

## An observational survey of the traditional medicinal practices with regard to sutika paricharya (post-natal-care) in India

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**Introduction:** Folklore medicine is an integral part of ancient civilizations like India. The various traditional practices have been carried over through generations. Folklore plays a major role in post natal care, prevention and cure of diseases of the puerperal women.

**Materials and Methods:** Data was collected by interview method from 30 subjects of different regions of India (Karnataka, Kerala, Rajasthan, Maharashtra, Uttar Pradesh, Haryana, Bihar, and Chhattisgarh) who have either practiced or experienced folk practices.

**Observations:** The data was analysed and it was observed that 36.67% of the subjects adopted postnatal period upto 3 months, 86.67% of the subjects practiced Abhyanga (massage) with medicated oil or ghee, 36.67% of the subjects started bath from 2nd day of delivery, 40% of the subjects applied abdominal binder upto 2 months and 23.33 % of the subjects practiced meat soup intake from the 4th day onwards.

**Discussion:** It was observed that there was a similarity in certain practices like pattern of rest, sleep, use of hot water, massage, Yoni Doopan, Yoni Prakshalan, customized rooms for the woman and child, and special beds. The traditional pattern of Sutika care are as such a modified adaptation of the methods explained in Ayurveda. The difference in practices observed can be attributed to the availability and Satmyata (congenial). There are certain errors in the practices which are owing to the errors occurring transfer of knowledge.

**Conclusion:** Adopting the Sutika Paricharya explained in the classics and creating optimum awareness can give an authentic outlook to the traditional Indian practices w.r.t . post natal care.

**Key words:** Folklore, post natal care, Sutika Paricharya, tradition, and India

### Biography

Archana Singh has completed her B.A.M.S. from Banaras Hindu University (BHU), Varanasi, Uttar Pradesh (2004-09). Currently, she is pursuing post graduation in Prasuti Tantra & Stree Roga from SDM College of Ayurveda and Hospital, Hassan, Karnataka, affiliated to Rajiv Gandhi University of Health Sciences, Bangalore. She also holds diploma in Yoga from Banaras Hindu University, Varanasi, U.P. She has published one paper in International journal and presented 4 papers in different International seminars. She also has attended various seminars & workshops. Currently, she is working on the topic, "Effect of Ksheera Bala Taila Matra Basti in 8<sup>th</sup> Month Garbhini for Sukhaprasava".

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