



## RAJASWALA PARICHARYA AS PREVENTIVE ASPECT - A REVIEW ARTICLE

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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. Society and processed foods negatively affect women's reproductive health, such as altered menstrual cycles and infertility.<sup>[1]</sup> Similarly, in ancient times, it is believed that improper acquisition of Aahar-Viharas was responsible for the development of varieties of Yonivyapad and Artavadushti. Rajaswala Paricharya. Subsequently, the idea of Supraja Jananam i.e solid offspring starts at the early degree of Rajaswala paricharya. Along these lines, in the current time, with the rising occurrence of feminine abnormalities, PCOD, fruitlessness and so forth, there is a pressing need to follow Rajaswala paricharya. Contributing to the improvement of negative effects on women's health has now become an important issue. Activities that should be followed and skipped with the most logical explanation will be examined in this article.

**KEYWORDS:** Ayurveda, Rajaswala, Rajaswala Paricharya.**INTRODUCTION**

Menstruation is a monthly bleeding from the uterus which comes per vaginum for 4+/-2 days that occurs every 28+/-7 days during reproductive life and blood loss averaging 20-60 ml. Rajaswala is also known by the names aatreyee, Malini, pushpavati, rutumati. Ayurveda helps women to gain better health and quality to her life during different phases of life like Rajaswala Paricharya, Garbhini Paricharya and Sutika Paricharya. Acharya Kashyapa has been mentioned that, throughout the life journey, women have to be passed from various phases like - Bala (childhood), Kumari (Adolescence), Rajaswala (menstruation/reproduction phase) and Vriddha (Old age-menopause). Out of these Rajaswala period is largest and most important period as it is fertile period necessary for reproduction. If this phase is healthy then it will give better progeny and healthy life. Due to the heightened presence of Chala Guna of Vata there is corresponding increase in the movement of Vayu which further enhances the movement of Dravyas in the Garbhashaya. One of the types of Vata i.e., Apana Vayu is responsible for the elimination of Mala, Mutra and Rajah.<sup>[2]</sup>

Causes of increased incidence of menstrual disorders

Age plays a key role in menstrual disorders. Girls who start menstruating at age of 11 or younger are at high risk of developing dysmenorrhea and menometrorrhagia.

Adolescents may develop amenorrhea before there ovulation cycles become regular.

**1] Causes in adolescents**

1. Mental Stress: in competitive world stress of various examinations over young age girls which just started menstruation, causes irregularity of menses because physical and mental stress causes hormonal imbalances.

2. Exercise: excessive physical stress it may be due to excessive sports activities or over burden of exercises over body for losing over gained weight by fatty girls. It increases the risk of amenorrhea or oligomenorrhea.

3. Weight loss: Eating disorders are common cause of amenorrhea in adolescent girls. Extreme weight loss and reduced fat stores leads to hormonal changes that include low thyroid levels (hypothyroidism) and elevated stress hormone levels (hypocorticosteroids).

4. Obesity: Due to wrong food habits such as habits of eating junk food, oily food, bakery products and irregular meal times incidence obesity is increased which impacts on menstrual cycle further causing PCOD like metabolic disorders

**2] Causes in reproductive age group women**

In reproductive age group women increased incidence of advanced diseases like PCOD, uterine fibroids,

adenomyosis endometriosis, pelvis infections, etc causes menstrual abnormalities.

1. The factors like Wrong diets, overweight or weight loss causes menstrual disorders in this age group women.
2. Working women: having physical and mental stress develops menstrual disorders.

3. Birth control pills: Easily availability and so increased repeated use of hormonal pills is one of the leading cause of menstrual abnormalities

#### Classical texts<sup>[3]</sup>

Consequences due to Non-Avoidance of Restricted Acts Mentioned in Classics.

Indicated activities	Contraindicated activities
Always concentrate on thinking good and auspicious things	Avoid sleep during day time
Should eat havishya (meal made up of ghee, Sali rice and milk) and yawaka (meal made up of barley and milk) in utensils made up of clay and leaves.	Application of anajan, crying, massaging, laughing, talking too much and exercise should be avoided.
	Swedan karma, vama and nasya are contraindicated
	No adorn one self, not wear ornaments
	Coitus is contraindicated
	Avoid pungent, spicy and salty food

It is difficult to explain all these consequences, it may be to follow paricharya strictly due to fear of consequences. But some principles behind consequences can be explained. Abnormalities in born child due to performed coitus during menses are also mentioned. It is possible that this might have been prescribed to deter the couples from coitus.

#### CONCLUSION

To achieve conception four important ingredients are mentioned that are

1. Ritu \_ normal menstrual cycle –
2. Keshtra \_ healthy garbhakshay
3. Ambu \_ good nutritional status
4. Beej – healthy ovum and spermatozoa.

All the four are related to women who is more responsible in formation of offspring. Rajaswala paricharya help her to maintain all the four in equilibrium.<sup>[4]</sup> Ayurveda aims for swasthya swasth rakshami. prevention is better than cure. Rajaswala paricharya is preventive guideline to prevent all the menstrual abnormalities and improve fertility. Thus following rajaswala paricharya women respond healthily to the physiological and psychological changes by keeping balance doshas, agni and bala. Rajaswala paricharya is best example of nidana parivarjana chikitsa (Prevention of diseases) so by following paricharya, we can counter the adverse effects of present life style over reproduction by avoiding menstrual disorders.

#### DISCUSSION

##### Abstinence

During menstruation, Acharyas have strictly indicated to follow abstinence. During menses, the vaginal mucosal lining is thinner Alkaline vaginal pH during menses hinders the natural microflora of vaginal epithelium and also facilitates the growth of pathogens. On the other hand, vaginal sexual intercourse during menses causes the contraction and relaxation of the reproductive tract. Such that there will be more chances of retrograde

menstruation, thus contributing the development of endometriosis.<sup>[5]</sup>

##### Divaswapna

During Rajaswala already there is state of Mandagni Divasvapna causes Kapha vitiation which further causes Mandagni and formation of Aama This causes Aamaj and Kaphaj diseases related to Artava thus affecting the menstrual cycles and consequently the reproductivity of the woman.

##### Anjan (Application of corylium)

Application of Anjana has been contraindicated during menstruation or it will cause blindness in progeny. In conditions of Mandagni like after Samsodhan or during Ajirna, Anjan has been contraindicated. Rajaswala being a state of Agnimandya itself, use of Anjana during menses cause obstruction of the Srotas such that there will be improper nourishment of Rasaadi Dhatus and causes congestion and pain during menses.

##### Snaan (Bathing)

Snaan with Sheeta Jala causes Raktastambhak effects. Similarly, Snaan with cold water may also lead to aggravation of Vata and Kapha Dosha These factors will lead to Srotodushti of Artavavahi srotas Thus, causes hindrance in the proper flow of menstrual blood during Rajaswala Improper or incomplete evacuation of menstrual blood causes various menstrual disorders. Also, head bathing during Rajaswala causes Vata vitiation in the Shiropradesh causing disturbance in HPO-axis, disturbing the regular hormonal flow pattern. Also, if bathing is done with hot water, this will cause Pitta vitiation causing increase in blood flow during menses.

##### [Abhyanga (Application of Oil)

Abhyanga is contraindicated in the state of Ksheenawasatha of Dhatus Also, menstruation is a condition of weakened Agni So, use of any kind of Snehan will lead to Abhisyanda and Srotodushti.

Thus this may also cause Artavavaha Shrotodushti Hence, it can cause alterations in the menstrual cycle.

Not listening to loud voice Avoid vataprakop and rasadushti to keep mind calm.

Darbha mat

It's having the properties of madhura, kashaya rasa (sweet and astringent taste), snigdha, laghu guna (~unctuous and light asset), madhura vipaka (~sweet metabolism), sheeta veerya (~arctic active potency), tridosha (mainly pitta) shamaka property.

No crying

Keep mind calm and relaxed as possible avoid stress and anxiety

Avoid fast running (strenuous exercise) may give you external injuries and once your Aartavahava Srotasha get injured you may develop Bandhyatava (infertility), Maithun Asahishnuta (dyspareunia), Aartavanasha (Amenorrhea). 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 Running has more ovulatory disturbances than non runners.<sup>[5]</sup>

Diet (havishya anna)

Raj is upadhatu of rasa. menstruation as a rise in Pitta energy within the body. The ovum, known as Artav, is influenced by the fiery Agni tatva. To preserve a balanced dosha state, Rajaswala Paricharya recommends consuming cooling and nourishing foods such as milk, ghee, rice, and moong dal. Simultaneously, it advises reducing the intake of spicy, fried, and heavy foods.<sup>[6]</sup> This dietary adjustment aids in soothing the heat and Pitta surge commonly experienced during the menstrual phase, fostering a sense of equilibrium.

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