

IMPACT OF RAJASWALA PARICHARYA DURING MENSTRUAL CYCLE ON REPRODUCTIVE HEALTH

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INTRODUCTION

Ayurveda helps women in the journey through different phases of her life with the help of paricharyas. Ayurveda tails difference phases like Rajaswala-menstruation, Garbhini -pregnancy, sootika-postpartum. Out of these three main charyas Rajaswala is the largest & most important paricharya, as this period is the fertile period necessary for reproduction. A female is called rajaswala during the menstrual period. It is a divine gift of god given to the women in the form of boon that they can give birth to children. In women the Raj (menstrual blood) which is the product of ras flows out of the body for three days, every

month. This menstrual cycle starts at the age of 12 years and end by the age of 50 years.^[1] In Ayurveda the rules & regimens are given for Rajaswala stree k/as Rajaswala paricharya. These paricharya are followed from the day of menstrual flow appearance for three days.

AIM

To study the Impact of rajaswala paricharya during menstrual cycle on reproductive health of female.

OBJECTIVE

1. To study the Rajaswala paricharya and menstrual cycle.
2. To study the Impact of Rajaswala paricharya during menstruation.

MATERIAL AND METHOD

literature review was done with the help of Articles and published papers.

Rajaswala Paricharya

Menstruation – Rajaswala Paricharya (Set of rules to follow during menstruation for healthy body) In Ayurvedic Classics, Acharya has mentioned the Rajaswala Paricharya as follows:

1. The woman should harbour only good thoughts
2. Avoid bath
3. Avoid decoration or avoid to wear the jewelleryes
4. Should sleep on mattress of Darbha Grass
5. Should eat little quantity of food prepared from yava and Milk, holding it either in a leaf, earthen plate or the hands.
6. Should observe celibacy.^[2]

Rajaswala paricharya during menstrual cycle for female reproductive health

The rules of regimen along with the science behind it is as follows which is specified during menstruation.

1) Do not eat spicy, oily, sour, deep fried, heavy to digest food articles.

Reason – As per ayurveda during menses uterus is wounded. When the body has any wound internally or externally, Consumption of above food items may cause blood impurity. Blood plays main role in healing of wound and if it gets impure, it will cause pus formation. Same thing happens here. So if these food articles are consumed during menstruation they can later interfere with the normal physiology of uterus & the organs linked to it. Also these foods are heavy to digest so they can cause constipation and also misbalancing of vata dosha and one can suffer from problems like bloating, gases & stomach ache. So we suggest that during this time one must have light foods like boiled vegetables, Jowar roti, soups, dry sabji's, etc.

2) Sleep on mat or any hard surface bed.

Reason- While menstruating most of the women face complaints like backache, lumbar pain etc. Hard surface bed or mat supports spinal cord to stay steady & back is firm even in relax state. thus helps to reduce complaints like backache, lumbar pain.

3) Complete Celibacy.

Reason- While menstruating vaginal canal is in delicate condition, hence intercourse during this time only going to worsen the condition for well being of woman. That's why complete celibacy is advised.

4) Complete rest.

Reason- Any kind of strenuous work or exertion or frequent movements may cause excess bleeding. Also bleeding causes tiredness & anemia. So take complete rest. But here rest

doesn't mean sleeping in daytime. Sleeping in day time leads to production of kapha dosha which further produces Ama (toxic substance).

5) Isolation

Reason- In India still in many homes women have to stay in isolation while they are menstruating. They are not allowed to go outside, they can't go to kitchen for cooking, they can't go to temples, etc. in modern world people think it as superstition or an outdated custom, but cooking or any kind of work can make women tired so the rules are for that she can take compulsory rest.

Also not going outside is for prevention from infections. In menstruation the vaginal canal is open & it's the highly susceptible condition for infection. So woman must public places or also avoid to wear clothes of other people.

6) Do not take bath but keep intimate area clean.

Reason- It is said because bathing may interfere with the normal essential blood flow to the uterus as when on takes bath blood circulation is directed towards whole body, which may further interfere with normal flow of menstrual debris.

But you can give hot water fomentation upto thigh, lumbar region. Clean intimate area with hot water. On 4th day you can take bath.^[3]

So all these rules are to keep overall reproductive system and ultimately the overall health of woman healthy.

The menstrual blood indicates an active wound in the body that is the shedding uterus. Based on this, the Rajaswala can be considered as a vranit vyakti. Moreover, the pathya-apathya prescribed for Rajaswala is almost the same as that prescribed for a wounded person or a person who has undergone surgery.^[4]

The pathya-apathya found common for both are as follows

Pathyakar

1. Food like yava, godhum (wheat), shashtika rice, masoor, moong, brinjal, saindhav, ghee.
2. Laghu Aahar, agni sandipan aahar, in proper quantity, easily digestible.

Apthyakar

1. Sleeping during the day time
2. Maithun karma (intercourse)- thinking about a female, touching her, seeing her, or whatever stimulates the shukra dhatu, is prohibited
3. Aayas (exertion of any form)
4. Tikshna, ushna (hot), katu (spicy), amla (sour), lavan (salty), ati snigdha (too oily), atiguru (heavy to digest), vidahi, vishthambhi foods should be avoided.

The Pathya- Apathya are mentioned for the person having wound i.e. Vranita to help the healing of wound without any complications. Similarly, this is applied to the Rajaswala stree (menstruating woman), so that the further complications such as Yonivyapad or Rajodushti viz. Pooya Raja or Kunapa Raja or Granthiraja which are suggestive of necrosis or pyogenesis could be avoided. If the Rajaswala Paricharya is not followed, it may be the causative factor of the major problems such as PCOS or infertility.^[5]

So, the menstruating woman should follow the Rajaswala Paricharya.

CONCLUSION

1. Rajaswala Paricharya help women respond healthily to the drastic physical and psychic changes during the menstrual cycle.
2. Rajaswala Paricharya is helpful in relieving most of the associated symptoms of menstrual cycle.
3. Menstruation period are highly susceptible for infections. It can also transfer the infections such as UTI, STI and even HIV. hence a/c to Rajaswala paricharya female must avoid to wearing clothes of other.
4. During the phase of menstruations, the female's mind is so vulnerable, that she becomes impulsive. This may lead to many psychotic problems. Hence, it is always better to avoid the factors which triggered the complication during the menstruation.

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