

REVIEW ARTICLE

Traditional *Sutika Paricharya* Practices Prevalent in Kozhikode District of Kerala

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ABSTRACT

Introduction: Motherhood is the most gifted prize in the world as it is the means of transfer of human generation. *Sutika kala* (period of puerperium) is the period of happiness as well as the period of complications also. The puerperium is the period from the end of the third stage of labor until most of the patient's organs have returned to the pre-pregnant state. Proper *paricharya* is necessary for the maintenance of the health of the puerperal women. There are some traditional practices for the health promotion of *Sutika* which are prevalent in Kozhikode district of Kerala. The objective of this study is to reveal the scientific background of the traditional *Sutika paricharya* practices prevalent in Kozhikode.

Materials and Methods: The data regarding the *Sutika paricharya* were collected from the Ayurvedic practitioners from Kozhikode through a Telephonic Survey with the help of a structured questionnaire. Data will be analyzed scientifically and conclusions will be drawn.

Results and Discussion: The Traditional *Sutika Paricharya* practices prevalent in Kozhikode district of Kerala includes the use of *Nadi Kashaya*, *Arista*, *Nalpamaradi Vethuvellam* (water used for bath prepared from *Nalpamaradi* drugs), *Mukkudi*, *Ullichoru* (special rice prepared with onion and its varieties), *Pettu lehyam*, *Thengin pookkuladi lehyam* (Avaleha prepared with Inflorescence of coconut), and *Navadhanya powder*. The details regarding its preparation, uses, effects, and its scientific background were validated and conclusions were drawn.

Conclusion: The time-tested and validated scientific practices should be added and updated to the knowledge database of *Sutika* practices in the Ayurveda system in India.

1. INTRODUCTION

Motherhood is the most gifted prize in the world as it is the means of transfer of human generation. The word "*Sthree*" is derived from the root word "*Strayate*" which means *Sabda/Sanghata*. *Sthree* is one who produces loud sounds during *Prasava* (delivery). *Sthree* is one in which *Sukra-sonita samyoga* is happening.

Sutika Kala is the period of motherhood extending for 1½ months after childbirth. The puerperium is the period from the end of the third stage of labor until most of the patient's organs have returned to the pre-pregnant state.^[1]

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1.1. *Sutika Kala* as per Various *Acaryas*

Acarya Charaka has not given any specific duration.^[2] Acarya Sushrut and Vagbhata, explained *sutika kala* for 1½ months or until she gets her first menstruation after delivery, and in case of *mudha garbha* 4 months, can be considered as *sutika kala*.^[3,4] Kashyapa mentioned *sutika kala* as 6 months. Bhavaprakash and Yogratanakara describes *sutika kala* for 1½ months or after the restoration of menstrual cycle and after that she can be free from *sutika paricharya*.^[5,6] In case of complicated labor only after the subsidence of complication she should be free from *sutika paricharya*. The term *sutika* is used after the expulsion of placenta (*Apara*) in all classics.^[7] *Sutika kala* is the period of happiness as well as the period of complications also. After delivery *sareera* becomes weak lean due to development of fetus and also cause unsteadiness of all *dhatu*s, excretion of *kleda* due to labour pain, and loss of blood during delivery. *Soothika paricharya*

helps to replace those lost things and gain pre-pregnancy stage.^[8] Proper *paricharya* is necessary for the maintenance of the health of the puerperal women. There are some traditional practices for the health promotion of *Sutika* which are prevalent in Kozhikode district of Kerala.

This study aims to explore these traditional *Sutika Paricharya* practices prevalent in Kozhikode district of Kerala.

2. MATERIALS AND METHODS

The data regarding the traditional *Sutika Paricharya* practices seen in Kozhikode district in Kerala was collected through a telephonic survey and interview with the experts with the help of a structured questionnaire. Results were summarized and conclusions were drawn.

3. RESULTS

The traditional *Sutika Paricharya* practices prevalent in Kozhikode district in Kerala include the usage of the following preparations

1. *Nadi Kashaya*
2. *Thenginpookuladi Lehya*
3. *Pettu Lehya*
4. *Ullichoru*
5. *Mukkudi*
6. *Nalpamaradi Vethuvellam*
7. *Navadhanyapodi*.

3.1. *Nadi Kashaya*

Nadi Kashaya is a herbal decoction given to *Sutika* which contains 38 herbal ingredients. The list of ingredients is explained in Table 1.

Nadi Kashaya is prepared by boiling one part powder in 16 parts of water and reduced to one-fourth. This *Kashaya* is having *Tridoshahara* property especially *Vatahara*, *Sulahara*, *Deepana*, and *Sandhanakara*.

3.2. *Thenginpookuladi Lehya*

Thenginpookuladi Lehya is prepared from *Thenginpookuladi Kashaya* mentioned in *Sahasrayoga* for *Asrugdara*.^[9] It is also known as *Kerapookuladi Lehya/Rasayana*. *Theng/Kera* means coconut and *Poovu* means inflorescence. *Thenginpookuladi Kashaya* is prepared from the *kalka* of the drugs mixed with 3200 ml of water and reduced to one-by-fourth of the quantity. The ingredients of *Thenginpookuladi Kashaya* are mentioned in Table 2.

Thengumpookuladi Kashaya is again kept on the flame to boil. Jaggery which is taken half the part of *Kashaya* is added to it and made to dissolve. When the jaggery is completely dissolved, it is filtered through a clean white cotton cloth. The filtrate is again boiled over mild fire to a thicker thread consistency. *Ghrita (ghee)* is added one-fourth part of the decoction just before getting the *Paka Lakshana*. After proper cooking it is taken out from fire and *prakshepa dravyas* are added.

Prakshepa dravyas such as *Twak*, *Ela*, *Patra* and *Nagakesara* (1/16th part of decoction) is added to the mixture. The substrate is stirred well till a homogeneous mixture is obtained. Equal amount of *ghee* and *honey* are added on the next day and packed in air-tight containers This *Lehya* is mainly used in gynecological disorders.

3.3. *Pettu Lehya*^[9]

Pettu Lehya is a traditional Ayurvedic preparation used by *Sutika*. This *lehya* helps in the restoration of the health of puerperal woman. It increases breast milk and also helps to increase the strength, beauty, and health of women during the puerperal period. The ingredients of *Pettu Lehya* are explained in Table 3.

The *Pettu Lehya* is prepared in such a way that the Jaggery and sugar candy is melted in an *Uruli*. Oil and *ghee* are mixed and heated in low flame heat. The half a portion of the above-mentioned powdered raw drugs are added into this mixture and it is then heated to *Lehya paka*. After the attainment of *lehya paka*, the remaining powder is added. Allow the mixture to cool and after cooling, *honey* is added to the *lehya* and is stored in glass containers.

3.4. *Ullichoru*

Ullichoru is a dietary preparation made up of *ulli* which means onion and *garlic*. It is also known as *Onion Garlic rice*. It is a food to be followed after delivery *Ullichoru* is prepared by using coconut oil, sesame oil, and *ghee*. Heat the oils and after heating cumin seeds are crackled in that oil.

Chopped *garlic* and chopped *onions* were added to the mixture. *Salt* is sprinkled over the mixture and wait till the *onions* are fried. After the *onions* are fried, cooked *rice* and crushed *pepper corns* were added and mixed. *Turmeric powder* is added and mixed well by keeping the *rice* under low flame heat to make *Ullichoru*.

3.5. *Mukkudi*

Buttermilk is medicated with drugs and is taken in *Sutika Kala* and is known as *Mukkudi*. *Mukkudi* contains the following drugs. The Ingredients of *Mukkudi* are mentioned in Table 4.

3.6. *Nalpamaradi Vethuvellam*

Nalpamaradi Vethuvellam is prepared from crushed *Nalpamara* drug. *Nal* means four, *Pal* means latex and *Mara* means plants. *Nalpamara* means four latex-producing plants coming under the *Ficus* genus. *Nalpamaradi vethuvellam* is the water prepared with the following drugs which is used for bathing by *Sutika*. Water boiled with *Nalpamaram* attains a light brownish-red texture. Mothers make use of this water for bathing as it would help to reduce stretch marks in the skin. Drugs used in I mentioned in Table 5.

3.7. *Navadhanya Podi*

Navadhanya podi is the powder of nine items that is used during *Sutika kala* which include the following drugs explained in Table 6.

Navadhanya podi is a unique blend of cereals, lentils, and oilseeds and is a rich source of vitamins, minerals, proteins, fats and carbohydrates which supports health and improves digestion.

Panchakola (*piper longum*, root of *piper longum*, *plumbago zeylanica*, *piper retrofractum*, *zingiber officinale*) *siddhapeya* for first 3 days, *vidaryaadi gana kwatha siddha snehayukta yavagu* from 4th to 7th day, after that gradually *brimhana ahara* from 8th to 12th day, after 12th day meat soup should be used.^[10]

4. DISCUSSION

Makes women complete only after giving birth to a child. A woman undergoes lots of changes from the starting stages of *garbhini* to

delivery time. The aim of *sutika paricharya* is to maintain maternal and child health and preventing any complications after delivery. It will balance dosha and help to attain the swasthya of *sutika*.^[10] This means it helps to attain *samadosha, samagni, samadhatu, sama mala, Prasanna athma indriya, and Prasanna mana* of mother.

5. CONCLUSION

The *Sutika paricharya* practices in Kozhikode district of Kerala include the usage of Nadi Kashaya, *Thenginpookuladi Lehya, Pettu Lehya, Ullichoru, Mukkudi, Nalpamaradi Vethuvellam, and Navadhanyapodi*. The scientific background of all these practices needs to be evaluated with the help of clinical studies. Exploratory researches should be also be done to find out the locally existing *Sutika paricharya* practices in other districts of Kerala and India. The time-tested and validated scientific practices should be added and updated to the knowledge database of *Sutika* practices in the Ayurveda system in India.

6. ACKNOWLEDGMENTS

Nil.

7. AUTHORS' CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

8. FUNDING

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9. ETHICAL APPROVALS

This study not required ethical clearance as it is review study.

10. CONFLICTS OF INTEREST

Nil.

11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

12. PUBLISHERS NOTE

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Table 1: Ingredients of Nadi Kashaya

S. No.	Sanskrit name	Botanical name
1	<i>Bilva</i>	<i>Aegle marmelos</i>
2	<i>Shyonaka</i>	<i>Oroxylum indicum</i>
3	<i>Gambhari</i>	<i>Gmelina arborea</i>
4	<i>Patala</i>	<i>Stereospermum suaveolens</i>
5	<i>Agnimantha</i>	<i>Premna mucronata</i>
6	<i>Shaliparni</i>	<i>Desmodium gangeticum</i>
7	<i>Prishnaparni</i>	<i>Uraria picta</i>
8	<i>Brihati</i>	<i>Solanum indicum</i>
9	<i>Kantakari</i>	<i>Solanum xanthocarpum</i>
10	<i>Gokshura</i>	<i>Tribulus terrestris</i>
11	<i>Balamula</i>	<i>Sida rhombifolia</i>
12	<i>Haritaki</i>	<i>Terminalia chebula</i>
13	<i>Vibitaki</i>	<i>Terminalia bellerica</i>
14	<i>Amalaki</i>	<i>Emblica officinalis</i>
15	<i>Chiraytha</i>	<i>Swertia chiraita</i>
16	<i>Yavasa</i>	<i>Alhagi camelorum</i>
17	<i>Maricha</i>	<i>Piper nigrum</i>
18	<i>Rasna</i>	<i>Alpinia galangal</i>
19	<i>Mustha</i>	<i>Cyperus rotundus</i>
20	<i>Parpata</i>	<i>Fumaria indica</i>
21	<i>Usheera</i>	<i>Vetiveria zizanioides</i>
22	<i>Chandana</i>	<i>Santalum album</i>
23	<i>Udichya</i>	<i>Pavonia odorata</i>
24	<i>Shunti</i>	<i>Zingiber officinale</i>
25	<i>Jeeraka</i>	<i>Cuminum cyminum</i>
26	<i>Krishna jeeraka</i>	<i>Carum carvi</i>
27	<i>Upakunchika</i>	<i>Nigella sativa</i>
28	<i>Ajaji</i>	<i>Croton tiglium</i>
29	<i>Yashti</i>	<i>Glycyrrhiza glabra</i>
30	<i>Uluvacha (Methika)</i>	<i>Trigonella foneum-graceum</i>
31	<i>Devadaru</i>	<i>Cedrus deodara Roxb.</i>
32	<i>Mudga</i>	<i>Vigna radiate</i>
33	<i>Panchangula (Eranda)</i>	<i>Ricinus communis</i>
34	<i>Haridra</i>	<i>Curcuma longa</i>
35	<i>Ashali (Atasi)</i>	<i>Linum usitatissimum</i>
36	<i>Daruharidra</i>	<i>Berberis aristata</i>
37	<i>Khataka</i>	<i>Strychnos potatarum</i>
38	<i>Nimba twak</i>	<i>Azadiracta indica</i>

Table 2: Ingredients of *Thenginpookuladi Kashaya*^[8]

Local name	Botanical name	Quantity
Narikela Pushpa (Inflorescence of coconut)	Cocos Nucifera	50 g
Japa	Hibiscus rosasinensis	50 g
Bala	Sida cordifolia	50 g
Jambu	Syzygium cumini	50 g

Table 3: Ingredients of *Pettu Lehya*

S. No.	Sanskrit name	Botanical name	Quantity
1	<i>Satapushpa</i>	<i>Anethum graveolens</i>	200 g
2	<i>Methika (fried)</i>	<i>Trigonella foenum-graecum</i>	100 g
3	<i>Jeeraka</i>	<i>Cuminum cyminum</i>	100 g
4	<i>Ajamoda</i>	<i>Trachyspermum ammi</i>	50 g
5	<i>Krishnajeeraka</i>	<i>Carum carvi</i>	50 g
6	<i>Mishi</i>	<i>Foeniculum vulgare</i>	50 g
7	<i>Parasika Yavani</i>	<i>Hyoscyamus niger</i>	50 g
8	<i>Sunti</i>	<i>Zingiber officinale</i>	50 g
9	<i>Vrikshamla (fried seeds)</i>	<i>Garcinia indica</i>	50 g
10	<i>Jatiphala</i>	<i>Myristica fragrans</i>	50 g
11	<i>Guda</i>	Jaggery	2½ kg
12	<i>Khanda sarkara</i>	Sugar candy	1¼ kg
13	<i>Taila</i>	Oil	100 g
14	<i>Ghrita</i>	Ghee	50 g
15	<i>Madhu</i>	Honey	500 g

Table 5: Drugs used in *Nalpamaradi Vethuvellam*

Local name	Sanskrit name	Botanical name
Athi	Udumbara	<i>Ficus racemosa</i>
Ithi	Plaksha	<i>Ficus microcarpa</i>
Arayal	Aswatha	<i>Ficus religiosa</i>
Peral	Nyagrodha	<i>Ficus bengalensis</i>

Table 6: Ingredients of *Navadhanya podi*

English name	Sanskrit name	Botanical name
Rice	<i>Shali</i>	<i>Oryza sativa</i>
Wheat	<i>Godhuma</i>	<i>Triticum aestivum</i>
Green gram	<i>Mudga</i>	<i>Vigna radiata</i>
Black gram	<i>Masha</i>	<i>Vigna mungo</i>
Bengal gram	<i>Chanaka</i>	<i>Cicer arietinum</i>
Black sesame seeds	<i>Tila</i>	<i>Sesamum indicum</i>
Horse gram	<i>Kulatha</i>	<i>Macrotyloma uniflorum</i>
White beans	<i>Rajamasha</i>	<i>Phaseolus vulgaris</i>
Red lentil	<i>Kalaya</i>	<i>Lens culinaris</i>

Table 4: Ingredients of Mukkudi

S. No.	Sanskrit name	Botanical name
1	<i>Pippali</i>	<i>Piper longum</i>
2	<i>Pippalimula</i>	<i>Piper longum</i>
3	<i>Chavya</i>	<i>Piper retrofractum</i>
4	<i>Chitraka</i>	<i>Pumbago zeylanica</i>
5	<i>Nagara</i>	<i>Zingiber officinale</i>
6	<i>Maricha</i>	<i>Piper nigrum</i>
7	<i>Jeeraka</i>	<i>Cuminum cyminum</i>
8	<i>Krishna jeeraka</i>	<i>Carum carvi</i>
9	<i>Haridra</i>	<i>Curcuma longa</i>
10	<i>Daruharidra</i>	<i>Berberis aristata</i>
11	<i>Vacha</i>	<i>Acorus calamus</i>
12	<i>Saindhava</i>	<i>Rocksalt</i>