

**RAJSWALA PARICHARYA, DINCHARYA, RITUCHARYA - NEED OF MODERN ERA, TO AVOID MENSTRUAL DISORDERS**

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**ABSTRACT**

A female menstruate about 3500 days, approximately 10 years of her whole life. This menstruation at an interval of 21-35 days, marks the various changes occurring in female's body physically, physiologically, emotionally. In the haste to prove girl empowerment in every field, with no obstacles during her menstrual phase, the essence of lifestyle mentioned in Ayurvedic texts was cruelly abolished. Due to various ill-customs and traditions mislinked with lifestyle mentioned in Ayurveda, the true importance of worthy Rajswala Paricharya started fading, and in today's modern era, no girl is educated by the importance of Rajswala Paricharya, regarding its conduct, rules and implementation. Alongwith it, the general lifestyle whole month is also suffered, As a

result, many menstrual disorders are rampant now-a-days. So, a comeback of following Rajswala Paricharya, Dincharya, Ritucharya is need of an hour. Even Government of Maharashtra has taken initiative to spread knowledge of Rajswala Paricharya through "Swasthya Saptaah" (1st week of April, every year). Menstrual Hygiene Day is celebrated on 28<sup>th</sup> May of every year. Menstrual Hygiene and Care Awareness week is celebrated in 1<sup>st</sup> week of June, every year. "Period of sentences" is a movie depicting regimen of proper lifestyle during menstrual phase, as mentioned by Charak Acharya more than 2000 years back.

**KEYWORDS:** Dincharya, Ritucharya, Rajswala Paricharya, Menstrual disorders, Reproductive, Health.

## INTRODUCTION

India has recieved huge loss, due to Ruling British Empire. In name of eradicating superstition and orthodox customs, they even banned important cultural and social customs. Among these abolishment were Ayurvedic Principles of lifestyle - on daily basis, in accordance to seasons, in accordance to various phases of female i.e a female's menstruating phase, pregnancy phase, and postpartal phase. Along with it, the impact of Western countries culture and lifestyle over Indian behaviour seems to be another important factor contributing to the existing menstrual disorders. Even the food quality is degrading day by day. We are what we eat. So, our body, our food, our mentality all are at a stake, every moment. Due to overall ill lifestyle, during last couple of decades, prevalence of Menstrual disorders has increased, both in term of real and apparent.

Regularity in menstrual cycle, normality in quantity and duration of bleeding are the indicators of women's good "Reproductive Health." Any deviation in this gives rise to various gynaecological problems such as menorrhagia, oligomenorrhoea, dysmenorrhoea, PCOD, infertility, etc. Menstrual disorders seriously affects health and happiness, leading to disturbance in normal life schedule. Socio-economic conditions, environmental influences and strenuous physical & mental activities affects hormonal levels and menstruation.

Ayurveda is the science of life, which aims at maintaining good health & cure of ailments. All these Paricharya are preventive mode therapy for various menstrual disorders. Thus, these all Paricharya are gifts to every female to nurture herself with love and care, and maintain the true essence of real beauty and powerful mind. Thus, helping her live a meaningful, happy and stable life.

**AIM:** A conceptual study of Paricharya to avoid menstrual disorders.

## OBJECTIVES

- 1) To review literature of Artav, Artav vaha strotas.
- 2) To review literature of Menstrual cycle.
- 3) To review literature of Ras dhatu, Rakta dhatu, Raj & Stanya Updhatu.
- 4) To review literature of Artav dushti and Yoni vyapad.

- 5) To review literature of Menstrual disorders.
- 6) To review literature of Dincharya, Ritucharya, Rajswala Paricharya.

### **Artav Dhatu**

Ayurveda has explained artav as menstrual blood, ovum, hormones affecting uterus, ovary and placenta. Artav as menstrual blood is discharged through vagina at an interval of a month, for a period of 3 to 7 days. Pure Artav is explained as blood flow similar to rabbit's blood, easily washable, with a distinct odour, about 4 Anjali quantity/ menstrual cycle.

### **Artav Vaha Strotas**

Artav Vaha Strotas i.e Reproductive system includes Uterus, Fallopian tube, Ovaries and associated ligaments, blood & nerve supply, and external genital organs, alongwith vagina.

### **Rituchakra i.e. menstrual cycle**

Menstrual cycle is divided into three phases

- 1) **Rajkaal phase** :- here, Vaat Dosha is dominant. So, the collected Puran Raj is discharged outside body, during this phase.
- 2) **Ritukaal phase** :- here, Kapha Dosha is dominant. So, new Raj formation starts now. So, endometrial thickness increases in this phase. As ghanatva is needed for increase in thickness, Prithvi mahabhoot is responsible for it. Along with it, aadrata is needed. So, jal mahabhoot is responsible for it. So, "Prithvi + Jal = Kapha" is more in this phase. So, a female consuming ghee, milk, etc Kapha-kar diet have a Prakrut long Raj kaal phase, i.e. it's favorable period for mating & fertilization.
- 3) **Ritu-vyatit Kaal** :- here, Pitta Dosha is dominant. Puran Raj gets accumulated in this phase. As ovulation takes place, naturally female's body temperature is raised. Aagney Tatva i.e hormonal role here has been considered.

### **Aahar, Aahar Ras, Ras & Rakta Dhatu and Raj & Stanya Updhatu**

According to Ayurveda-

- 1) Food consumed is digested into Good part, called Aahar Ras,; and Waste part, called Mal Bhaag.
- 2) This Mal Bhaag is released outside body, through various openings and channels.
- 3) The Aahar Ras is acted upon by Jathragni, Dhatwagni, Mahabhutagni (digestive elements) and converted into Ras Dhatu.
- 4) This Ras Dhatu further gives nourishment to Updhatu i.e.

- A) Stanya :- Breast development and stimulate milk production.
- B) Raj :- Development and functioning of Uterine Endometrial Lining, Ovum, Ovaries; and stimulate various enzymes and hormones in relation to HPO axis and Thyroid Gland.
- 5) A small part of Ras Dhatu's nourishment gets converted into the adjacent next Dhatu i.e. Rakta Dhatu.
- 6) Ras Dhatu then releases its waste, in form of Kapha Dosha and small quantity of other by product i.e. Kleda is produced.
- 7) This Kapha and Kleda are released outside body through urine, faeces, and other channels.
- 8) The Rakta Dhatu then nourishes Mansa Dhatu, Mansa Dhatu then nourishes Meda Dhatu.
- 9) Meda Dhatu then nourishes Asthi Dhatu, Asthi Dhatu then nourishes Majja Dhatu; and lastly Majja Dhatu nourishes Shukra Dhatu. So, consecutive Dhatu and Updhatu are nourished respectively.
- 10) Thus, all the Dhatu (elements) of body are developed from food consumed by us. Hence, it's rightly said – “You are what you EAT.”
- 11) So, to improve Ras Dhatu, it's Updhatu and other elements, for restricting female's gynaecological problems, it is necessary to intake a healthy nutritive diet. Alongwith it, Rajswala Paricharya, Dincharya and Ritucharya, all together will maintain female's body at equilibrium, help her live life with zeal and enthusiasm ever. It will even give a peaceful mind, improved physical strength to nourish life around her with confidence, stability and love.

These Paricharya will help uproot the root cause of all diseases. Many disorders in body also contribute to gynaecological problems, and vice versa. So, it's beneficial for all female's for every stage of life. These all Paricharya will even help healthy females worldwide for conserving their good health. Thus, this will lead to healthy reproductive organs, thus, healthy progeny and thus, healthy society.

### **Artav Dushti and Yonivyapad i.e. Menstrual Disorders**

Importance of being able to live at ease throughout life, is one of the blessing (eshna), as mentioned by Ayurveda. To achieve this blessing, one have to strive hard to maintain one's health. Artav Dushti means physiological or anatomical changes occurring in Reproductive system and associated endocrine glands, due to external factors, diet, lifestyle, stress, unknown factors and violation of rules of Nature. Thus, this Artav Dushti leads to many gynaecological i.e menstrual disorders, as a whole known as Yonivyapad. These includes

Cystic growths, Cancer, PCOD, Fibroids, Infertility caused by gynaecological issues, Breast disorders, Recurrent Abortions, Prolapse, Hypoplastic uterus and ovaries, Sterility, etc.

Following are causes for increase in incidences of Gynaecological disorders.

- 1) Girls who menstruate at age of 10 or younger are at high risk of developing dysmenorrhea and menometrorrhagia.
- 2) In young adolescent girls, due to mental stress of various examinations during early years of menstruation, along with skipping of meals and increase intake of junk food over healthy food, it causes irregularity of menses due to hormonal imbalances, and scarcity of nutrients supplement.
- 3) Excessive physical strain caused by over travelling, late night studying in young girls. Also due to excessive sports activities or over burden of exercises over body for losing over weight by fatty girls and maintenance of very slim figure by skinny girls. It increases the risk of amenorrhea or oligomenorrhea. Extreme weight loss and reduced fat stores leads to hormonal changes that include low thyroid levels (hypothyroidism) and elevated stress hormone levels (hypocorticosteroids).
- 4) In adolescents, due to improper food eating habits such as junk food, oily food, fat rich food, bakery products, fermented foodstuffs, canned and preservative food, stale food, food intake at very short interval, over-eating and irregular meal times, incidences of obesity has increased which impacts on menstrual cycle further causing PCOD like metabolic disorders, and further even implicating breast disorders and infertility.
- 5) In reproductive age group women, due to no hygienicity maintenance, no proper observation of rules and regulations during pregnancy and post birth, there leads to increase in incidence of diseases like PCOD, uterine fibroids, adenomyosis, endometriosis, pelvis infections, etc causes menstrual abnormalities.
- 6) Junk food, ill diet consumption, overweight gain due to over eating and sedentary life or weight loss due to excess strenuous activity at home and work place, causing menstrual disorders in this age group women.
- 7) Working woman, usually skip meals, irregular meals, mental stress and family pressures lead into causing menstrual disorders.
- 8) Birth control pills, i.e increased usage of hormonal pills causes menstrual abnormalities.

**Rajswala Paricharya**

Rajswala Paricharya is designed by Acharya in view of maintenance of physical and mental health. It asks a female to consume a vegetarian, light diet, celibacy, to sleep on hard bed, to avoid appearance in front of husband, avoid stress, avoid nail cutting, avoid massage, avoid lep application, avoid kohl application, avoid sleeping during daylight, (no excessive talking, running, physical exertion), avoid wandering in breeze, no makeup, also, think positive, eat blend diet, fibrous diet, and lekhaniya - vaat-anulomak diet.

Serial number	Samhita	Aahar	Vihar
1	<b>Charak</b>	Intact, clean vessels; light, less intake of food	3 days of menses observe celibacy, no river bath, on 4th day- apply ubtan, wear white clothes, wear garland, meet husband
2	<b>Shushrut &amp; Bhav Prakash</b>	Usage of clay vessels for food intake, ghrut yukt shali rice or ksheer or yavagu intake	Observe celibacy, no daylight sleep, no stress, no make up and accessories, use of durva bed, meet husband on 4 th day after Mangal acharan and Swasti vaachan, no nasal drip usage
3	<b>Ashtang Hridaya &amp; Sangraha</b>	Oat/ Barley rich food, in less quantity, to help purification of body internally.	Meet husband on 4th day, no fomentation, positive thinking, no ornament usage.
4	<b>Kashyap &amp; Bhel</b>	As mentioned above	No Vaman procedure, no bathing, white clean clothing usage, worship God from 4th day, maintain celibacy.

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

1) Eating less, light Barley preparations, in clean vessels.

Principle – To overcome Agni-mandya by Deepan, Paachan, Vatanuloman and Agnideepan.

Application – Eating in proper quantity, light diet and at regular time interval. Avoidance of 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 vata dosha.

Application - Avoid exercise, restore energy and burden over reproductive system.

3) Good and virtual thoughts, no crying.

Principle – Avoid mental stress.

Application – Keep mind calm and relaxed to avoid anxiety and maintain emotional and hormonal balance.

4) Sleep on darbha mat and no bathing.

Principle – Instigate aseptic thoughts and decrease associated symptoms.

Application –1. Sleep on darbha mat, or simple 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 vaat prakop and ras dushti to keep mind calm.

Application - No listening to loud voice, i.e being peaceful with one's surrounding.

6] No abhyanga (massaging)

Principle – It is contraindicated in agnimandya.

Application - To facilitate, without disturbance, proper letting out of menstrual bleeding. For proper digestive system functioning, no massaging must be done.

### **Impact of violation of Paricharya**

The whole Paricharya maintains reproductive system stability, hormonal balance and harmony of body. But, due to illiterate orthodox customs, female's during her menses are served with stale food, made to live in unhygienic place, and treated as untouchable.

During menstrual phase, vagina & reproductive organs are in sensitive state, if celibacy is not maintained, it may lead to endometriosis, vaginal infection & other yoni-vyapad. If conception occurs, it may lead to still birth, alive but handicap, or abortion.

Due to body's maximum "vaat" working on removal of menstrual bleeding, the "Vaata" helping "Pitta" for food digestion is not able to pay proper role; so, due to this, there is "Agni-mandya," so, naturally a female must consume less food during menses. Even as excess blood is lost during menses, which is responsible for Pandu (anaemia) & thus, Agni-mandya.

So, if a female consumes a surplus amount of heavy, non vegetarian, stale diet in menstrual phase, it will lead to Aam-avastha in body, which will further lead to Vaat dushti, and thus, painful, irregular, heavy or scanty menses.

**Dincharya**

In today's world, many health issues are associated and caused with lifestyle changes. Dincharya is daily routine mentioned in Ayurveda, to balance the internal atmosphere of body, with outside world, thus, leading to healthy lifestyle and less exposure to associated lifestyle diseases. Dincharya is a way to live each day of life with self care practices, follow a routine for meal, exercise, sleep, and other social and personal activities. Dincharya benefits each individual, be of any age group, gender, body Prakruti, any region, any season, any culture. Dincharya helps maintain homogeneity of Dosha, Dhatu, Mal and Agni. Thus, maintaining Swasthya (health) of a human being, lifelong.

In today's era, due to neglect in following regimen of Dincharya, humans are affected by following disorders.

- 1) Obesity, Hypertension, Coronary diseases
- 2) Diabetes Mellitus, Dyslipidaemia, Cancer
- 3) Arthritis, Digestive & Neurological Disorders
- 4) Anxiety neurosis, Mental diseases, Insomnia, etc.

So, to avoid above disorders, a daily regimen must be set up. Following is the way of living daily routine, as mentioned in Ayurveda.

- 1) Early to bed, and early to rise, make you healthy, wealthy and wise. Waking up early morning; Studying at this hour, has greater retaining & gaining knowledge property of brain.
- 2) Defecation, urination and then brushing teeth with bitter, hot, astringent taste herbs stem twigs is very important. One needs to cultivate this habit, for proper digestion, circulation and excretion.
- 3) Then tongue cleansing with metal spatula must be done.
- 4) Gargle with medicated fluids or oils. These 3 steps help in maintaining healthy mouth, teeth, tongue, gums, buccal cavity, lips & also salivary gland secretions.
- 5) Then, one must apply medicated Kohl. This helps in maintenance of good vision.
- 6) Then, introduce 2 drops of oil in each nostril. This helps in strengthening sense organs, musculature of neck, shoulder & face, also prevents premature greying of hair, baldness, wrinkles; and promotes smooth functioning of pituitary and thyroid gland hormones.

These all procedures hardly consume few minutes. Earnestly follow these, for betterment of your sense organs.

7) Regular body massaging with oil, especially head, ear and foot sole is helpful in reduction of stress, fatigue, ageing; maintenance of vision, nourishment of skin and muscles, enables to beget sound sleep.

8) Then exercise till you perspire. This helps in building physical strength.

Alongwith exercise, Yoga and Pranayama plays an important role in maintaining hormonal balance of body, and proper functioning of each system of body. A female must especially do Suryanamaskar, Pavanmuktasan, Bhujangasan, Paschimuttasan, Vajrasan, Shavasan, Anulom-Vilom, Omkara and Kapalbhathi to maintain healthy body and refrain from gynaecological disorders.

9) After exercising, one must use medicated powder to rub your body. It helps maintain proper shape of muscles and body, proper functioning of organs, reduction in discoloration of skin, excess oil & fats over body, helps in lightening of body & making an individual more active, supple and lustrous.

10) Then take bath, with warm or cold water, in accordance to climate of your nation. Except, wash face, hair with cold water in summer & lukewarm water in winter & rainy season.

11) After all these regimen, one must consume food, in accordance to Ashta Vidhi Vishesh Aayatan. Regular meal interval, no skipping of meal, Ayurveda emphasized periodic meal intake, with proper rules for food intake must be followed. Then only, food will help sustaining life, without any gastric & other disorders.

A hardly an hour procedure, can give you healthy body till your last breath. Invest wisely on your body everyday, you will get amazing return benefits till the end of your life.

12) Besides these regimen, sleeping at proper period of night is essential, for refreshment of sense organs, energy flow of body, and activeness of mind. Along with it, day sleep must be avoided to distance oneself from obesity, indigestion and other hormonal and enzyme disturbance disorders.

13) Observing Celibacy & enjoyment of sexual life with the respective situation, to regulate sexual energy, health and longevity.

14) Observing Sadvritta, i.e principles of right conduct, every moment of one's life. These help in maintaining healthy mind, thus, in accomplishing peace. These include, speaking truth, control on temper, avoidance of addiction, being patient, meditating for sometime everyday, being kind, polite, honest, humble; avoiding bad deeds, participation in good deeds, avoidance of violence, robbery, misery, jealousy & egoism.

Being constantly focused on our daily actions, physically, mentally, spiritually, helps us to find our true self. Understanding the connection between nature and oneself, create a healthy lifestyle, free from diseases and enlightened with knowledge and happiness.

The key to all diseases, including gynaecological disorders can be managed well, with help of following above daily routine. Thus, also help in begetting high spirit, better lifestyle, enthusiasm in personal, professional sector and fulfilment of all the various goals of life.

### **Ritucharya**

Ayurveda has explained seasonal regimen to allow human body to easily adapt with changes in climate, thus maintaining homeostasis of body & proper functioning of all organs, their secretions, and hence, maintaining health i.e. helping in avoidance of diseases caused due to climatic changes. In Ayurveda, Dosha's also ellivate, decrease with seasonal changes. Thus, a diet and lifestyle regimen, keeping in mind, Dosha's status & climatic conditions is advised by Ayurveda for maintenance of health.

The above regimen, along with seasonal regimen, is very important to protect ourselves from seasonal illness, and maintain immunity of our body.

- 1) In summer season, one must use loose and light clothing, with adequate fluid intake, light in digestion, such foodstuffs, sweetened food, fruits, application of cold soothing lep (creams & moisturizer); avoidance of excess hot fluid intake, bath with hot water, etc. Avoidance of exercise and travelling in extreme heated hours of day. One must participate in indoor sports, in this season.
- 2) In winter season, one must use warm, heavy clothing, with increased intake of diet, usage of warm water and heaters , according to necessity. One must exercise, participate in outdoor sports in this season. One must massage body with oil, exposure to sun and fire must be done judiciously. Drinking beverages according to one's capacity in permissive in this season.
- 3) In rainy season, one must use light clothes, during daytime, which allow easy drying of clothes; and semi- heavy clothes at night time, which protects against the cold winds, one must eat light, but warm food, to adapt with poor digestive system, boiled water usage, avoiding outings, but in necessity, umbrella & slippers usage must be done. One must undergo Panch karma to decrease Vaat Dosha in diseased human or maintenance of prakrut Vaat Dosha in healthy human.
- 4) In spring season, easily digestible food stuff, warm, dry food intake is advised. Liquid intake is important. One must undergo Panch karma to decrease Kapha Dosha in diseased

human or maintenance of prakrut Kapha Dosha in healthy human. Observing fast is encouraged in this season.

5) In autumn season, bitter, sweet, easily digestible food intake is advised. One must undergo Panch karma to decrease Pitta Dosha in diseased human or maintenance of prakrut Pitta Dosha in healthy human. Along with it, blood letting procedures are also advised. Observing fast is encouraged in this season.

Indian festivals very well speak for the changes expected with change in season.

For eg.

A) Diwali (Hemant Ritu/Winter) gives a message of start of winter, to eat sweetened, heavy to digest food stuffs.

B) Makar Sankranti (Shishir Ritu/Winter) gives a message to further increase the heaviness and warmth of food stuffs.

C) Holi (Vasant Ritu/Spring) implies to burn dry leaves, etc to purify the atmosphere from various pathogens and melt the vikrut Kapha dosha.

D) Gudhi Padwa (Vasant Ritu/Spring) gives the message of onset of spring season, to cleverly eat sweet and bitter foodstuffs for maintenance of various Dosha's in our body.

E) Navratri (Vasant Ritu/Spring and Sharad Ritu/Autumn) gives the message of fasting, which helps in balancing aggravated Kapha & Pitta Dosha's of body respectively, thus, maintaining health of body.

F) Shravan (Varsha Ritu/Monsoon) gives the message of usage of light diet, easily digestible products usage, avoidance of heavy food i.e non vegetarian food stuffs, to maintain proper digestion of body.

G) Gokulashtmi/Ganeshutsav (Varsha Ritu/ Monsoon) gives the message of usage of fat rich, sweetened diet, to balance the aggravated Vata Dosha of body.

Thus, by incorporating seasonal regimen, one can avoid the viscous circle of worsening of health, due to weather changes, by adopting to preventive measures in maintaining Dosha's, thus, health. This even helps as curative measures for various diseases.

As many Gynaecological problems are also initiated by neglect to change of lifestyle, with change of season. Following seasonal regimen will maintain healthy digestive system, endocrine & nervous system, excretory & circulatory system; and thus benefit reproductive system. It will maintain balance between external atmosphere and internal body, thus,

maintaining proper physiological functioning, and out result in decreasing gynaecological disorders, along with other disorders.

## DISCUSSION

In olden days, in India, the food available was pure and not hybrid, seasonal food consumption used to take place, the delicacies were also nutritive and lifestyle & dietary changes according to season were taken into consideration. Alongwith it, many physical activity on daily basis to perform various house chores, farm yard fieldwork, animal husbandry, used to help maintain the balanced self. People used to wake up early, and go to bed early. The vehicles used were pollution free, the industrial set-up was scarce, all resources were used judiciously. This even kept the nature around pure. Also, many cultural rituals and traditions supported the Ayurveda mentioned lifestyle. Thus, all the Paricharya, which were naturally followed, helped maintain a healthy female, lifelong. But, due to selfish interests, and superstitions, many changes occurred in this lifestyle. Thus, leading to today's outcome of various diseases in female. Day by day, the rate of increase in disorders accelerated, causing an overall poorer health. Thus, re-establishment of all Paricharya mentioned in Ayurveda is needed to re-stabilize the balance between Nature and Humans. A healthy female brings about healthy family and thus, healthy society.

## CONCLUSION

- 1) **Dincharya:-** It will improve the quality of life on daily basis, giving not only daily health benefits, but also long term achievements by maintaining youth, strength and disease free body.
- 2) **Ritucharya:-** It safeguards body from seasonal changes, maintaining equilibrium of body, and helps to maintain immunity of one's body. It even helps to boost body with benefits achieved through various purification Panchkarma. It also helps in relieving many diseases.
- 3) **Rajswala Paricharya:-** It is an important contribution of Ayurveda, to every female. The female who observes all the rules and regulations mentioned in it, is able to nurture her reproductive system, with its proper functioning. Also, helping in proper functioning of menstrual cycle. As menstrual cycle is a complete month's changes in female's body, along with reproductive system. So, whole month round, necessary changes in diet and lifestyle has to be carried out, for appropriate maintenance of cycle, hormonal balance and emotional harmony. So, Dincharya and Ritucharya has to be followed for prevention of menstrual

disorders, lifestyle related gynaecological disorders, breast disorders and even maintenance of good health in healthy females.

According to Ayurveda, menstruation is a naturally occurring monthly shodhana procedure in female's body. So, it is necessary to follow pathya and apathya mentioned under shodhana therapy which are similar to the Rajswala Paricharya. Aim of this Paricharya is to avoid vitiation of Vaat, Pitta, Kapha and Rakta Dosha; prevent formation of aam and restore energy after natural purification. Thus, following Rajswala Paricharya helps female keep balance between Dosha's, Ras Dhatu and it's Updhatu, Agni and Bal.

**4) Garbhini And Sutika Paricharya :-** Along with above Paricharya, A pregnant lady and post partal female, must follow particular set of rules and regulations. Also, a specific healthy diet is designed, and many procedures are mentioned for enjoying a disease free and relaxed pregnancy, and post partal period. In long term, it also helps to maintain the proper functioning of all organs in body. It even strengthens a female body, which can be maintained for long-term, if all the Paricharya are meticulously followed. It also helps preventing many future disorders i.e osteoporosis, osteoarthritis, uterine prolapse, fibroid, breast diseases, etc.

Thus, in today's era, following above Paricharya is key to good health. These Paricharya act as best theory for Nidan Parivarjan Chikitsasthan i.e prevention of diseases. It even decreases the total burden of world medical institute to cure gynaecological disorders. It even saves many resources which are invested in treatment and diagnosis of gynaecological disorders. It help achieve good health at a very cost effective price. Alongwith gynaecological good health, all other systems of body are maintained. The overall mental stability is achieved. A healthy progeny's birth, a healthy society evolution will take place.

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