

**RAJASWALA PARICHARYA - AN ESSENTIAL MODE OF LIVING
DURING MENSTRUATION IN TODAY'S ERA****Dr. Neha Rathod^{1*} and Dr. Vidya Sarode²**

¹PG Scholar, Prasutitantra Avum Stirog Department, Ashvin Rural Ayurved College,
Manchi Hill, Sangamner, Maharashtra.

²HOD, Prasutitantra Avum Stirog Department, Ashvin Rural Ayurved College, Manchi Hill,
Sangamner, Maharashtra.

Article Received on
24 September 2024,

Revised on 13 October 2024,
Accepted on 03 Nov. 2024

DOI: 10.20959/wjpr202421-34546



***Corresponding Author**

Dr. Neha Rathod

PG Scholar, Prasutitantra
Avum Stirog Department,
Ashvin Rural Ayurved
College, Manchi Hill,
Sangamner, Maharashtra.

ABSTRACT

Rajaswala means menstruating woman and *Charya* means mode of living. This *Rajaswala Paricharya* is the most neglected part in the society. So many writers and scientists have discussed the menstrual cycle by giving various similes. But one remark made by the gynaecologist is very relevant – ‘the tears shed by the uterus in the pain of not getting pregnant is menstruation.’ What an appropriate description of menstruation ! The above line shows the importance of proper menstruation. Now-a-days problems related to menstruation are increasing. This is happening due to improper lifestyle. Somewhere it is related to not following proper *Rajaswala Paricharya*. Therefore it is necessary to follow the *Rajaswala Paricharya*. For *Supraja Jananam Shuddha Aartava* is necessary. For this preconceptional care is also important. This is related with the *Rajaswala Paricharya*. Therefore it is necessary to educate the society regarding the

Rajaswala Paricharya put forth in the *Ayurved* in order to maintain the *Doshas*, which in turn maintains the health.

KEYWORDS: *Rajaswala Paricharya*, menstruation, *Stirog*, lifestyle.

INTRODUCTION

So many writers and scientists have discussed the menstrual cycle by giving various similes. But one remark made by the gynaecologist is very relevant – ‘the tears shed by the uterus in the pain of not getting pregnant is menstruation.’ What an appropriate description of

menstruation ! The above line shows the importance of proper menstruation. Therefore it is necessary to follow the *Rajaswala Paricharya*.

Ayurved helps woman in journey towards better health in different phases of life. Guidelines for prevention of any abnormality and progress towards health are described in detail at every stage of life of woman. The description found in *Ayurved* texts as – *Rajaswala Paricharya*, *Ritumati Paricharya*, *Garbhini Paricharya*, *Sutika Paricharya*. Among these *Rajaswala Paricharya* is very important. Because directly or indirectly all other modes of life depend on this.

Now-a-days problems related to menstruation are increasing. So many girls are dealing with the PCOS. This is happening due to improper lifestyle. Somewhere it is related to not following proper *Rajaswala Paricharya*. There is a major importance given to the food habits during menstruation which girls are not following properly.

AIM

To validate the importance of *Rajaswala Paricharya* on menstrual health in today's era.

OBJECTIVES

1. To collect all the references regarding *Rajaswala Paricharya* from *Ayurved*.
2. To prove the importance of *Rajaswala Paricharya* in today's era.
3. To recognise the scientific concept behind the *Rajaswala Paricharya*.
4. To recognise the effect of *Rajaswala Paricharya* on the physiology of menstrual cycle when not followed.

MATERIALS AND METHODS

The research approach is qualitative in nature. The study was carried out with the help of all the references in *Ayurvedic* texts. *Bruhatrayee* i.e. *Charak Samhita*, *Sushrut Samhita*, *Ashtang Hridaya*, *Ashtang Sangraha* studied. Also collected references from *Kashyap Samhita* and *Laghutrayee*. Various medical research databases like google scholar, PubMed, internet based journals, websites data have been compiled here.

RAJASWALA PARICHARYA ACCORDING TO DIFFERENT AACHARYAS

No.	Aacharya	Rajaswala Paricharya
1.	<i>Sushrut</i> ^[1]	From first day of menstruation – i. Avoid sexual intercourse for 3 days ii. Sleep on the bed made up of <i>Darbha</i> iii. Avoid <i>Anjana</i> , <i>Lepana</i> , <i>Abhyang</i> , <i>Diwaswap</i> , cutting nails, laughing, crying, talking too much, hearing very loud voice, racing, combing, wind, exercise iv. Eat <i>Havishya Anna</i>
2.	<i>Charak</i> ^[2]	From first day of menstruation till 3 days – i. Avoid sexual intercourse for 3 days ii. Eat in unbroken vessel placed in hand iii. Sleep on the ground
3.	<i>Ashtang Hridaya</i> ^[3]	From first day of menstruation till 3 days – i. Avoid food which is sour, spicy, salty, hot in nature ii. Eat food in less quantity iii. Always concentrate on thinking good and auspicious things iv. Avoid jewellery v. Sleep on the bed made up of <i>Darbha</i> vi. Eat food made from <i>Yavak</i> with milk vii. Avoid sexual intercourse
4.	<i>Ashtang Sangrah</i> ^[4]	From first day of menstruation – i. Avoid sexual intercourse ii. Sleep on the bed made up of <i>Darbha</i> iii. Avoid jewellery iv. Eat food made from <i>Yavak</i> with milk v. Avoid <i>Tikshn</i> , <i>Ushn</i> , <i>Aaml</i> , <i>Lavan</i> vi. Avoid <i>Swedan Karma</i>
5.	<i>Kashyap</i> ^[5]	i. Avoid <i>Nasya Karma</i> ii. Avoid <i>Vaman Karma</i>
6.	<i>Bhel</i> ^[6]	Avoid sexual intercourse
7.	<i>Bhavprakash</i> ^[7]	Avoid sexual intercourse for 3 days ii. Sleep on the bed made up of <i>Darbha</i> iii. Avoid <i>Anjana</i> , <i>Lepana</i> , <i>Abhyang</i> , <i>Diwaswap</i> , cutting nails, laughing, crying, talking too much, hearing very loud voice, racing, combing, wind, exercise iv. Eat <i>Havishya Anna</i>

RAJASWALA PARICHARYA AND ITS AUTHENTICATION IN TODAY'S ERA

1. Avoid spicy, hot, sour, salty food

In one interventional study, they have advised the less intake of spicy, acidic and carbonated foods and they concluded that frequency of pain severity in dysmenorrhoea was significantly lower in the group treated with it.^[8]

Progesterone increases during the second half of the pregnancy. Therefore the amount of salt in the body increases. Also amount of the water in the body increases. This increased water

stores in the fat containing organs like breast. Therefore heaviness in the breast is felt by many women. In this way the relativity of avoiding salty food is understandable. Avoiding it causes proper *Deepan, Pachan* and *Vatanuloman Karma*.

2. Avoid sexual intercourse

It could lead to an increase in the flow of menstrual blood.^[9] To avoid infection^[10] and for the wellbeing of woman.

3. Thinking about good and positive things

This is very important for the psychic health. Specially in today's era, where a woman has the responsibilities of both home and career. It is important to stay calm. One study have concluded that during menstrual cycle, elevated stress is associated with suppressed estradiol.^[11]

4. Eating *Havishya*

Havishya means *Shali, Yawaka, Ghrita, Takra*. *Shashtik Shali* contains some amount of nitric oxide which increases the blood flow to the uterus.^[12] Barley grains can improve bowel health and metabolic syndrome.^[13]

5. Eating in unbroken clay vessel

Clay has alkaline properties. So utensils made up of clay maintain the pH balance of the food by interacting with acids in food, so that the digestion of body enhances.

6. Avoid over exertion

Intense exercise leads to luteal phase defects (oligomenorrhoea) and amenorrhoea. Many studies have demonstrated that athletes who do intense exercise suffer from oligomenorrhoea and amenorrhoea and those who do moderate exercise are more likely to have longer periods.^[14] It is for energy restoration. Also it avoids *Vata Dosha* vitiation.

7. No listening to loud voice

To avoid *Vata Dosha Prakop*.

8. *Nasya, Vaman* and *Swedan Karma* are contraindicated

It causes *Dosha Prakop*.

DISCUSSION

Following *Aahar* and *Vihar* according to *Rajaswala Paricharya* not only helps the woman to adapt to the physiological and psychological changes occurring in the body during menstruation but also helps in conceiving a healthy offspring.

It is not being followed these days because of the information spread by media and manufacturers of sanitary napkins. *Rajaswala Paricharya* has almost lost its importance in today's era.

If it is not followed properly may lead to menstrual disorders like menorrhagia, PCOD, dysmenorrhoea, infertility, etc. Therefore it is an essential mode of living during menstruation.

CONCLUSION

There is a good proverb in English - '**old is gold**'. This proverb applies correctly to the *Rajaswala Paricharya*. From the above information, it is important to follow the *Rajaswala Paricharya*. Main aim of this mode of living is to avoid vitiation of *Vata* and *Kapha Dosha*, restore energy and to get a healthy progeny from a healthy mother.

REFERENCES

1. Kaviraj Ambikadutta Shastri, Sushrut Samhita, Vol 1, Choukhambha Sanskrit Sansthan, Varanasi, 2014, Sharirsthan 2 Adhyay, Shukrashonitshuddhi sharir, Shlok No. 26, 17.
2. Dr. Bramhanand Tripathi, Charak Samhita, Vol 1, Choukhambha Surbharati Prakashan, Varanasi, 2023, Sharirsthan 8 Adhyay, Jatisutriyam Shariram, Shlok No. 5, 762.
3. Kaviraj Atridev Gupt, Ashtang Hridaya, Choukhambha Sanskrit Sansthan, Varanasi, 2003, Sharirsthan 1 Adhyay, Garbhavkranti Shariram, Shlok No. 23, 24, 172.
4. Dr. Shivprasad Sharma, Ashtang Sangrah, Choukhambha Sanskrit Series Office, Varanasi, 2012, Sharirsthan 1 Adhyay, Putrakamiy, Shlok No. 42, 270.
5. Shree Satyapal Bhishagacharya, Kashyap Samhita, Choukhambha Sanskrit Sansthan, Varanasi, 2003, Siddhisthan 4 Adhyay, Shlok No. 5, 81.
6. Dr. P. Shrinivasa Rao, Bhel Samhita, Choukhambha Krishnadas Academy, Varanasi, Sharirsthan 5 Adhyay, Shlok No. 5, 78.
7. Srikantha Murthy, Bhavprakash Samhita, Choukhambha Krishnadas Academy, Varanasi, 2008, Purv Khand 2 adhyay, Garbh Prakaran, Shlok No. 3,4,5, 15.

8. Kartal YA, Akyuz EY. The effect of diet on primary dysmenorrhea in university students: A randomized controlled clinical trial. *Pakistan Journal of Medical Science*, Nov-Dec., 2018; 34(6): 1478-1482.
9. Cutler WB, Friedmann E, McCoy NL. Coitus and menstruation in perimenopausal women, *Journal of Psychosomatic Obstetrics and Gynaecology*, Sep. 1996; 17(3): 149-57.
10. Centers for Disease Control and Prevention (CDC), Sexually Transmitted Diseases (STDs) and Infertility. [cited 2023 Feb 15] Available from <https://www.cdc.gov/std/infertility/default>.
11. Roney, J.R., Simmons, Z.L. Elevated Psychological Stress Predicts Reduced Estradiol Concentrations in Young Women, *Adaptive Human Behavior and Physiology*, 2015; 1: 30–40.
12. Dr. VNK. Usha, Preconceptional care in Ayurveda, Delhi, Chaukhambha Sanskrita, edition 2007, 38 UA bungalow road, Jawaharnagar PO P.O. no 2113 -110007, 2007; 52-53.
13. Zeng, Yawen et al., Molecular Mechanism of Functional Ingredients in Barley to Combat Human Chronic Diseases, *Oxidative medicine and cellular longevity*, 2020 March, vol. Article ID 3836172, 1-26.
14. <https://ayushdhara.in/index.php/ayushdhara/article/view/1169/983>