

Ayurlog: National Journal of Research in Ayurved Science*A Web based quarterly online published Open Access peer reviewed National E-journal of Ayurved***PRACTICAL APPROACH OF SUTIKOPKRAMA****GANGWAR KUMAR VIJAY**3RD YEAR P.G. Scholar ,(Prasuti Tantra evum Stri Roga)Department of *Prasuti Tantra evum Stri Roga*, Rishikul State Ayurvedic P.G. College & Hospital, Haridwar (Uttarakhand)***Corresponding author :-** Mob.no. 09410747749, Email:-vijaygangwar2003@gmail.com**ABSTRACT****Key words- SUTIKA, SUTIKA KAL**

The main event of women's life is to become mother & having own child that is world's incredible feeling of mother. As during pregnancy precaution is necessary same that happen after delivery. A women have another name called *Sutika* or *prajatha* after delivery. The *Sutika kala* is of 45 days acc. to Ayurveda.

Physiological changes or disturbance of AGNI, SROTAS, DHATUS and vata dosha prakop occur in this period.

Our main goal for *Sutika* to replenishment of *Dhatu*, steadiness of body & accumulation of blood in yoni or uterus i.e normal *Rituchakra* (ka.sam.khill.9/21,12).

For that a series of internal and external *Snehan*. medicated *Ghrutha*, medicated

gruel are given to *Sutika* up to 12 days as describe by Acharya CHARAK, SUSRUTA, VAGBHATA1 and VAGBHATA 2.

INTRODUCTION

According to our Acharyas when women delivered a baby & placenta is expelled out then the word used for that lady is *Sutika* or *Prajatha*.

सूतायाश्चापि तत्र स्याद् अपरा चेन्न निर्गता।

प्रसूता अपि न सूता स्त्री भवत्येवं गते सति॥

(का.स. खिल.11/6)

This period for women is very critical because in this time due to loss of blood during delivery vata prakop can be

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happened .so need of take care of women is very essential.

According to Accharya Susruta,Vagbhatas, the *Sutika Kala* is of 45 days but according to Acharya Kashyapa the *Sutika Kala* is of 6 month. In this period a women follows especial *Ahar*(diet regime) & *Vihar* .She have to follow *Pathya Apathya*. Physiological changes or disturbance of *AGNI* ,*SROTAS* ,*DHATUS* occur in this period . *MANDAGNI* , *RASVEHA* & *RAKTAVEHA* *SROTODUSTI* & loss of *RAKTA DHATU* occur after delivery . In which *RAKTA DHATU* have lost by women during delivery . As per rule due to loss of any *DHATU* in excessive amount leads to *DOSHA PRAKOPA* esp. *VATA*.

AIM & OBJECTIVES

- To review *SUTIKOPKRAMA* in different Ayurvedic Classical Texts.
- To study practical approach of *SUTIKOPKRAMA*

MATERIALS

Only literary material i.e. Ayurvedic Classical Texts (*Ashtanga Samgraha*,

Ashtanga Hridaya, *Charaka Samhita* and *Susrut Samhita*) and Commentaries were reviewed to collect the data.

LITERARY REVIEW**According to ACHARYA CHARAKA :**

After delivery *PANCHKOLA* mixed with *Sneha* advised to *Sutika*. After ingestion of food her abdomen should massaged & wrapped by clean cloth. Due to compression of abdomen *VAYU* does not vitiated. After digestion of *ghrita* , liquid gruel mixed *PANCHKOLA* & *sneha* should be given to *Sutika*. Luke warm water *Parishachan* should advised before use of gruel. This regimen apply for 5 to 7 night and after that *BRIGHAN CHIKITSA* should be advised up to 45 days.

According to ACHARYA VAGBHAT 1

BALA taila should be given to puerperal women .*PANCHKOLA* powder or mixture of *YAWANI*, *UPKUNCHIKA* ,*CAVYA* ,*CHITRAKA*, *VYOSA* & *ROCK SALT* mixed with *sneha* should be given to *sutika* with *GUDODAK* anupan for the removal of dushit *RAKTA DHATU* .the women unfit for use of oily substances should be given decoction of either *LAGHUPANCHMULA* OR *VATA*

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NASHAK DRUG. After this oral administration of oily substances or decoction her abdomen should be massaged with *ghruth* or oil & wrapped with cloth to prevent vata prakope. After digestion of oily substances liquid rice gruel properly prepared with *PANCHKOLA* powder OR with *VIDARYADI GROUP OF DRUG* or milk should be given to women. This regimen used for 3,5 or 7 night after that soup of *YAVA*, *KOLA*, *KULATH* with liquid diet allowed to eat. Meat Soup of wild animal should advise after 12 night because use of *YAVAGU* & *LIQUID DIET* increases *AGNI* of *sutika*. sothat it is easy to digest meat soup.

According to VAGBHATA 2:- he has also describe same description as describe by VAGBHATA 1.

According to ACHARYA SUSRUTA:- Puerperal women should use decoction of *BHADRADARU* etc for oral and local use, after applying of *BALA TAILA* massage. If it seems that some some doshas still left inside the uterus then we should use powder of *pippali*, *pippalimula*, *hastipippali*, *chitraka* and *sringhbera* with

warm jiggery mixed water.this process should be carry on till abnormal blood is properly excreted. After that rice gruel should be prepared with *Vidarigandhadi* group mixed with *ghruta* or milk should be given for three days(4th -6th days). Then next 2 days(7th -8th days) cooke Sali rice with meat soup of wild animal prepared in *yava*, *kola*, *kulatha* should be advice according to her strength.Also women should be given irrigation with warm water and should avoid anger ,exercise, and coitus.

CONCLUSION

- All four classical texts had described almost same about *Sutikopkrama* although littlebit differences are also present.
- This is conceptual study and has its own limits up to reviewing Concept (*Siddhanta*).
- If a women follow *sutikopkrama* then there is less chances of puerperal disorder (*Sutika Vyadhi*)
- There is further scope to attempt clinical trials for prevention of *Sutika vyapad*

ACKNOWLEDGEMENT

*Special Issue for "National Seminar- Practical approach in Prasutitantra And Streerog 2015"

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I am thankful to Teaching staff of Rishikul govt.ayurvedic p.g. college and hospital ,haridwar, for encouraging and guide me .

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THIS IS MIXED FORM OF TABLE OF SUTIKOPKRAMA ON THE BASIS OF DESCRIPTION GIVEN BY DIFFERENT ACHARYAS

DAY	THARPY WITH DIET	PATHYA	APATHYA	IMPROVEMENT
0	BALA TAILA massage+ UDRAVESTAN WITH CLOTH +PANCHKOL CHURNA SIDHA SNEHA WITH GUDODAK anupan	PANCHKOL SIDHA PEYA as per need	KRODH , VYAYAM, MAITHUN, GARISTH AHAR, HEAVY WORK	

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1	DO	DO	TILL 45 DAYS	
2	DO	DO	TILL 45 DAYS	
3	DO	DO	DO	
4 - 10	STOP ABHYANG & SNEHPAN	VIDARIGANDHADI GANA SIDHA YAVAGU as per need	DO	
11 - 12	ABHYANG BY BRANGAN DRAVYA + PERISHECHAN	YAVA,COLA ,KULATH YUSHA +LAGHU ANN	DO	
13 ONWARD	ABHYANG TILL END OF SUTIKAKALA + PERISHCHAN	LAGHUANN +JANGAL MEAT SOUP + BOILED WATER		

Cite this article:

PRACTICAL APPROACH OF SUTIKOPKRAMA

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Ayurlog: National Journal of Research in Ayurved Science-2014; 2(4): 1-5