Sutika Paricharya....The postnatal care

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Definition

After delivery of child the placenta is expelled then a woman is called puerperial woman
- Sutika kal or duration of puerperium
- Four specific duration of sutika emerge out i.e. 45 days, reappearance of menstruation, 6 month & 4 months
- Anatomic changes occurring in reproduction organs during pregnancies reach their almost pregnancy stage after above 6 weeks however in resumption of pregnancy physiology i.e. ovarian & menstrual cycle great individual variations occur. As some woman restart their menstruation from the second month of delivery, while other may not get it even for one or two years.
- Considering this individual variation, there have not given any specific time limit, rather have just said that 45 clays duration & reappearance of menstruation is given considering anatomical & physiological changes of reproductive system respectively.
- The limit of 6 month probably given keeping in view the mudhagarbha or other abnormal labors where in postoperative management for 4 months have been advice.

Factors responsible for reappearance of menstruation after delivery

1. Replenishment of dhatus.
2. Steadiness of body
3. Accumulation of blood in yoni or uterus.
- This wrapping produces compression of abdomen. Thus prevent presence of hallow space, so the vayu does not get vitiating after digestion of gruta.

Regimen after Male or female baby delivery to sutika

Oil or gruta should be given for drinking in case of delivery of male or female child respectively. After proper digestion of this fat, rice gruel prepared with appetizing drugs should be given for 5-7 days then scum of boiled rice etc should be used in a gradual manner.

Bath to a puerperal women-on auspicious period of 10 or 12 days occurring to ritual of family, the bathing ceremony of puerperal woman should be performed.

Diet

- Considering the strength & digestive power boiled rice should be given for 3 or 5 days. (panchakol siddha yavagu)
- After 6th or 7th day salt free gruel mixed with little quantity of oil & ghrutha sneha dravya with pippali & nagara should be given.(vidariyadigan siddha yavagu)

Yoga Practice

These following poses can be done prior to six weeks for 3 min. each postnatal and will help you adjust to the many changes in your body, the physical exhaustion you may be feeling and the emotional and mental stress you may be dealing with as a new mom.

Medicine for constriction of vagina after delivery

For constriction of lax vainal channel, anointment with fine powdered or paste of seeds of palas & fruits of udumber mixed with oil of tila is good medicine. (See Dr. Anju Pralhad Thaware, MD (Ayu) Asst. Prof., Dept Sanskrit Samhita Siddhant, SMT Vimaladevi Ayurvedic Medical College & Hospital, Post Tadali, Wardhari, Chandrapur – 442 406. (M.S) Specially Contributed to “The Antiseptic” Vol. 114 No. 3 & P : 42 - 42)