

IMPORTANCE OF RAJASWALA PARICHARYA FOR BETTER PROGENY

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INTRODUCTION

Today's women are living fast life. Their food habits and lifestyle are changed. The lifestyle to be followed on specific time are explained in Ayurveda as Dinacharya, Rutucharya, Rajswala Paricharya and they must be followed by a woman otherwise she may be exposed to diseases. There are three stages of every woman's life: Bala, Rajswala, and vridhha, out of which Rajswala is the fertile period of her life which is the largest one too. This fertile period is headed by reproduction. For better progeny, women must be healthy during this phase. Thus Rajswala paricharya gives women a strength to fight against these

physical and mental changes during menstrual cycle and give women a healthy life.

AIMS AND OBJECTIVE

Aim: To study the effect of Rajswala Paricharya on the physiology of menstrual cycle and its associated symptoms.

Objective

- 1) To study the Rajswala paricharya from Ayurvedic Samhita.
- 2) To analyze the effect of Rajswala paricharya on the physiology of menstrual cycle.
- 3) To study the effect of Rajswala paricharya on associated symptoms of menstrual cycle.

MATERIAL AND METHODS

The literary study was done with the help of Ayurvedic texts, modern literature as well as the internet in connection with menstrual cycle and Rajswala Paricharya.

Rajaswala Paricharya

Menstruation is a phenomenon unique to the female. Menarche is important to bring the changes in girl to become a woman. The reaction to menstruation depends upon awareness and knowledge about the subject. Hygiene related practices of women during menstruation are of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections (RTI).

Rajaswala paricharya**1) Aahara: i) Indicated****ii) contraindicated****2) Vihara: i) Indicated****ii) contraindicated**

In samhita's specific Aahara and Vihara are explained which is to be followed by the Rajaswala (menstruating) women. Which are meant to apply restrictions to the women but to improve her health and it is for her benefits.

AAHARA

A decrease in appetite is experienced by many menstruating females. The agni of an individual is reduced during or after any of the shodhan upakram like vamana and virechan. As menstruation is a naturally occurring shodhan process, physiological decrease in digestive capacity (agnimandya) is observed during menstruation.

INDICATED

1. Food like yava, godhum (wheat), shashtik rice, masoor, moong, brinjal, saindhav, ghee.
2. Laghuaahar, agnisandeepanaahar, in proper quantity, easily digestible.

CONTRAINDICATED

1. Tikshna, Ushna (hot), Katu (spicy), Amla (sour), Lavan (salty), Atisnigdha (too oily), Atiguru (heavy to digest), Vidahi, Vishthambhi foods should be avoided.

VIHARA**INDICATED**

1. She should be sleep over bed made up of darbha (specific sacred leaf plant) spread over ground.
2. Always concentrate on thinking good and auspicious things.

CONTRAINDICATED

1. crying, massaging, laughing, talking too much and exercise should be avoid.
2. Application of anjana, Use of Swedana karma, Vamana and nasya karma are contraindicated.
3. Avoid sleeping during daytime.
4. Coitus is contraindicated.
5. No adorn oneself, not wear ornaments.

Principles behind Rajaswala Parichrya and its application in today's lifestyle

1] **Diet: Principle**–Deepan,paachana,vatanulomanaand Agnideepana.

Application – Eating in proper quantity, light diet and on regular meal time. Avoid spicy, oily diet, bakery products and junk foods.

2] **Avoid Fast running, Laughing and Over talking**

Principle–Avoid exercise,take rest and restore energy to avoid vitiation of vatadosha.

Application - Avoid exercise, take rest and restore energy.

3] **Good and virtual thoughts, no crying**

Principle – Avoid mental stress.

Application – Keep mind calm and relaxed as possible avoid stress and anxiety.

4] **Sleep on darbha mat and no bathing**

Principle– Instigate aseptic thoughts and decrease associated symptoms.

Application

1. Sleep on darbha mat if available to get relief from backache and bodyache.
2. **Not have a complete bath** – but follow basic hygiene like cleaning genitalia, hands, legs and face.

5] **No listening to loud voice**

Principle– Avoid vataprakop and rasadushti to keep mind calm.

Application - No listening to loud voice.

6] **No abhyanga (massaging)**

Principle – It is contraindicated in agnimandya. **Application** - No abhyanga (massaging).

Effect of Rajswala Paricharya on associated symptoms of menstrual cycle

Symptom	Cause	Paricharya relieving the symptom
Pain in lower abdomen and lower backache	Contraction of uterus to expel retained menstrual blood caused by <i>Apan-VayuAvarodh</i>	<i>KoshtaShodhan, KarshanAhaar, Stoka Anna, Havishya Anna, Deepan, Paachan, Vaatanulomak Anna</i> are easy to digest, clears the bowel easily relieving <i>ApanVayu Avarodh</i> .
Pain/Cramps in calf muscles	<ul style="list-style-type: none"> • <i>ShakrutSang,</i> • <i>VataPrakop,</i> • <i>Pandu</i> 	Diet relieves <i>ShakrutSang</i> . Prohibition of exertion, talking less, no laughing and diet prevents <i>VataPrakop</i> .
Headache/Migraine	<ul style="list-style-type: none"> • Dysmenorrhea • <i>ShakrutSang</i> 	Above mentioned.
Nausea/Vomiting	Severe dysmenorrhea or severe menstrual migraine	Above mentioned.
Weakness	Blood loss, <i>Shodhan</i> of the body, <i>VataPrakop</i> by exertion etc.	Prevention of <i>VataPrakop</i> by following <i>Paricharya</i> .
Excitability/ Irritability/Depression	<ul style="list-style-type: none"> • <i>VikrutRasaDhatu,</i> • <i>Manas-Rasa-Raja relationship.</i> 	Good and virtuous thoughts, no crying, <i>Satwik Ahara</i> .
Breast tenderness	<ul style="list-style-type: none"> • <i>ApanAvarodh-</i> • <i>Raja Avarodh-</i> • <i>Raja Urdhwagami-</i> • Breast Heaviness And Tenderness 	Relieving <i>ApanAvarodh</i> as above
Increased frequency of motions	<ul style="list-style-type: none"> • <i>Agnimandya-</i> 	Avoid <i>Apathya Ahaar</i> , follow diet.

CONCLUSION

- 1) Rajswala paricharya shows the effect on the physiology of menstrual cycle which gives women a strength to fight against these physical and mental changes during menstrual cycle and give women a healthy life.
- 2) Rajswala Paricharya also shows effect on symptoms associated with menstrual cycle which found to be helpful in relieving those most of the symptoms associated with menstrual cycle.
- 3) Thus improvement in menstrual cycle will lead to healthy reproductive system which is ultimately beneficial for better progeny.

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