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Sutika Katishoola Nidan Panchaka and Chiktsa Sutra
(Treatment Principles) According to Ayurveda – A review
Divya Pawar*1, Sameer Gholap2

1. Post Graduate Scholar,
2. Associate Professor and Guide,
Department of Prasuti Tantra Avum Striroga, SMBT College and Hospital, Nandi Hills,
Dhamangaon, Igatpuri, Nashik, Maharashtra, India

*Corresponding Author: Email – divi.pawar94@gmail.com

ABSTRACT –
Post-natal Low Back Pain (LBP) and pelvic pain are common problems in the postpartum period. Acharya Charaka and all other classics have given a definite period for specific dietetic management of Sutika which can be considered as normal period of puerperium. Changes in lead to Ati Aptarparpana, exhaustion of mother during Sutika-kala. Which causes Vata Vriddhi which is responsible for Vata vyadhis like Low-Backache in women. In Ayurveda, Kashyap Samhita mentions 74 Sutika diseases which includes Sutika Katishula as a Sutika Diseases. Proper Nidana Panchaka of Sutika Katischula is not given in the texts but as it happens due to Vataprakopa thus scattered data has been put under heading.

KEYWORDS – Sutika, Sutika Katishula, Nidana Panchaka, Chikitsa Sutra, Post-partum Low back-pain, etc.

INTRODUCTION –
Sutika Kala is named as Post-natal phase in Modern Science. Ayurveda has described management of Sutika, but Kashyapa has described in detail about it. He has mentioned that following delivery of child, the placenta is expelled; following that the women is called as ‘Sutika’ [1]. Post-natal Low Back Pain (LBP) and pelvic pain are common problems in the post-partum period. Among all Demographic, obstetric and epidural variables examined the only factors significantly associated with backache after childbirth was backache before and during pregnancy.

In Sutikavastha, all doshas are aggravated mainly Vata Dosha due to Pravahana and Raktashaya. This Vataprakop leads to Agnimandya (loss of appetite). Though Sutikavastha is not a diseased state but due to Agnimandya, Vataprakopa and Dhatukshaya, she is prone to develop disease earlier or later in the life. Except Acharya Charaka all other classics have given a definite period for specific dietetic management of Sutika which can be considered as normal period of puerperium. Changes in lead to Ati-Aptarparpana of mother during Sutika-
kala. Which causes Vata Vriddhi which responsible for Vata vyadhis like Low-Backache in women. In Ayurveda, Kashyap Samhita mentions 74 Sutika diseases which includes Sutika Katishula as a Sutika Diseases. Low-Backache in Sutika is very commonly encountered in current day to days practice. Postpartum back pain is common, with up to 75% of women experiencing back pain immediately following birth. During postnatal period, 68% of women in 8 weeks and 60% in 8 months Affected with back pain, neither elective caesarean section nor assisted vaginal delivery increase the risk of postnatal back pain compared with spontaneous. Low-Backache in Post-Partum can be managed by some modern medications, but methods of Modern Science have many drawbacks which either have side effects or needs a long term medication.

AIM AND OBJECTIVE –
- To understand Nidana Panchaka and Chikitsa Sutra (treatment principles) of Sutika Katishoola in both Ayurvedic and Modern Perspectives.

MATERIAL AND METHOD –
- Reviewing the Sutika Katishoola (Post-partum Low-backapain) Nidana Panchaka and Chikitsa through Ayurvedic classics, commentaries also recently published books and Research journals and modern science literature, the collection done and attempt to get co-relation between Ayurveda and Modern literature. An observation study done on 45 patients from SMBT Ayurved College.

SUTIKA –
Sutayaschapi Tatra Syadapara Chenna Nirgata |
Prasutaapri Na Suta Sreet Bhavatyevam Gate Sati ||

(Ka.S.11/6)
Kashyapacharya has said until and unless Aparapatana takes place stree should not be considered as Sutika. This clearly indicates that Aparapatan (expulsion of placenta) is also very important and it is also the part of delivery process [2].

SUTIKA KATISHOOLA NIDANA PANCHAKA –
HETU –
Mithyacharat Sutikaya Yo Vyadhirupajayate |
Sa Krichhasadhyasadhyo Va Bhavedatyapatarpanat ||

(S.Sha.10/19)
Mithyachara which means not following hygienic rituals and observances leads to Sutikarogas [3].

PURVARUPA – Vyaktavastha
SAMANYA RUPA (COMMON COMPLAINTS) –
Angamarda jwaraha kampa pipasa gurugatrata |
Shothaha shulatisarau cha sutikarogalakshanam ||

(M.Ni.65/2)
Sutikaroga develops due to use of direct air, dietetics and mode of life likely to aggravated doshas, incompatible food and ingredients are very serious [4].

SAMPRAPTI –
Samprapti of Sutika Katishoola is not given specially in classics but can be stated as follow,
Prasava

Mithyapocha. Sanklesha

Prasutimuruta or Vitiation of Apana Vayu (Shukra Artava Shakritaa Mutra Garbha Nishkramana Kriyaha)

Garbhavrididdhi, Prasavaruka, Raktasriti, Atipidana

Dhatu Shaithilya Dhatukshayajanya Vataprakopa (Raktakledanisruti) and Margavarodhajanya Vataprakopa (Sashesha Doshanam – Placental Remnants Etc.)

Ashrayashrayi Bhava

Apanavayu sthana (Apanoapanagaha Shroni Basti Medhra Urugocharaha)

Artavavaha Srotasa (Artavave Dve Garbhashamulam Artavavahi Dhamanyau Cha)

Vataprakopa (Apanavayu Prakopa / Prasutimarutatayogata, Kaphanubandhi/ Kapharaktanubandhi)

Shulascha Viguno Anilaha

Sutika Katissshoola Nirmiti

Samprapti Ghataka –

- Dosha – Kaphanubandhi Vata especially Apana vayu
- Dushya – Rasa, Raktia, Mansa, Artava, Asthi
- Srotasa – Rasavaha, Raktavaha, Mansavaha, Artavavaha Asthivaha, Manovaha, Purishavaha, Mutravaha.

- Srotadushti – Vataprakopa – Margavarodha and Dhatukshaya
- Agni – Jatharagni, Dhatwagni
- Ama – Jatharagnijanya and Dhatwagnihjanya
- Udbhavastha – Garbhashaya, Katipadesha
- Rancharasthanka – Rasavahini of Apanakshetra
- Adhisthanka – Katipadesha
- Vyaktarupa – Shula, Raktakledasruti / Sutikasrava

SADHYA ASADHYATA – Kashtasadhya

CHIKITSA –

A) SAMANYA CHIKITSA (GENERAL TREATMENT) –

Asutikarogashantyartham kuryat vataharim kriyam | (YR Streero) Aggravated vata dosha is being the main culprit for causing the disease hence measures are taken to subside vata dosha which is a main principle [6]

1) Treatment capable of suppressing Vata is the main principle.
2) Nidana Parivarjana.
3) Bhautika – Bhuta chikitsa (Chakrapani) – can be correlated with antimicrobial treatment (Antiiotic).
4) Jeevaniya, Brimhaniya, Bala – Vardhana, Vatahara dravyas for administration.
5) Vatahara dravya Sneha, Sweda are capable of giving immediate relief.
6) Following Sutika Paricharya – just after the birth of the child give Lodhra, Arjuna, Kadamba, Devadaru, Nimba, Badari kwatha (Decoction) for Yoni and Rakta
Shuddhi followed by Tailabhyanga and Nadi Swedana.
7) 1\textsuperscript{st} day – Langhana the Guda, Shunthi and Haritaki followed by Kulattha kwatha.
8) 3\textsuperscript{rd} day – Yavagu medicated with panchakola churna.
9) 4\textsuperscript{th} day - Yavagu medicated with panchakola churna + Twaka, Ela, Patra, Nagakeshara.
10) 5\textsuperscript{th} day cooked Shali + Pathya Bhojana till 15\textsuperscript{th} day.
11) Jeevniya, Brimhanya, Balavardhaka and Vatahara drugs containing Annapana (Diet), Snehana, Abhyanga, Utsadana to reduce tiredness.
12) No Panchakarma should be given.

B) VISHISHTHA CHIKITSA
(ACCORDING TO LOCATION) –

| Anupa desha       | • No snehapana  
|                   | • Ushna drugs administration  
|                   | • Use of Manda  
|                   | • Swedana  
|                   | • Vayu – Virahita  
|                   | sthana syana |
| Jangala desha     | • Vata and Pitta predominance.  
|                   | • Sneha satmya.  
| Sadharana desha   | • Sadharana ahara vihara (general diet and lifestyle)  
| Videsha jati      | • Use of Mamsa rasa, Kandamoola and Phala.  

POSTPARTUM LOW-BACK PAIN –
Low-back pain after delivery of child in women is commonly found in today’s era. LBP after delivery may last up to 6 month to 1 year while the aetiology of LBP during pregnancy remains theoretical, three mechanisms are described regularly are Biomechanical, Musculoskeletal, Hormonal and Vascular. There is pressure and stress during pregnancy and after delivery. It has been proved that incidence of LBP is significantly higher after caesarean section as compared to normal vaginal delivery \[6\].

Causes –
1) Changes in Hormonal levels as women’s body releases progesterone and relaxin during pregnancy which relaxes the ligaments and joints to make delivery easier but they don’t stay for long and may cause lower back pain.
2) Physiological changes like lower back pain in 2\textsuperscript{nd} trimester which continues for few months after post-partum.
3) Increase in weight in pregnancy and muscles carry more weight thus causes pain.
4) There is increase in size during pregnancy thus additional strain on lower abdominal and back muscles.
5) Other causes are incorrect posture of breast feeding, physically strenuous work etc.

Treatment –
1) Exercises  
2) If more – Paracetamol which is safe drug in lactating mothers too.

DISCUSSION –
Many women complains about postpartum low back pain. It can be
eased and cured by giving massage and other natural remedies. Modern treatment of aspect is pain killers can be given. According to Ayurveda, Low-Backache is the condition which is characterised by shoo la and stab data, due to vitiated Apana Vata which gets lodged in the Kati Pradesha \(^7\). Katishoola is explained as one of the Lakshanas of Vata Vyadhi. Acharya Charaka has explained it in Vataja Nanatmaja Vikaras \(^8\). Viti ated vata is observed due to its Margavarodhajanya (Obstruction) and Dhatukshaya (Loss) etiological factors. Margavarodhajanya may happen after delivery in the form of Clots thus Acharyas has prescribed Shodhana chikitsa in Sutika paricharya to clean all the Viti ated doshas along with vayu. Dhatukshaya happen due to exhausted mother during labour due to pain and dehydration, postpartum bleeding etc. thus Vatahar Chikitsa like Snehana, Swedana, Basti are given in Sutika which reduces Low back pain by normalising Apana Vayu in Kati pradesha.

**CONCLUSION**

Low back pain which persists after birth and affects approximately a quarter of woman. About 45% women experience Postpartum Low back pain that can affect their mobility, ability to perform daily activities \(^9\). Pain may be considerable and lasts for several months. Acharya Kashyapa has explained Sutika Katishoola (Low-back pain) 74 Sutika Rogas in which common are 25, 10 from Dushprajata chikitsa adhyaaya and 39 in Sutikopakramaniya adhyaaya \(^10\) Thus Vatahar Chikitsa given to reduce vitiated Vata by minimising pain in Kati Pradesha and following Sutika Paricharya.

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