

**SUTIKA PARICHARYA W.S.R. TO DIETARY REGIMEN FOR BREAST FEEDING MOTHER: AN AYURVEDIC PURVIEW**¹Kiran Sharma, ²Namrata Yadav, ³Durgawati Devi, ⁴Sarvesh Kumar Agrawal, ⁵Hetal H. Dave1PhD Scholar, ²PG Scholar, ³Professor &H.O.D. ⁴Associate Professor, ⁵Associate ProfessorCorresponding Author: kiransharma10474@gmail.com<https://doi.org/10.46607/iamj2410102022>

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**ABSTRACT**

Sutika Kala (puerperium) is a period following childbirth, during which the body tissues especially the pelvic organ reverts back to the normal state both anatomically and physiologically. According to *Acharya Kashyap*, the term *Sutika* can be used only after the expulsion of the placenta. Women become weak and empty-bodied due to unsteadiness of all *dhatu*s, labour pain, and depletion of *Kleda* and *Rakta* after childbirth. *Vata* is the main culprit for *Sutika*-related complications. Common postpartum complications are infection, excessive bleeding which can cause anaemia, pain in the perineal area, vaginal discharge, constipation, urinary and faecal incontinence, hair loss, postpartum depression, discomfort during sex, difficulty in regaining normal shape, etc. The main objective of this study is to review *SutikaParicharya* with is mentioned in all *Ayurveda* texts and develop a dietary module for the period from the 20th day to 6 months which are exclusive lactation period. In *Ayurveda*, a separate dietary regimen has been mentioned for 1st 12 days which is designed with the purpose of *Agni deepan*, *Vata Shaman* and *GarbhashayaShodhana*. After that *BalyaBrihana*, *Deepan*, and *VatanulomakAhara* have been indicated. Keeping this principal in mind a complete ingredient chart had been prepared according to *AharaVarga* mentioned in *Ayurveda* and a few *Kalpana* had been mentioned in this study, which will help *Sutika* to fulfil their nutritional requirements.

Keywords: *SutikaParicharya*, *AharaVarga*, *Udaraveshtan*

INTRODUCTION

Women can be considered as a pivot of a family. *Ayurveda* always advocates the importance of care for women. There is a detailed and systematic description of *Ahara* and *Viharin* different phases of the life of women such as *Rajaswalacharya*, *GarbhiniParicharya*, *SutikaParicharya*, etc. According to *Acharya Kashyapa*, the term *Sutika* can be used only after the expulsion of the placenta¹. According to *Morden medical science* puerperium is a period following childbirth, during which the body tissues especially the pelvic organ reverts back to the normal state both anatomically and physiologically². This is a very crucial and important phase of women's life where special care is needed. Common postpartum complications noticed during or after labour are infection, constipation, urinary and faecal incontinence, hair loss, postpartum depression and discomfort during sex, and difficulty in regaining normal shape and figure. According to the WHO report of 16, Feb. 2018 every day approximately 830 women

die from preventable causes related to pregnancy and childbirth. 99% of all maternal death occurs in developing countries, maternal mortality is higher in women living in a rural area and among poorer communities, which specially indicates improper puerperal care, lower nutritional level, and poor hygienic condition of living. Every year about 14 million women around the world suffer from PPH. The risk of maternal mortality from haemorrhage is 1 in 1000 deliveries in developing countries. The report shows that 7.4% of women suffered from severe anaemia and 46% moderate anaemia. The global prevalence of postpartum depression has been estimated as 100 per 1000 birth.

SUTIKA KALA: This term is obtained from the word *Prasuti* (mother following delivery). There are different opinions about the duration of this period, which ranges from 6 weeks to 6 months, and some believe that it last until the re-establishment of the menstrual cycle

Table 01: *Sutika-Kala*^{3,4,5} (Duration of post-natal phase)

Ayurveda classic text	<i>Sutika-Kala</i> (duration of puerperium)
<i>Charak Samhita</i>	<i>Acharya Charakahas</i> not given any specific time limit,
<i>Sushruta Samhita</i>	Following 1 ^{1/2} month of regulated specific diet and have cited the opinion of others that the woman should be called <i>Sutika</i> till she doesn't restart her menstrual cycle
<i>AshtangHridaya Samhita</i>	Same as <i>Sushruta Samhita</i> , i.e., 1 ^{1/2} months
<i>Kashyapa Samhita</i>	Six months but a special diet plan for only 1 month
<i>Yoga Ratnakar</i>	1 ^{1/2} month or until the next <i>Rajodarshana</i> , but special diet management for only 1 month
<i>Bhavaprakasha Samhita</i> ⁶	In addition, agreeing explanation of <i>Sushruta</i> (i.e., 1 ^{1/2} month), he has cited that following subsidence of complication and aggravation of <i>Doshas</i> , the woman should give up a specific mode of life following 4 months.

SutikaParicharya:

SutikaParicharya which consists of special *Ahara Vihara* has been described in all *Vruhadtrayi* and *laghutrayi* with some variation. Specific *Rakshakar-ma* also which is mentioned in *charak Samhita SharirSthana* and *Kashyapa Samhita*. *SutikaParicharya* is described by all *Aacharya* with some variation. Following principals involved in it...

1. *Vatashamana*

2. *Agnideepan*

3. *Pachana*

4. *GarbhashayaShodhak*

5. *Yonishodhak*

6. *Koshthashodhak*

7. *Stanyavardhak*

8. *Raktavardhak*

9. *Dhatupushti, Balya*

SUTIKA PARICHARYA IN AYURVEDA

Table 02: According to Acharya Charak⁷

Number of days	Ahara	Vihara
5-7 days	1. PippalyadiDravyas siddha snehapan 2. Yavagupana (pippalyadisadhithYavagu)	1. Abhayanga 2. Parisheka-Ubhayakalabefore Ya- vagu-paan 3. Udarveshtan

After use of this regimen for 5-7 nights (day and night) gradual administration of Brihana substance (anabolic or likely to increase flesh and energy) should be done.

Table 03: According to Acharya Sushruta:⁸

Number of days	Ahara	Vihara
2-3 days	1). VataharAushadha (Bhadradarvyadi) dravyak- wathpaan 2) Ushanodakawith pippalyadidravys	1) Abhyanga with Bala Tail 2). Parisheka with VataharaBhadra- darvyadikwath
Next 3days or till 7days	Shaliodana with JangalMansaras which is prepared with Yava, Kola, and Kualttha.	

Table 04: According to Acharya Vagbhata (AshtangSangraha)⁹

Number of days	Ahara	Vihara
3 or 5 or 7days	3. Sneha yogya- Snehapana with Panchakola- Churna with Saindava 4. Sneha Ayogya-Vatahara/ Laghupancha- moolaKwathpaan 5. KsheerYavagu Paan prepared with VidaryadiGana	6. Sarvadaihika Abhyanga with Bala tail 7. SthanikaUdarAbhyangwith Ghrita/tail 8. Udaraveshta 9. UshnodakaParisheka –UbhayaKāla 10. Udwartan 11. Avagahana
8- 12 days	LaghuAnnapana with Yava, Kola, Kulattha	
After 12 Days	JangalMamsa Ras Diet and drinks	

Table 05: According to Ashtanga Hridaya¹⁰

Number of days	Ahara	Vihara
2-3 days	1. Snehayagya-Snehapaan in mahatimatra with Pan- chakolaChurna 2. Ushnagudodaka or decoction of Vataharaushadh 3. Snehaayogya-panchkolachurna without sneha 4. Peyaof above said drug after digestion of Sneha	1. Yoniabhyang and Sar- vadaihaikaAbhyanga 2. SthanikaUdar Abhyanga with Ghrita or Tail 3. Udarveshatana
4-7 days	KsheerYavagu or Sneha YuktaYavagu which is pre- pared with VidaryadiGanaAushadh	4. Udwartana 5. Parisheka
8-12 days	Jivaneeya, Brihmniya, Madhurvarga siddha Hrid- dyaannapaan	6. Avagaha
After 12 days	Mansa Rasa	

Table 06: According to Kashyapa:¹¹

Number of days	Ahara	Vihara
3-5 days	1. Mandapana	1. RakshoghnaDravya

5-7 days	2. <i>Snehapana</i> 3. <i>Lavanvirahita</i> and <i>alpasnehayukataYavagu</i> with <i>pippli</i> and <i>nagara</i>	2. <i>Ashwasana</i> 3. <i>Kukshi</i> , <i>prista</i> , <i>Parshwaabhayangasamvahana</i> in <i>nyubajashayana</i>
7-12 days	<i>Sneha</i> and <i>LavanaYuktaYavagu</i>	4. <i>Udarapidana</i>
After 12 days	1. <i>KulatthaYusha</i> 2. <i>Jangala Mansa rasa</i> with <i>Sneha Lavana</i> and <i>amla Dravya</i> 3. <i>GhritaBharijitaKushmanda</i> , <i>Moolaka</i> and <i>ErvarukaShaka</i>	5. <i>Udaraveshtana</i> 6. <i>UshanBalatailPuritacharmasana</i> 7. <i>Yoniswedana</i> – with <i>Priyangu etc. yuktakrishara</i> 8. <i>UshnodakaSnana</i>
Till 1 Month	<i>Snehana</i> , <i>Swedana</i> , <i>Ushna Jala Sevana</i>	9. <i>Vishranti</i> 10. <i>Dhupana</i> -with <i>Kushta</i> , <i>Gugulu</i> , <i>Agruand Ghrita</i>

Table 07: According to *Harita*:¹²

Number of Days	Ahara	Vihara
After <i>Prasava</i>	<i>Kwath</i> of Available drugs out of <i>Lodhra</i> , <i>Arjuna</i> , <i>Kadamba</i> , <i>Devadaru</i> , <i>Beejaka</i> , and <i>Krakadhu</i>	1. <i>Yonipoorana</i> with Oil 2. <i>Abhyanga</i> 3. <i>Ushana Jala Sevan</i> 4. <i>Mangal Vachana</i>
1 st day	Upvasa	
2 nd day	1. Morning – <i>Nagara</i> and <i>Haritaki</i> with <i>Jaggery</i> 2. Afternoon- Warm Soup of <i>kulattha</i>	
3 rd Day	<i>PanchkolaYavagu</i>	
4 th Day	<i>Yavagu</i> mixed with <i>Chaturjaat</i>	
5 th Day	<i>ShaliShashtikDhanya</i>	

Acharya Kashyapa has mentioned the specific *SutikaParicharya* according to *Desha*.

Table 08: *VishishataParicharya* according to *Desha*¹³-

Anupa Desha	Ahara	Vihara
	1. <i>Agni</i> and <i>Balavardhakamanda</i> 2. <i>UshanaDravyaseavana</i>	1. <i>Sedana</i> 2. <i>NivataShayana</i>
<i>Jnagla Desha</i>	1. In <i>BalavatiSutika-Ghrita/ Tail</i> with <i>anupana</i> of <i>Pipplyadi Kashaya</i> for 3-5 days 2. <i>AbalaSutika</i> – <i>Yavagu</i> for 3-5days then <i>snigdha Anna insansarjana Karma</i>	<i>Snehopachara</i>
<i>Samanya Desha</i>	<i>Sadharana Vidhi</i> (neither to <i>snigdhanor too Rukshadravyas</i>)	
<i>VideshaJati</i>	<i>Rakta</i> , <i>Mansa Niryuha</i> , <i>Kanda</i> – <i>moolphala</i>	

Table No.9 *VishishitaParicharya* According to Sex of child¹⁴

Number of days	Sex of child	Pathya
5-7 days	Male	<i>TailpaanDeepniyaDravyaSadhitYavagu</i>
5-7 days	Female	<i>GhritapaanaDeepaniyaDravyasadhitaYavagu</i>
Later		<i>Manda Prayoga</i>

Almost all *Acharyas* mentioned a specific diet regimen for a maximum of 8 days then *Brihana* with *Manda* and *Mansrasais* indicated for the rest of the period. The purpose of the first 8 days *Parichaya* is *Agni Deepan* and *GarbhashayaShodhan*, after that

Ahara of *Sutika* should be *Agnideepak*, *Vtanaulaomak*, *StanyaSamvardhak*, *Balya*, *Brihana*, and *Man-sopriyam* because *Manasopriyam* is an important characteristic of *Pathaya*¹⁵. *Agni* plays an important role in *SantarpanaChikitsa* because proper digestion

of food and formation of all *Dhatu* and *Updhatu* depend upon the proper function of *Agni*. *Acharya Kashyapa* specially mentioned that we cannot generalize *SutikaParicharya* it should be specific according to *Desha* and *Kala Vyavstha*.¹⁶ Keeping all these

factors in mind following *AharaDravyas* are listed below with possible *Ahara Kalpana* which is designed from 2nd months to 6 months which is the exclusive breast-feeding period¹⁷-

DHANYA VARGA

Table 10: Shook Dhanaya:

S. No	Sanskrit Name	Hindi Name	English Name	Botanical Name	The explanation for taking this ingredient
1.	<i>RaktaShali</i>	चावल	Rice	<i>Oryza sativa</i>	It is <i>Deepan</i> , <i>Balya</i> , and <i>Tridoshashamaka</i>
2	<i>Shashtika</i>	चावल	Rice	<i>Oryza sativa</i>	<i>Laghu</i> , <i>Snigdha</i> , <i>Tridoshashmaka</i> , and <i>Balya</i>
3	<i>Godhuma</i>	गेहूँ	Wheat	<i>Triticum sativum</i>	<i>Jeevaniya</i> , <i>Brihana</i> , <i>Balya</i> , <i>Vrishya</i> , and <i>Sandhankar</i>
4	<i>Vajranna</i>		Pearl Millet		<i>Balya</i> , <i>Agnideepak</i> , is heavy in digestion so it can be taken in North India, and In <i>Shishir</i> and <i>Hemant Ritu</i> where <i>Agni</i> is <i>Tikshna</i>

Table 11: ShamiDhanya:

S. No	Sanskrit Name	Hindi Name	English Name	Botanical Name	The explanation for taking this ingredient
1.	<i>Mudga</i>	मूँग	Green gram	<i>Vigna Radiata</i>	It is <i>sarvpathya</i> but is <i>alpavatavardhakaso</i> it should be taken after <i>sanskara</i> with <i>Hingu</i> , <i>lashuna</i> , <i>Jeeraka</i> , <i>ghrita</i> , etc.
2	<i>Masha</i>	उडद	Black gram	<i>Vigna mungo</i>	It is <i>Balya</i> , <i>santarpana</i> , <i>StanyaJanana</i> , and <i>Purishajanana</i> , but it is <i>guru</i> so it can be used in <i>Jangaladesh</i> and <i>Shisira</i> and <i>hemantritu</i> with proper <i>sanskaar</i> with Spices which will make it digestible
3	<i>Rajmash</i>	लोबिया	Lobia	<i>Vigna unguiculata</i>	<i>Balya</i> , <i>Stanyajanana</i> and <i>Tarpana</i> .
4.	<i>Chanaka</i>	चना	Bengal gram	<i>Cicer arietinum</i>	It is <i>Madhura Kashya</i> <i>rasa</i> and <i>SheetaVeerya</i> , though is <i>Vatavardhaka</i> But when it is used with <i>Ghrita</i> it is <i>Tridoshashamak</i>

Table 12: Mansa Varga

S. No	Sanskrit Name	Hindi Name	English Name	Botanical Name	The explanation for taking this ingredient
1.	<i>Ajamansa</i>	बकरेकामांस	Chevon	<i>Capra aegagrus</i>	<i>Balya</i> , <i>Brihana</i> , <i>Vrishya</i> , <i>Anbhisandi</i>
2.	<i>Sookar Mansa</i>	सुअरमांस	Pork	<i>Scrofa domestics</i>	<i>Balya</i> , <i>Brihana</i> , and <i>Rochan</i> but it is <i>Pitta kaphavardhakaso</i>

					it should not be used in Anoop desha, and Vasant and Sharad ritu
3.	<i>Kukkuta Mansa</i>	मुर्गेकामांस	Chicken	Gallus domestics	<i>Balya, Brihana, Vrishya, Vatarogaand Kshayaroga-nashaka</i>
4	<i>Samudra Matsya</i>	समुद्रकीमछली	Lobia	Vigna unguiculata	<i>atibalya, Vrihsya, and Malavardhaka</i>
5	<i>RohitaMatsya</i>	रोहितमछली	Rohit fish	Labeorohita	<i>Mahabalya, Vrishya and Deep-aniya</i>
6	<i>Kukkutanda</i>	अण्डा	Egg		<i>Shighrabalakara, Vajikaraanddeepani</i>
ShakaVarga and HaritaVarga					
S. No	Sanskrit Name	Hindi Name	English Name	Botanical Name	The explanation for taking this ingredient
1.	<i>Upodika</i>	पोई	Indian Malabar	Basella alba	Balya, Brihana, Bhedan
2.	<i>Tanduliya</i>	चौलाई	Amaranthus	Amaranthus retroflexes	Vish-Raktapittanashak
3.	<i>Paalnky</i>	पालक	Spinach	Spinacia oleracea	Bhedan should be taken in less amount because it is vishtambhi so it should be always sanskara with ghrita, hingu, Jeerak, etc.
4	<i>Vastuka</i>	बथुआ	Chenopodium	Chenopodium album	Balya, agnivardha, rochak, and malabhedak
5	<i>Methika</i>	मेथी	Fenugreek leaves	Trigonella foenumgraecum	Rochan, deepan
6	<i>Moolakpatra</i>	मूलीकेपत्ते	Redish leave	Raphanus sativus	Rochan, Pachak, Acharaya-Kashyapa mentioned ghrita fried moolakpatra in his sutika-parichrya
7	<i>Pushpa Gobhi</i>	फूलगोभी	Cauliflower	Brassica oleracea	It is Balya, Ushnaveerya but itsGrahi in nature so it should be taken in very less quantities in sutika kala
8	<i>Shweta Kush-manda</i>	पेठा	Pumpkin	Benincasahispida	Balya, vrishya, Pushtikara, and Rochana
9	<i>Aalabu</i>	लौकी	Where guard	Lagenaria siceraria	Dhatuwardhakavrishya, rochaka, and bhedana
10	<i>ErandaKarkati</i>	पपीता	Papaya	Carica Papaya	Deepan, PachanaGrahivata-kaphaShamak so it should be taken specially in Vasant and Varsha ritu.
11	<i>Patola</i>	परवल	Pointed guard	Trichosanthes dioica	Deepan, pachan, Hridya, Tridoshashamaka
12	<i>Bhindika</i>	भिण्डी	Lady's finger	Abelmoschus esculenthus	It is Vrishya, Balya, and Shukrala, but it is vata-kaphavardhak and cause agnimandya so it should be taken

					in Hemant and shishirritu and other season it should be cooked with deepandravya like black paper, shunthiMethi, etc.
13	<i>Vrintaka</i>	बैंगन	Brinjal	<i>Solenum melongena</i>	Balya, pushtikara, hridya, deepan
14	<i>Garjar</i>	गाजर	Carrot	<i>Daucus carota</i>	Deepan but it is sangrhi so it should be taken with ghrita
15	<i>Rason</i>	लहसून	Garliac	<i>Allium sativum</i>	Mutrajana, Artavajanana, Vrishya, balya, RasayanaVatanulomak, Agnideepan
16	<i>Palandu</i>	प्याज	Onion (red)	<i>Allium cepa</i>	Balya, Deepan Brihana
17	<i>Shweta Palandu</i>	सफेदप्याज	Onion (White)	<i>Allium cepa</i>	Balya, Pushtikara, Dhatushirakar
18	<i>Shalayam</i>	शलजम	Turnip	<i>Brassica rapa</i>	Deepan, Rochana, Anuloman
19	<i>Shigruphala</i>	सहजनकीफली	Flat green beans	<i>Moringa oleifera</i>	Deepan, Pittakaphashamak
20	<i>Gopishimbi</i>	ग्वारफली	Cluster Beans	<i>Cyamopsis tetragonoloba</i>	Balya, Deeepan, Rochana
21	<i>Moolak</i>	मूलीकीफली/ मोगरी	Sengari pods	<i>Raphanus sativus</i>	Balya, Pachana, Rochana, but it is Ushana so it should not be taken in Sharada ritu, and the female having hyperacidity or cooked with Ghrita

Table No.13: PhalaVarga:

S. No	Sanskrit Name	Hindi Name	English Name	Botanical Name	The explanation for taking this ingredient
1.	<i>Amalaki</i>	आंवला	Indian Gooseberry	<i>Phyllanthus Emblica</i>	Tridoshashamaka, Rasayana,
2.	<i>Kaharjoor</i>	खजूर	Date	<i>Phoenix sylvestris</i>	Balya, Tarpana, Pushtikar but it is Vishtambhi too so it should be taken in less quantity and with milk
3.	<i>Phalgu</i>	अंजीर	Fig	<i>Ficus racemosa</i>	Tarpana, Brihana but its Aamkarak so it should be taken in Shishir and himat when agni is proper and it should be taken in less quantity
4.	<i>Draksha</i>	पकाअंगूर	Ripe grapes	<i>Vitis vinifera</i>	Balya, Brihana, Rochan but it is koshtvayukara so it should be taken in less quantity in sutikakala, or it can be taken with Sauvchallavan
5.	<i>Anaanas</i>	अनानास	Pineapple	<i>Ananas comosus</i>	Rasavikarnashaka but it is pittavardhak too so it's juice can be taken with Khanda Sharkara in late purpureal periods in the summer season
6.	<i>Dadim</i>	अनार	Pomegranate	<i>Punica granatum</i>	Deepan, Rochan
7.	<i>Aamra</i>	पकाआम	Ripen mango	<i>Mangifera indica</i>	Balya, Vrishya, Deepan, Hridya
8.	<i>Narikel</i>	नारियल	Coconut	<i>Cocos nucifera</i>	Balya, Vrishya, Pushtikara, but it is

					heavy in digestion and Agnimandyaakara so they should be taken in less quantity for making chutney it should be properly fried with betal leaf, hingu, mustered like deepandravya
9.	<i>Sivitika</i>	सेब	Appel	Podophyllum peltatum	Bhrihana, Rechana
10.	<i>Parushaka</i>	फालसा	Falsa	Grewia asiatica	BrihanaShukaralaRechana, Trip-tikarak
11.	<i>Rajadana</i>	खीरनी	Khirmi	Manikarahexandra	Balya, Brihana, Vrishya, Rochana
12.	<i>Kharbooja</i>	खरबूजा	Musk melon	Cucumis melo	Balya, Vrishya, Koshashuddhikar
13.	<i>Shrigataka</i>	सिंघाडा	Water chaste nut	Trapa natans	Vrishya, Shukrala, Grahi
14.	<i>ErandKarkati</i>	पपीता	Ripen papaya	Carica papaya	Rochaka

Table 14: Dry fruits

S. No	Sanskrit Name	Hindi Name	English Name	Botanical Name	The explanation for taking this ingredient
1.	<i>Falgu</i>	अंजीर	Fig	Ficus racemosa	Trapan, Brihana, Rochana but Vishtabhi so it should be taken in less quantity
2.	<i>Gostanidraksha</i>	मुनक्का	Rasin	Vitis vinifera	Pushtikara, Vrishya, Vatanulomak, and Shramanashak
3.	<i>Laghudraksha</i>	किशमिश	Current		Vrishya, Rochan, Hridya
4.	<i>Chhohara</i>	छुहारा	Date	Phoenix sylvestris	Tarpan, Balya, pushtikar, Hridya
5.	<i>Kaajutak</i>	काजू	Kasheu nut	Anacardium occidentale	Dhatuwardhaka, Vata-kaphashamak, Adhmannashaka
6.	<i>Nikochaka</i>	पिस्ता	Pistachio nut	Pistacia vera	Balya, Dhatuwardhak, Vrishya
7.	<i>Vatam</i>	बादाम	Almond	Prunus dulcis	Balya, Vrishya,
8.	<i>Makhanna</i>	मखाना	Fox nut	Euryale ferox	Balya, Vrishya, but it is grahi so it should be taken with milk in Porridge kalpana
9.	<i>Kaligmajja</i>	तरबूजकेबीज	Watermelon seeds	Citrullus lanatus	Balya, Rochan, Dhatuwardhaka

Table 15: AharopyogiVarga

S. No	Sanskrit Name	Hindi Name	English Name	Botanical Name	The explanation for taking this ingredient
1.	<i>Krishanajeerak</i>	कलौजी	Cumin seeds	Cuminum cyminum	Balya, Vrishya, deepan, pachana
2.	<i>Shunthi</i>	सोंठ	Dry ginger	Zingiber officinale	Deepana, Pachan, Udavartahara, shoolhara
3.	<i>Aardrak</i>	अदरख	Tender ginger	Zingiber officinale	Pachana, Hridya, Mandagninashak
4.	<i>Pippali</i>	पिप्पली	Long pepper	Piper longum	Rasayana, Yogvahi, deepana, Rechan
5.	<i>Dalchini</i>	दालचीनी	Cinnamon bark	Cinnamomum verum	Shukrwardhak, trishanashak

	<i>Ela</i>	इलायची	Cardamon	Elettaria cardamomum	Sheetveerya, vatakaphashamak
6.	<i>Vrihadela</i>	बडीइलायची	Nepal Cardamon	Amomum subulatum	Agnivardhak, Rochan
7.	<i>Kali mircha</i>	कालीमिर्च	Black pepper	Piper nigrum	Deepan, Rechan, Chhedana
8.	<i>Lavang</i>	लौंग	Clove	Syzygium aromaticum	Deepan, Rochana, Pachana
9.	<i>Hingu</i>	हींग	Asaphoetida	Ferula asafetida	Anulomaka, Balya, Deepan, pachana
10.	<i>Mishreya</i>	सौंफ	Fennel	Foeniculum vulgare	Deepan, Pachana, Hridya
11.	<i>Methi</i>	मेथी	Fenugreek	Trigonella foenumgraecum	Stnyajanana, Deepana
12.	<i>Dhanyaka</i>	धनिया	Coriander leaves and seed	Coriandrum sativum	Deepana, Pachana, Rochan, Srotoshodhana
13.	<i>Yvani</i>	अजवायन	Carom seeds	Trachyspermum ammi	Vrishya, Rochana, Deepan, pachana
14.	<i>Pootiha</i>	पुदीना	Mint leaves	Mentha spicata	Deepan, Pachana, Anulomana, Rajahprada
15.	<i>Haridra</i>	हल्दी	Turmeric	Curcuma Longa	Kaphavatashamak, Kriminashaka

Table 16: DugdhaVarga

S. No	Sanskrit Name	Hindi Name	English Name	The explanation for taking this ingredient
1.	<i>Go dugdha</i>	गायकादूध	Cow milk	Jeevaniya, Balya, Stanyajanana, Balya, Rasayana
2.	<i>Aja dugdha</i>	बकरीकादूध	Goat milk	Deepana, Grahi, Sarvaroganashak

Table17: KsheervikritiVarga

S. No	Sanskrit Name	Hindi Name	English Name	Explanation for taking this ingredient
1.	<i>Takrakoorchika</i>	पनीर	Paneer	Tarpan, Brihan, Vrishya, it is agnimandakara so it should be taken in Aanupdash aur Hemat and shishirritu
2.	<i>Santanika</i>	मलाई	Milk skin	Balya, Brihana, Tarpana
3.	<i>Piyush</i>	पेबसा	Colostrum	Tarpan, Brihan, Vrishya, it is agnimandakara so it should be taken in Aanupdash aur Hemat and shishirritu

S. No	Sanskrit Name	Hindi Name	English Name	The explanation for taking this ingredient
1.	<i>Ghrita</i>	गायकाधी	Clarified butter from milk	Dhatuvarhdhaka, saumaya, pittashamak, Vayasthapaka, Rasayana
2.	<i>Navaneetak</i>	मक्खन	Fresh Butter	Deepan, Balya, Pushtikara, Ojovardhak
3.	<i>Til tail</i>	तिलकातेल	Seasame oil	Balya, Brihana, Garbhashayashodhaka
4.	<i>Erand tail</i>	अण्डीकातेल	Castor oil	Srotoshodhak, Vayahsthan, Deepan

Table 18: *IkshuVarga, Madhu varga&LavanVarga*

S. No	Sanskrit Name	Hindi Name	English Name	The explanation for taking this ingredient
1.	<i>Matsyandika</i>	खण्डराब	Semisolid jaggery	Balya, Brihana, Bhedana
2.	<i>Guda</i>	गुड	Jaggery	Vatashamak, Mootra-raktaShodhaka
3.	<i>Mishri</i>	खण्डशक्कर	Rock sugar	Rochana, atisheet
4.	<i>Madhu</i>	मधु	Honey	Vrishay, Deepan, Srotoshodhana
5.	<i>Samudra, and Sauvarchal</i>	सादाऔरकालानमकस	Common and black salt	Both are deepan, pachan, Bhedan, and kala namak is Udavart hara

Some possible Ahara Kalpana: Acharya Vagbhatta indicated *Mansaras*, and Acharya Kashyap indicated *KulthaYusha* and *GhritaBharjitashaka* and *Jangal Mansa Rasa* after 12 days. It means After 12 days *Sutikacac BrihanaAhara* but consideration of *agni, Desha,* and *Kala* will always be required. Above mentioned *Aharadravya* can be taken in following *Kalpana*

Breakfast Options:

1. Upama
2. Appe
3. Poha
4. Daliya: can be made with broken wheat, Cow ghee, Cow milk, and jaggeries like porridge in hemanta and shishiraRitu or cold places, but in Sharad and Grishmaritu Khanda Shrakara should be added in place of jaggery. For women who don't like sweets, it can be made with pulses, vegetables, and spices which are enlisted on the table.
5. Porridge made with Ragi millet and milk.
6. Idali:
7. Idiyappam
8. Dhokala which is fried in ghee with betel leaves, hing, and Mustared and served with chutney of puceena, Jeera, Lahsun, dhaniyaguda, etc will counter the vatavardhakguna of Besan
9. Sandwiches: Veg Sandwich, Egg sandwich, chicken sandwich, meat sandwich. Always use brown bread, and cow ghee. For veg sandwich cooked veg should be taken.
10. Beard Omelettes
11. Chat can be made with green gram: which is properly soaked, steamed, and fried in cow ghee, assafoetida, and garlic. Add coriander and mint leaf chutney, steamed fruits, sprinkle roasted cumin powder, rock salt black pepper powder
12. Cutlets: can be made with pulses, vegetables, and spices.
13. Keema cutlets

14. Keema samosa: Samosa should be fried in ghee and the outer covering should be made by wheat floor. It must be taken according to Agni and Ritu.

Soups: Vegetable soup, Chicken soup, Meat soup MudgaYusha, Laja Manda,

Lunch/Dinner options:

1. Kichadi made with rice, moong daal, vegetable, and sufficient spices like Hinga, garlic, cumin, black pepper coriander leaves should be used.
2. Bajara chapatti, Parathe with sufficient ghee is used in north India in post-partum.
3. PothiyaSamayal which is made of Moong daal, vegetable spice, used in South india made
4. Tahari which is made from Broken Wheat, meat, spices, and pulses, is semisolid in consistency.
5. Bedhmika: Wheat flour-made chapatti stuffed with Black gram paste is called Bedhmika. It can be used in hemant and shishirritu.

Other:

1. Sutika Should take milk properly.
2. In south India, milk is given with turmeric or shunthi
3. Sutika can take fruits with a sprinkle of Kala namak, hing, roasted cumin, and black pepper because some fruits which are mentioned above are heathy but slightly vishtabhi so this sprinkle will help fruits to digest easily.
4. In most states of India traditionally a laddu of til, Ajwain, kaluji, Guda, and Dry fruits shunti with sufficient ghee is made for sutika.
5. Patrshaka should not be taken in the first few months because they are heavy in digestion and Shaka should be properly boiled and fried with Garlic and other spices to make it easily digestive
6. Laddu made by Ufullika or Laja and jaggery.
7. Halava or Lapsi is made with Wheat flour, Cow ghee, and jaggery. It can be flavoured with cardamom and enriched with dry fruits.
8. Amla candy or Amla murabba
9. Halwa made by Bottle gourd, papaya, and Green Gram.

These are some options, but many other preparations can be made according to season, Agni, culther of a particular area, and availability of ingredients.

DISCUSSION

Bhavaprakash indicated *Vayunashakchikitsa* to treat the *Sutika roga*¹⁸ because *Vata* is the main cause of *sutikaroga*. *Sutikaparicharya* which is mentioned by all *Acharya* prevents *sutikaroga* and cause complete involution of the uterus and other pelvic organ. *Abhayanga*, tones up the muscles, vaginal massage facilitates proper drainage of *Lochia*, *Udaravartan* prevents *Vayu* to inter, *yonidhoopan* prevents vaginal infection, and *Swedan* has also *vatashamaka* effect, so it is beneficial in *sutika kala*. *Nasya karma* and *Asthapanabasti* is contraindicated to *sutika*. Be-

cause the administration of *Asthapana Basti* will increase *Amadoshin sutika*¹⁹ and *Nasya karma* can cause emaciation, anorexia, and body ache in *sutika*.²⁰, *Vayayama* and *maithuna* is also contraindicated in *sutikakala*²¹ Diet regimen which is mentioned in *Sutika kala* is having *balya*, *deepan*, *Srotoshodhana*, *Vatashamakaproperty*. If we will see the whole concept of diet preparation in *Sutika Kala* so it high-calorie diet and for proper digestion, absorption and metabolism there is a *deepandravya* that has been mentioned. Nutrition requirements in exclusive breast-feeding periods (0-6months) for body weight 55 are²²-

S. No.	Nutrients	Moderate working women	Breast feeding mother
1.	Net energy	2230 kcal/day	+600 kcal/day
2.	Protein	55gm/day	74 gm/day
3.	Visible fat	30gm/day	30/day
4.	Calcium	600 mg/day	1200mg/day
5.	Iron	21mg/day	21mg/day
6.	Zink	10mg/day	12mg/day
7.	Magnesium	310mg/day	310/day
8.	Retinol (vit A)	600µg/day	950 µg/day
9.	Thiamine (vit B)	1.1mg/day	+0.3mg/day
10.	Riboflavin	1.3mg/day	+0.4mg/day
11.	Niacin	14mg/day	+4 mg/day
12.	Vit B ₆	2mg/day	2.5mg/day
13.	Ascorbic acid	40mg/day	80mg/day
14.	Dietary folate	200 µg/day	300 µg/day
15.	Vitamin B ₁₂	1 µg/day	1.5 µg/day

Nutritional requirements are higher in lactating mother than in women who works moderately. So, in *Snigdha* and *madhura Ahara* is mentioned in *Sutika-Paricharya*. *Acharya Sushruta* and *Acharaya Vagbhata* mentioned *Ushnagudodaka* because *Guda* (jaggery) is contained nutrients with glucose and fructose. It contains Iron, calcium, phosphorus, and magnesium. *Jiggery* is very rich in Iron so it prevents anemia. It is antitoxic and anticarcinogenic. Its dietary intake can prevent atmospheric pollution-related toxicity²³. Rice is the Staple food of more than half of

the human race. It is the main source of carbohydrates, and its germ contains most of the essential nutrients. Rice protein is richer in lysine than cereal protein, for this reason, rice protein is considered to be of better quality²⁴. Wheat is the next important cereal after Rice. It contains 9-16% protein, and it is whole grain, so it is much less subjected to loss of essential nutrients. Wheat flour is a rich source of vit B²⁵. *Bajara* is Staple food of Gujarat, Rajasthan, and Maharashtra. It contains 10 to 14% of protein and vit of B group and minerals like calcium and Iron in a significant amount. *Moong daal* is Rich source of

Protein. 100 gms of moong daal contains 24 g of protein, 1.2g of fat, and 63gms of carbohydrate. It contains Iron, magnesium, and Vit B-6. It is laghu in property, but It is Vatavardhaka so it should be cooked with ghee, and some spices like Garliac, hing, cumin, coriander, etc. Masha (uraddaal) is said Brihana in ayurveda it contains a high level of protein that is 25gm/100gms. It contains calcium, Iron, niacin, thiamine, and riboflavin. It is a rich source of Vitamins and minerals that help boost the metabolism. Green leaves like Palak, Amaranth, and Fenugreek, are a rich source of carotenes, calcium, Iron, and vit C. It contributes a maximum number of dietary fibres. All spices are carminative, facilitate digestion and correct metabolism. Coriander is having antioxidant properties. Turmeric is anti-inflammatory, anticancer, antibacterial, and antihistaminic. Ginger is carminative, antipyretic, antioxidant, anti-inflammatory, and spasmodic. Garlic contains a sulphur compound which is the main reason for its taste. It is antiseptic. It corrects hyperlipidemia and removes free radicals. *Amla* is the rich source of vit C it is called *rasayana*. An article published in Biochemistry 2005 under the title of Novel Aromatic Ester from Piper longum and its Analogues Inhibit Expression of Cell Adhesion Molecules on Endothelial cells, Author is Sarvesh Kumar, Prgyaarya, and Chandrani Mukherjee, where active principal ethyl 3,4,5 trimethoxynnamate and piperine has been extracted from natural piper longum and found that both compounds inhibited the TNF α () induced expression of ICAM-1(Intracellular adhesion molecule-1) which proves its anti-inflammatory activity. Cow ghee contributes to calories in food. 1 tablespoon of Ghee contains 112 calories and 12% of daily Vit A. It is agnideepak, Rasayana, Balya. dry fruits are a rich source of energy. Rasins, dates, and apricots are rich sources of iron and calcium²⁶. Fruit contains cellulose which assists in normal bowel movement. Food preparation should be easily digestible and palatable. Basic Ahara rules like Agnivichar, Desha, Kaal, Asthavidhahara Visheshayatan, will also be applicable for sutika.

CONCLUSION

Sutikakalais a very important phase of a women's life. After becoming a mother, a woman phases lots of challenges not only physically but mentally and socially too Proper care during *Sutiak kala* prevents her as well as a baby from many diseases. *Vata* is the main *Dosha* for *Sutikaroga*, so *VatashamakUpakramas* are mentioned by all *Acharya* in *SutikaParicharya*. *Acharya Kashyapa* mentioned *Deshanusar-sutikaParicharya*. He stated that we should never generalize *SutikaParicharya*, so that as per the availability and tradition of particular desh and *JatiAharaSankalpna* should be maid which fulfil all nutritional requirements. *Sutikaahara* must be *Deepniya*, *bhrihaneeya*, *balya* and *Vatanulomak* and *Sroto-shodhakain* property.

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