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# An Ayurvedic Review on *Rajaswala Paricharya*

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## ABSTRACT

A women during her menses is called as Rajaswala in Ayurveda, and the rules and regulations to be followed by her is mentioned under rajaswala paricharya. Ayurveda clearly mentions about practicing rajaswala paricharya and how it helps to keep herself healthy and her future conception. by the concept of shudda shukra (healthy sperm) and shudda artava (healthy ovum) in the creation of garbha, its very clear that concept of suprajā janānam i.e; healthy progeny begins at the very level of pre-conceptual care or even before that in the form of rajaswala paricharya. In this paper a critical analysis of rajaswala paricharya as mentioned in our acharyas Its clinical significance and possible effect on healthy progeny.

**Key Words** *Rajaswala, Rajaswala Paricharya, Shudda Shukra, Shudda Artava*

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## INTRODUCTION

Ayurveda, the ancient science of life has given utmost importance for women health. There are particular paricharyas i.e; rules and regulations exclusively mentioned for women during various transitional period of her life including, rajaswala paricharya ( rules and regulations is followed during menstruation), garbhini paricharya( rules and regulations is followed during pregnancy), sutika paricharya (rules and regulations is followed during post natal period) etc. this is clearly indicate the importance of health of a women in the society in the ancient era itself. In this current era a healthy, offspring with a long life is wanted by all the parents. As per science the anatomical, physiological & psychological things is built upof an offspring is depends on

parents who give genes for specific characters to the child. yet the effect of diet, environment ,emotions, diseases and other infections, medications, all have proven the effect of fetus in the womb. Rajaswala is the most important period for woman as it is the fertile period necessary for reproduction. The physiological and psychological changes taking place in the body during the menstruation and thus prevent occurrence of diseases with the help of these paricharya.

Now-a-days, the prevalence and incidence of Gynaecological disorders is increasing day by day. Modern diet and lifestyle has increased the incidence of menstrual irregularities, PCOD, Infertility etc. It is well clear that, the quality of menstruation reflects the reproductive health of a

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female. Hence, to maintain the quality of menstruation by following roles and regulation these paricharyas are been mentioned by our Acharyas long back. In menstruation the bile secretion is reduced So, to increase the agni proper agnivardhak diet should be used during Rajaswala kala. Havisya or yavaka are a good Agnivardhaka ahara as mentioned by Acharyas, yava is guru, sheeta, madhura and sara and these gunas will increase faeces and vata. The havisya is made up of ghee, Sali rice and milk. The milk has reduces the vata dosa. The utensils made of clay has alkaline properties. It neutralizes the pH balance of the food by interacting with acids. This also helps to enhances the digestion along with diet.

### DIET CONTRAINDICATED:

The rajaswala women should avoid tikshna, katu and lavana ahar because it increases the menstrual flow and thus results in vata prakopa.

### CONTRAINDICATION

#### AND INDICATION<sup>7,8,9</sup>

- **Darbhasamstharashayini**—During menstruation, she should sleep on the bed which is made of darbha spread over the ground, the grass protect the body from the negative energies and from toxic radiations..
- **Divaswapna**—Avoid sleeping in the daytime in daytime sleeping leads to the production of kapha dosa which produces Ama.
- **Anjana**—Avoid the application of Anjana.
- **Ashrupata**—Shedding of tears during Rajaswala should be avoid.

- **Snana**—She should avoid snana.
- **Anulepa and Abhyanga**—Avoid abhyanga and anulepa
- **Hasana and Kadana**—Laughing and talking too much is contraindicated.
- **Nakhachedana**—Plucking of nails should be avoided.
- **Pradhavana and Vyayama**—Running and too much of exercise should be avoided.
- **Swedana karma, Vamana, Nasya karma** are contraindicated as it causes dosha prakopa.
- Coitus is contraindicated during the menstruation.
- She should not adorn herself with ornaments to avoid sexual attraction.

## MATERIALS

The textual materials are consulted for present study and from which the relevant references have been collected. The principal ayurvedic texts referred in this study are Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Samgraha, Acharya Kashyapa.

The paricharya is to be followed during menstruation for first 3 days and on 4<sup>th</sup> day the female should take bath, wear white garments with flowers and ornaments and worship god. then she should go for sexual intercourse for achieving a healthy progeny<sup>10</sup>. If the woman does not follow paricharyas properly, then the dosha are vitiated and it affects the foetus. The abnormalities occur to the foetus are following:-

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**Table 1** Abnormalities caused by the mother to the Foetus<sup>11</sup>

ACTION OF MOTHER	ABNORMALITIES OF FOETUS
Divaswapna (Day sleeping)	Swapasheela (Oversleeping)
Use of Anjana (Collyrium)	Dagdha (Partial Blindness)
Rodhana (Weeping)	Vikrita Drishti (Defective vision)
Snanam (Bathing)	Dukhasheela (Sadish)
Abhyanga (Oil Massage)	Kushta (Skin disorders)
Nakhapakarata (Paring of the nail)	Kunakhi (Deformity of the nail)
Pradhavana (Fast running)	Mentally and physically unsteady
Hasana (Laughing)	The black colour of lip and thumb
Pralapa (Over-talking)	Talkative
Atishabdhasravana (Overhearing)	Deafness
Combing the hair	Baldness
Exposure to the breeze and too much exertion	Mentally troubled
Use of nasya	Menstrual abnormalities

Acharyas has mentioned if copulation occurs on first day of menstruation, it affects health, lusture and vision of the husband. During menstruation time the entry of sperm into the canal is not possible and the pregnancy does not occurs. So at the time of menstruation, brahmacharya is indicated as per acharya, Acharya Kashyap describes the effect on the child if pregnancy occurs.

**Table 2** Effect on the Baby when the Pregnancy Occurs in Menstruation

First day	No pregnancy/intrauterine death
Second Day	Abortion/ Stillbirth
Third Day	Defective body part and short life
Fourth Day	Normal and healthy life

## DISCUSSION

In the present era, menstrual hygiene is very essential. Many peoples is unaware of do's and don'ts in menstruation and due to this it causes the complications associated with it. From the time of Samhita Kala, acharyas have explained the necessary of do's and don'ts for the menstruating women. Proper menstrual hygiene and health may also be done by maintaining cleanliness of private parts, use of sanitary napkins, frequent changing of

sanitary napkins and washing hands with soap. So Rajaswala Charyas can be followed according to the convenience.

## CONCLUSION

Acharya Susruta has mentioned four essential factors for fertility, Ritu (Normal menstrual cycle/proper fertile period), Kshetra (Physiologically adequate and healthy internal organs of reproduction), Ambu (Good nutritional status of mother) and Beeja (Healthy ovum and spermatozoa)<sup>12</sup>. The females has greater role in the formation of offspring because these four factors are related to them. Ayurveda gives prime importance to preventive aspects and elaborates "Rajaswala Charya" or the care during menstrual cycles and during menarche in a female to prevent and cure gynecological disorders.

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