



RAJASWALA PARICHARYA – WITH MODERN PERSPECTIVE

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ABSTRACT

The term *Rajaswala* means a reproductive age group female who is bleeding per vaginally and *Paricharya* means what kind of dietary habit and lifestyle she is going to opt during this period. In *Ayurvedic Samhitas* every *Aacharyas* has given their own view on *Rajaswala Paricharya*. The utility of *Rajaswala Paricharya* is doubtful in modern era. Through this article i am sharing my point of view on this *Paricharya*. Why *Aacharyas* has mentioned *Rajaswala Paricharya*? and what is the importance of this *Charya*. As we all understand..... “*Scholars dream of finding small facts pregnant with great progeny*”. When we emphasized on *Rajaswala Paricharya* we find that every *Aacharyas* has mentioned this *Charya* Just to protect and nourish the reproductive system of reproductive age group women and for those ladies who want to conceive or want to avoid any complications during pregnancy and to bring better progeny in this beautiful world who must be diseased free and mentally healthy.

KEYWORD: *Rajaswala Paricharya*, Progeny, Reproductive etc.

INTRODUCTION

As we all know that *Sharire Sushruta shreshtha* so I will explain what *Aacharya Sushruta* has told us about *Rajaswala Paricharya*.

[1]“ऋतौ प्रथमदिवसात् प्रभृति ब्रह्मचारिणी
दिवास्वप्नअंजनाश्रुपातस्नानानुलेपनाभ्यंगनखच्छेदनप्रधाव
नहसनकथनातिशब्दश्रवणावलेखनानिलायासान् परिहरेत्।
दर्भसंस्तरशायिनी करतलशरावर्णान्यतमभोजिनी हविष्यं,
त्रयहं च भर्तुः संरक्षेत्। अतः शुद्ध स्नातां..... भर्तारं
दर्शयेत्” ॥

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From the first day of menstrual cycle till 3 days of menstrual cycle when lady is bleeding she should avoid and follow some kind of activities. She should avoid *Aabrahmacharya* and must follow *Brahmacharya*. She should avoid day sleep, application of collyrium, weeping, bathing, ablution, massaging, paring of nails, fast running, laughing, talking too much, combing hair, avoid fast winds as well as excessive exercise. She should sleep on *Kusha* (*Desmostachya bipinnata* a type of grass Hindus use it for religious purpose), she should eat *Havisya* (meal made of ghee, shali rice and milk) or *Yawak* (meal made of barley and milk). Keeping the same directly over palm or in a utensil made of clay or leaves or unbroken utensil held in hand. On fourth day

the term ‘*Shudha Snata*’ is used for reproductive age group women. Now she should take bath, washing her head, wear white or new garments along with garland of flowers and ornaments etc. then with the enchantation of religious *Mantras* she should first of all see her husband clad in white garments. This is all about what *Rajaswala Paricharya* is.

DISCUSSION

According to *Samhitas* a female who is bleeding should restricted some physical work at least for those 3 days when the lady is definitely physically and psychologically in some changed status. *Aacharyas* has restricted female not to do that kind of activities who can hurt them physically or mentally, after 3 days other ladies of home taking extra care of *Shudha Snata* to make them happy and healthy, as we all well known about this fact that strength or energy of patient should be protected daily, because maintenance of strength of patient decrease the strength or force of disease. So here we will look why is it important for reproductive ladies to follow these *Paricharya*.

My first opinion says that they wanted to protect reproductive ladies from external infection because external infection may affect her pregnancy state like [2]TORCH infection in which Toxoplasmosis can be spread through contaminated food / water, contact with cat feces, early raw or uncooked food. Rubella infection it is a most Teratogenic infection, transmitted when pregnant lady are in contact with infected person so

prevention of Rubella in pregnant woman or in those ladies who is trying to conceive is very important. In present era Rubella vaccination is available but in old era it was not available there. CMV is the most common Perinatal infection, it spread through person to person contact because Cytomegalovirus is excreted in all body fluid. There is no drug treatment for this virus, no vaccine available. Prevention of CMV infection in pregnant woman is only option. Many more infection like chicken pox during pregnancy, HIV infection, Syphilis etc. shows hazard complications during pregnancy as we can say prognosis is not good with these infections, it causes bad obstetric outcome.

My second opinion says that they wanted to keep menstruating lady fully relaxed mentally as well as physically to reduce the complications related to menstrual problems- as we all know most of the ladies these days complaining of severe menstrual cramps while menstruating. Some ladies subsides these pain with in 2-3 days of cycle some experience it whole cycle. Is it normal phenomenon. No it's not normal. Some text says that, this problem is dysmenorrhoea and classified as primary/ spasmodic or secondary/ congestive dysmenorrhoea. I think it's not a disease it's just a symptom a patient can tell to doctor. A mild discomfort is normal during menstruation. When we focus attention on endometriosis and think how does it develop and how does it affect menstrual cycle and cause chronic pain, acute monthly exacerbation presenting as severe congestive dysmenorrhoea, infertility and so many other symptoms. We believe on the most accepted theory which is ^[3]Retrograde menstruation proposed by Sampson (Sampson's Implantation Theory) endometrium also goes out through tubes (retrograde) and implants on ovary, ligaments, bowel etc. Most common site is the ovary. Amazing part is that 70 to 80 % of all women have retrograde menses. But why only 5 to 10 % of all women would develop endometriosis? And this theory gives the answer because of **poor immunity** and **increased estrogenicity**. Mostly 3rd to 4th decade (25 – 35 years of age) women affected with this disease but recent studies shows that it may develop in adolescent girl too. Because making the diagnosis of endometriosis is difficult we clinically just cure the symptoms by simply giving them pain killer and categories this disease under dysmenorrhoea. One more intention should be there to separate ladies from their husbands is to avoid coitus during menstruation to avoid retrograde flow as during coitus oxytocin releases, it contract uterus and it may increases retrograde flow.

CONCLUSION

Most of the psychological difference between men and women seem to come from differences in their reproductive system. Every human being is the author of his own health or disease and our *Aacharyas* well known about this fact. It is bitter truth that every single things want special treatment at certain time period. A menstruating woman was not allowed to go out, not

allowed to run fast, not allowed for exercise, not allowed to stay with her husband in same room, because all these activities can promote retrograde flow and low immunity during menstrual cycle may increases the chance to develop all these diseases.

Aacharya has restricted day sleep as it increases *Kapha Dosh*a in body, application of *Anjana* may cause infection or injury to eyes, excessive shedding of tears makes you psychologically ill and weak, *Anulapana* (ablution), *Abhyanga* (massaging), *Nakhakartana* (paring of nails), *Avalekhana* (combing of hair) may give you external injury or you may get any kind of infection which is spreading through person to person contact, this infection may be potent enough to weaken your immune system, your health may down and you can catch any kind of infection like most of the time reproductive system may affected by tubercular infection and it causes difficulty to get pregnant. *Snana* (Bathing), *Dhavana* (fast racing), *Anila* (fast wind), *Aayas* (strenuous exercise) may give you external injuries and once your *Aartavahava Srotasha* get injured you may develop *Bandhyatava* (infertility), *Maithun Asahishnuta* (dyspareunia), *Aartavanasha* (Amenorrhoea). As we all know fibrosis occur in healing process it may cause scarring and adhesions with fallopian tube and causes infertility by impairing oocyte pick up by fimbria. It may altered tubo ovarian relation, it may promote retrograde flow as a result endometrium sheds in ovary and since it can not come out, keeps collecting to form a cyst we called it Chocolate Cyst of Ovary. *Aacharyas* advised menstruating lady not to laugh too loud and too much, not to talk too much because it may cause *Urakshata*. According to ^[4]*Aacharya Charaka* a person is destroyed by doing work beyond their strength, just as a lion pulling an elephant is destroyed, so it may badly affect ladies health. Why *kusha Shaiya* is advised ? Seeking for this answer I wanna say it relaxes mind so that hormones can work properly, also helpful in cleaning urinary bladder to make bladder disease free so that bladder can function properly and food which is explained in *Rajaswala Paricharya* is going to boost your immunity as our *Aacharyas* says^[5] *Ksheer Ghrita Abhyaso Rasayananaam*. *Yavaana* facilitate motion and balance *Vata* and *Kapha Dosh*a, it will be helpful in clearing rectum to avoid discomfort which happens during menses due to vitiated *Vata Dosh*a and it also helpful in maintaining the Estrogen level in our body. Lady should also avoid excessive eating to boost the *Jatharaagni* to make further *dhatu*s best as our *Aacharyas* mentioned *Karatalasharavaparnaantam bhojini*. When we look the anatomy of uterus we find that uterus rest over bladder anteriorly and rectum posteriorly. So the health of bladder and rectum is very important to make the uterus healthy and wealthy for pregnancy. Because from my point of view this *Rajaswala Paricharya* has been explained for married women who wants to bring new child in this world that's why on fourth day *Aacharya* has mentioned to see her husband and all these dresses and garlands and ornaments just to boost the partners

mood and to make them happy, and it also stimulate olfactory nerve. We *Ayurvedic* Practitioners can advice this “*Rajaswala Paricharya*” during **preconceptional** and **Perinatal counselling** because coitus is not advisable to those woman who is suffering from *Yoniroga* and Conception should be only in healthy *Yoni*. So through this *Paricharya* any woman can take care of her reproductive health because “ No woman can call herself free who does not control her own body”.

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