

Rajswala Paricharya and its Impact on Menstrual Disorder- A Review

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ABSTRACT

Menstruation is a reflection of female's reproductive life and this reflection showing too disturbing image these days, from precocious puberty (early menarche) to early hysterectomy and menopausal syndrome.

Paricharya is a regimen to follow for a better and healthy living. In Ayurveda Acharyas has explained different *paricharyas* like *Rajswala parichrya*, *Garbhini Paricharya*, *sutikaparicharya* for better reproductive life of female.

The female who is menstruating is termed as *Rajswala*, and the *nirukti* of word is '*raj astiasya iti*'. The word *Raj* is termed mainly for menstrual blood flow. *Rajswala paricharya* helps to tackle adverse physical, physiological, and neurological changes taking place in the women's body.

Key Words *Rajswala, Raj, Paricharya, Menstruation, Puberty*

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INTRODUCTION

In today's era, woman is struggling hard with Gynecological disorders like PCOD, Dysmenorrhea, DUB and even the infertility. If we looked back in past, all these disorder were not so disturbing to community. So the question arises why?? Eventually, all these diseases making their places in female's life.

In 21st century, every woman is ambitious and living a very busy life that she cannot give needed attention to 'THOSE 4 DAYS', so the *Rajswala paricharya* is the most neglected among them. Every stage of life is a milestone

& it should be celebrated with proper care, love to have a healthy life.

In today's social media world, advertisements are promoting to be STAYING FREE and expecting women to dance, to jump and to work extra in menstruating phase. Doesn't this affect the women's bleeding pattern? doesn't it aggravates associated symptoms?

Ayurveda when explains the Menstruation said only

'*Eshatkrishnavigandhchvayuryonimukhannudet*'¹ i.e. somewhat blackish or discolored blood coming out through yoni (vaginal canal) due to vat predominance. It does not have any other associated symptoms like Headache, nausea,

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abdominal pain, PMS and else. It may be because in ancient era, women used to follow Rajswala paricharya so not having any associated symptoms that could disturb their daily routine. So we can conclude that the paricharya help females to cope up in her Low times.

AIMS & OBJECTIVES

AIM – To study the Effect of Rajswala paricharya on physiology of menstrual cycle and its associated symptoms.

OBJECTIVES- To apply the principle of Rajswala paricharya in today's modern lifestyle.

CAUSES OF MENSTRUAL DISORDERS

1. **EXERCISE** – To have trending zero figure, girls spend hours and hours in gym, doing heavy exercises leading to decrease in fat amount, essential for hormone synthesis causing disturbances. Heavy exercises and poor nutrition lead to amenorrhea, oligomenorrhea and even Delayed puberty.

2. **STRESS**- Higher competition for rank in entrance, busy working hours leads to mental stress and stress causes Hormonal imbalance leads to many menstrual diseases.

3. **DIETARY HABBITS**- sedentary lifestyle, high calorie diet, packed food, carbonated drinks, sleeping in daytime all these events lead to obesity. And obesity is a triggering factor for many gynecological diseases like PCOD, thyroid and many more.

4. **CONTRACEPTIVE USES** – using widely available different hormonal contraceptive

methods and other hormonal pills to prepone or postpone the menses can affect the menstruation patterns, length of cycle, duration of cycle and associated symptoms like nausea, headache.

RAJSWALA PARICHARYA AND ITS INFLUENTIAL APPLICATION

INDICATED ACTIVITIES -

tatahpushpekshanadevkalyandhayanitryaham

Mrujaalankarrahitadarbhasanstarshaayinee

*Kshereyamyavakamstokamkoshthashodhankars
hanam*

Parnesharaave *haste*

*vaabhunjitbramhacharini.*²

1. **BRAMHACHARINI** – during menstruation the vaginal PH is increased due to contaminated blood and falling estrogen³. The protective cervical mucus also gets disappeared, so all these factors lead to loss of defense mechanism of female genital tract and increases the chances of ascending infections that can lead to PID, which is today's burning issues. So prohibiting sexual activities during menses is the thing to follow.

2. **KALYANDHYAYANI** – peace of mind and positive attitude is very important for hormonal balance. Acharyas have told female to be calm and to create a nonviolent and steady mindset.

3. **DARBHSANSTARSHAYANI** – to sleep on mat or plain surface except bed. As the women experience lower backache during menses and sleeping on plain surface can be indicated.

4. **SNANADYALANKARAHITA** – It is said that bathing increases circulation and can lead to

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excess blood flow during menstruation and for avoiding it or not taking bath with 2-3 buckets of water can be beneficial but essential personal hygiene is very imp during this period.

5.KSHAIREYAM YAVAKAM STOKAMAHAHAR–

According to Ayurveda Menstruation is a naturally occurring shodhan process occurring each month in a life of women during her reproductive period and after every *shodhan* procedure, person suffers from *Angimandya*. So the diet prescribed by Acharyas in Classics are suitable for flaring up of the holy fire i.e. *Jatharangi*, *Havishyanna*, *Yavak* and *kshir* all these diet items are to be practiced in menstruating girl to intensify her holy fire.

CONTRAINDICATED ACTIVITIES –

*Tatahpushpdarshanepathamdiwasi.....tiksh
anoshnanaanivarjayet⁴*

*Trutouprathamdiwasatprabhrutibramhacharini
divaswapna Anjana
ashrupatsnananulepananhyangnakhchhedanpra
ddhavankathanatishabdshravanavlekhananilaya
saanpariharet⁵*

1.TIKSHAN USHNAMLA LAVANANI
VARJYAYET – *Tikshna,ushna*(hot),*lavan
ahar*(salty) is *Rakta*(blood) and
Pittadushtikar(vitiating), can lead to menstrual
problems.

7.PRADHAWAN, HASAN, KATHAN,
ASHRUPAT,BAHUBHSHAN, LEKHAN,
ANILAYASANAM PARIHERET- Acc to
Acharya, Rajah kal(menstruating phase)is a vat
predominant phase.All the above mentioned
activities are vat *prakopkarak*(vitiating), and

due to praxis of these activities *prakupit*
(*vitiated*) vat leading to Menstrual cramps,
oligomenorrhea,udavartini (dysmenorrhea) like
diseases. So these activities should be avoided.

DISCUSSION

*Panibhyamannamjarjarpatrad bhunjjana,
diwaswapn, anjan, abhyanga nakhprachhedan,*
- these all things told by acharyas have to be
studied more n have to conclude appropriate
principle with them.

CONCLUSION

After studying Rajswala paricharya and Rajkal,
it is observed that the Rajswala paricharya is a
holistic approach towards disastrous
gynecological problems.All the *pathya* and
apathya mentioned in *samhitas* for Rajswala are
useful for avoiding vitiation of vata and
correcting the agnimandya.

Rajswala paricharya is a best example of
NIDAN PARIVARJAN CHIKITSA, so by
adopting all these habits,we can counter all the
adverse effect of present day lifestyle and can
aid in making woman's reproductive life easy
and healthy to ensure better progeny, owing to
the fact that Rajswala Paricharya is a
fundamental implement to enhance fertility.

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