 times with lukewarm water
5. *Erandabhrishtha Haritaki* – 5 gms bed time with lukewarm water
6. *Bala Taila* – 10ml * 2 times for *Abhyanga*
7. Hot water bag *Swedana*

Perineal care

- Paste of *Neem* + *Ghrita* + *Madhu* (*Nimbadi Lepa*)
- *Yoni Prakshalana* with *Panchavalkal Kashaya*

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