

SUTIKA PARICHARYA



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SUTIKA

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



SUTIKA PARICHARYA

Care of the woman during puerperium come under the heading of *SutikaParicharya*.



SUTIKA KALA

Sutika kala according to different *Acharyas*

- ***Charaka*** -Not specified
- ***Sushruta / AshtangaSangraha / AshtangaHridaya / Bhavaprakasha / Yogaratnakara*** -1 and 1/2month or until next *rajodarshan*
- ***Kashyapa***- 6months

Sutika Paricharya according to Acharya Charaka

Aahar- 5-7 days

1) Snehapana- Sarpi, taila, Vasa and majja with panchakola powder

2) Yavagu – medicated with Pippalyadi dravyas + ghrita

3) Appyayan – after 7 days



Sutika Paricharya according to Acharya Charaka

Vihara

- 1) Abhyanga
- 2) Parisheka with hot water- twice a day
- 3) Udaravestana



Sutika Paricharya according to Sushruta

Ahara- 2-3 days

1) Vatahara aushadha
kwatha

2) Ushna gudodaka with
pippalyadi dravyas



Sutika Paricharya according to Sushruta

Ahar- 3 or 4-6 or 7 days

1) Sneha yavagu/ksheera yavagu with Vidarigandhadi group

Ahar-8th days onwards-

1) Jangal mamsa rasa with Yava, Kola,
Kulatha

2) cooked Shali rice



Sutika Paricharya according to Sushruta

Vihara-

- 1) bala tail abhyanga
- 2) Parisheka with vatahara -
Bhadra-darvyadi decoction



Sutika Paricharya According to Vagbhata (Asthanga Sangraha)

Ahara- 3 or 5 or 7 days-

- 1) Sneha yogya- Sneha pana with Panchakola
churna
with saindhava
- 2) Sneha Ayogya-Vatahara/ laghu panchamoola
kwatha
- 3) Ksheera yavagu – medicated with
Vidarigandhadi group



Sutika Paricharya According to *Vagbhata (Asthanganga Sangraha)*

Ahar-8- 12days

- 1)Yava, Kola, Kulatha yusha
- 2) laghu annapana



After 12 days

- 1) Jangal mamsa rasa
- 2) Jeevaniya, brihmaniya, Madhura, vatahara dravya sadhita annapana



Sutika Paricharya According to Vagbhata (Astanga Sangraha)

Vihara-

- 1) bala taila abhyanga
- 2) Sthanika Udara abhyanga- grita/taila
- 3) Udarvesthana
- 4) Ushnodaka parisheka- ubhayat
- 5) Udavartana
- 6) Avagahan
- 7) Aachadan
- 7) Sutika Snanotsava- 10th or 12th day



Sutika According to Vagbhata (AsthanagaHridaya)

Ahara- 2-3 days-

- 1)Snehayogya- Snehapana- mahati matra with panchakola churna**
- 2)Ushna gudodaka or Water medicated with Vatahara drugs**
- 3)Sneha ayogya- only panchkola or vatahar drugs**
- 4) Peya medicated with panchakola**

Sutika According to Vagbhata (Asthangahridaya)

Ahara-

4-7 days -Sneha/ KsheeraYavagu medicated with vidarigandhadi drugs

8-12 days- Jeevaniya, brihmaniya, Madhura varga siddha
Hridhya anna pana

After 12 days- Mamsa rasa

Sutika According to Vagbhata (Asthang Hridaya)

Vihara

- 1) Yoni abhyanga & sarvadaihika abhyanga with oil
- 3) Udaravestana
- 4) Udvardhana
- 5) Parisheka
- 6) Avagaha
- 7) Sutika Uthana- 10th day



Sutika Paricharya According to Acharya kashyapa

Ahara- 3-5 Or 5-7 days

- 1) Manda pana
- 2) Hita bhojana
- 3) Sneha pana
- 4) Sneha yavagu-pippali, nagara- lavana rahita yavagu

Ahara- 7-12 days

Sneha yukta yavagu pana- with lavana

Sutika Paricharya According to Acharya kashyapa

Ahara- 12 day

- 1)Kulatha yusha
- 2) Jangala mamsa rasa
- 3) Gritha bharjita shaka

Ahara- for 1 month

Snehana, Swedana, luke warm water for drinking

Sutika Paricharya According to Acharya kashyapa

Vihara

- 1) **Rakshoghna dravya**
- 2) Ashwasana
- 3) Abayanga and savhana
- 4) Udarapidana
- 5) Udaravesthana
- 6) **Ushna bala tail apurita charm asana**
- 7) **Yoni swedana- priyangu krishra**
- 8) Ushnodaka snana
- 9) Vishranti
- 10) **Dhupana- kustha, guggulu etc.**

Visistha paricharya on the basis of desha

Anup Desha-

- 1) Manda with agni-bala vardhaka dravya
- 2) Ushna dravya sevana

Jangal Desh - Snehopchara

Sadharana desha- Sadharan vidhi

Videsha Jati- Rakta,Mamsaniryuha,Kandamoola,Phala

***Vishistha paricharya* according to sex of child**

Male child- Taila pana

Female child- ghrita pana

***Rajodarshana hetu after Prasava* (Factors responsible for reappearance of menstruation after delivery)-**

- ❖ Replenishment of Dhatus
- ❖ Steadiness of body
- ❖ Accumulation of blood in yoni or uterus

Benefits of Sutikaparicharya

Sutika follow the paricharya

attains all things as pregravid
state

thank you!

