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## Concept of Rajaswala Paricharya (care of women during menstruation) in Ayurveda

Vd. Sharayu Mulange<sup>1</sup>, Dr. J. N. Daruwale<sup>2</sup>, Dr. P. R. Kanade<sup>3</sup>, Dr. S. Narwade<sup>4</sup>

<sup>1</sup>PG Student, Prasuti Tantra and Streerog Vibhag, PMTS Aurved College Shevgaon, Dist. Ahemadnagar (Maharashtra, India)

<sup>2</sup>Guide and Professor, Prasuti Tantra and Streerog Vibhag, PMTS Aurved College Shevgaon, Dist. Ahemadnagar (Maharashtra, India)

<sup>3</sup>Head, Prasuti Tantra and Streerog Vibhag, PMTS Aurved College Shevgaon, Dist. Ahemadnagar (Maharashtra, India)

<sup>4</sup>Associate Professor, Prasuti Tantra and Streerog Vibhag, PMTS Aurved College Shevgaon, Dist. Ahemadnagar (Maharashtra, India)

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### Abstract:

Female has to undergo three epochs in her life bal, rajaswala, vrudhi. Rajaswala period of women's life is a long epoch e tarunee (16-32) aadadhirudha (33\_50yrs) this pitta dominant epoch of women's life has great importance in her well being. Ayurveda described three charyas (aahar and aachar) rajaswala paricharya, garbhini paricharya, sutika paricharya to balance this epoch of women's life for healthy wellbeing. Pcos (poly cystic ovarian syndrome) is common among reproductive age group which leads to infertility. Rajaswala paricharyaa ahara and aachara will surely reduce the chances of pcos, infertility and menopausal syndrome.

**Keywords:** Rajaswala Paricharyaa, PCOS, Menstual Disorder, infertility

### INTRODUCTION:

Menstruation is mirror of reproductive health good hormonal balance, regular menstrual cycle with balance of each dosha will surely bring a healthy ovum for fertilization. Anayurvedic approach to improve the life style disorders like pcos is involving rajaswala paricharyai.e. Aahara and aachara as mentioned in the texts. Asaacharya said women's are origin of progeny and best wajikardravya, the reproductive health of a women decides the health of progeny. Rajaswala means

she who passed the rajas i.e. Tarunee 16\_32yrs and adhirudha 33\_50 yrs. Rajaswala is also known by the names aatreyee, Malini, pushpavati, rutumati.

### **Aachara for rajaswala-**

Kalyandhyayini- (welfare meditation)

Menstruation highly deals with harmonalim balance, mood swings, depression like feelings so to deal with all those problems associated with menstruation ayurveda mentioned welfare meditation in first three days of menses that rajaswala must focus her thoughts on welfare of every one. This will help her to reduce mood swings and stress.

### **MRUJALANKARRAHITA-**

Mruja means snan, abhayng, nakhkeshapkartan this all is avoided in menstruation. Snana has stambhan properties aacharya mentioned that snanamdukh sahatvena if she does it then stambhana occurs which results in decrease in menstrual blood flow.

**Abhayng-** oil massage anulep applying medical paste over body should be avoided.

**Nakhkeshapkartan** – she must avoid nail plucking and hair cut, removal of pelvic, axil hairs during menses must be avoided this will weakens her body

**Pradhavana and vyayama-** running, gyming, externus work, heavy exercises should be avoided as it will increase vat dosha and vata dominancy leads to aartavkashya, DUB (disturb uterine bleeding) leads to irregular menstrual cycle.

Panchkarma (shodhan) basti, nasya, vaman, virechana are avoided as they will hamper dosh prakopas

### **DARBHSANSTARSHAYINI-**

Drabha (desmostyachyabipinaata) herb which is indicated in treatment of leucorrhoea and heavy menses as it has gotlaghu, sheet, stambhan properties with kashayrasa which help to maintain the normal menstrual flow. Ayurvedic treatment focus on abhyantar and bahya treatment ways darbhannirmitbed is bahyaushadh for rajaswala will help to maintain pitta dosha.

### **BRAHAMCHARINI-**

COITUS CONTRAINDICATED During menstruation coitus should be avoided as it's an unhygienic and increase the chances of infection and worsen well being of women.

### **ALANKAR RAHITA-**

Aacharyas firstly said rajaswala must be Kalyan dhayyini so to improve dhyanan (meditation), one must wear simple cloths and must not wear heavy jewellery as it will distract her mind and also avoid sexual attraction.

### **DIATERY RECOMMENDATION-**

According to Ayurveda rajas (menstrual blood flow) is updhatu of rasa. Rasadidhatus are made from aaharrasa. The type of food you take will surely affect your menstruation. Ayurveda

advice sherey, yavaklike koshtshodhan aahar which must not be guru and, it should be laghu, lekhan and karshan so it will help endometrial shedding and easy to digest.

We must recommend rajaswala to take saktu, yav, bajari, brown rice, jwari which is laghu and karshan.

Rajaswala must avoid bakery products; Maggie, pizza, fast food, paneer, sweet and beveraged package food asit hamper rasdhatu which leads to disproportion of aartava.

Rajaswala paricharya is mentioned for first three days of menses and on fourth day women should wear white garments with white flowers and ornaments and worship God then she should indulge in sexual intercourse for achieving good progeny.

If she fails to follow paricharya abnormalities it will occurs in foetus as follows:

Action of mother	Abnormalities to foetus
Diwaswapn	Swapshil
Use of anjana	Dagdh
Rodanad	Vikrutdrushti
Snanam	Dukhsheel
Abhyang	Kusht
Nakhapkartan	Kunakhi
Hasanat	Black color of lips and thumb
Pralap	Talkactive
Atishabdshraavan	Deafness
Combing of hair	Baldness
Exposure to breez and to much exertion	Mentally triubald
Use of nasya	Menstrual abnormalities

If the coitus occurs in 1<sup>st</sup> three days of menstrual cycle which is contraindicated it will leads to infection as the vaginal pathway is filled with Raja and there is avrodha for sperm and less chances of fertilization

**DISCUSSION:**

In the present era Menstrual hygiene is very essential. Goverment also take initiative inpeer education to adolescent girls.Irrespective of that large population which isstill unaware of does and don'ts in menstruation.

For Working women with hectic shedule it seems difficult to follow rajaswala paricharya but

if its followed with some modifications like avoiding unnessery heavy food eating bhakri, moong dal or rice dal ravaupama like light foods. Insted of going out take a leave and work from home, avoid stress ful conversation which will surely improve state of health of women.

After ritukala shudha artava shashsurk pratim, golden, laksharasopam, indragop pratim Padma, aarakt, gunja phal sadrush aartava occurs this is sign of healthy harmonal and dosha balance and origin of good progeny.

#### CONCLUSION:

To achieve conception four important ingredientebts are mentioned that are

1. ritu \_ normal menstrual cycle -
2. Keshtra \_ healthygarbhakshay
3. ambu \_ good nutritional status
4. beej – healthyovun 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.

Ayurveda aims for swasthasya swasth rakshnami. e. prevention is better than cure. Rajaswala paricharya is preventive guidline to prevent all the menstrual abnormalities and improve fertility.

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