

AYURVEDA PRESPECTIVE FOR THE MANAGEMENT OF WOMENS LIFESTYLE DISORDER

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ABSTRACT

Women constitute about half the total population in India and the deterioration in their health is a matter of great concern. According to a news report, 68 per cent of women suffer from lifestyle disorders, and 53 per cent skip meals and opted for junk food due to work pressure deadlines. A woman is known to be multi-faceted and plays some vital roles in our society. During maintaining her home-work-life balance she faces multiple issues physically-mentally-socially and financially. While playing this multiple roles she may neglect herself. Physical inactivity, unhealthy food habits and inappropriate body posture, depression, stress, habit to skip meals, disturb sleeps; late or early marriages, hormonal imbalance, used of contraceptive pills etc. may leads to various lifestyle disorder of women. Ayurveda had given

importance for the care of women at every phase of her life from menarche to menopause. More importantly when it comes to antenatal care and postnatal care. Ayurveda not only describe a woman in her life journey like Bala, Kumari, Rajaswala, Ritumati, Garbhini, Prasawa, Sutika etc. but also explain in detail about health status in relation to dosha and dhatu variation and preventive steps in the form of diet and lifestyle etc. along with treatment for various diseases under the heading Paricharya. In this article we discussed the factors affecting her health, the various diseases for female and there management through ayurveda.

KEYWORDS: Paricharya, Ayurveda, Women health, Sutika, Garbhini, Rajswala etc.

INTRODUCTION

According to Acharya Chanakay's word “ना स्त्रीरत्नसमं रत्नं” there is no jewel like a women, But the luster of this gem has been blurred due to many evil practices and male dominated mentality of the society. Continuously performing many responsibilities like daughter, daughter-in-law, sister, wife, mother, in the course of her life, she stops thinking about herself. Some more factor's like unequal power relationships between men and women, decrease education and paid employment opportunities, focus on women's reproductive roles, experience of physical, sexual and emotional violence and poverty tends to yield a higher burden on women and girls' health. Both working and non working women's are facing same issues, though she is not going outside for any job but still she is working 24/7 at home.

The 21st century female is different now but the problem she faced is same, the changes in the demand of societies from house wives to multitasking women who earn for family will led her in condition where It become seemingly difficult for her to maintain a work-life balance; resulting in very less or no time to think about herself leads to tremendous health care problems.

In India women constitute about half the total population and the deterioration in their health is a matter of great concern. As per the general news report, 68 per cent of women suffer from lifestyle disorders, and 53 per cent can skip their meal and opted for junk food due to work pressure deadlines.^[1] From the age of menarche to menopause and gynecological conditions to pregnancy, women experience various health issues.

LIFESTYLE DISORDERS OF WOMENS

According to world health organization majority of health issues faced are as below like.

Heart diseases- in women heart diseases is often undetected and under diagnosed. Manage with the symptoms like breathlessness, tiredness, fatigue, nausea, vomiting etc. heart diseases risk factor for women include – Diabetes ,Hypertension, mental stress, depression, low estrogen level after menopause, hysterectomy and complication during pregnancy etc.

Cancer- cervical, breast, endometrial cancers are the leading killer of women globally. It may include due to family history of diseases, increasing age, not having conceived and used of hormones, polycystic ovarian syndrome, unusual spotting and bleeding.

Gynecological issues – women face number of gynecological issues like disturb menstrual cycle, urinary tract infections, inflammatory disorders, fertility related problems, uterine fibroids, ovarian insufficiency etc, during pregnancy. After pregnancy related issue like miscarriage, preterm labor, stillbirth etc. Infertility is a rising trend in women due to stress, late marriage, and delay in conceiving, obesity and pre-existing conditions like PCOS.

Osteoporosis- leading causes of fracture among post menopausal worldwide. During menopause, the hormone estrogen causing bone loss, weakening, and consequent stress related fractures.

Osteoarthritis – above the age of 45 it is most common in women.

Obesity- 80% of urban Indian working women in the age group 25-45 years were observed to be fat; due to the sedentary lifestyle and changing food habits. Obesity may also be affect the mind, and cause the symptoms like depression, insomnia, anxiety etc.

Psychiatric disorders-Women are more prone to certain types of psychiatric disorders like depression, mental stress, schizophrenia, bipolar disorders. Till the 2024, depression would be the 2nd major cause of disability worldwide. The root cause of this is associated the long working hours, Factors such as poor sleep, nutrition, lack of exercise, addiction to alcohol, and drug abuse also contribute to depression.^[2]

Endocrine disorders- thyroidal dysfunction is more common, other endocrine hormonal disorder like hirsutisim, PCOS, Premature ovarian failure etc.

Anemia - women lack sufficient nutrition and dietary requirements like iron and folic acid leads to more common low hemoglobin level. Heavy bleeding during menstrual periods or other underlying disorders may also leads anemia.

Ayurveda texts explain the changes made in women body throughout the life and elaborate the complete factors those caused the disturbance and also suggest the methods to maintained healthy life.

AYURVEDA AND WOMEN HEALTH

Ayurveda is the oldest system of medicine, the science of life that helps women in their journey to better health. Ayurveda not only describe a woman in her life journey like Bala,

Kumari, Rajaswala, Ritumati, Garbhini, Prasawa, Sutika etc. but also explain in detail about health status in relation to dosha and dhatu variation and preventive steps in the form of diet and lifestyle etc. along with treatment for various diseases under the heading Paricharya.

Rajaswala Paricharya

From the onset of menses until 3 days and nights, the woman must observe chastity, a woman should follow Brahmacharya and avoid Divasvapna, Anjana, Ashrupatana (crying), Snana, Lepana, Abhyanga, Nakhachedana, running, laughing, talking too much, listening to various topics, combing the hair, exposure to wind and exercise. She must sleep on a bed made of Darbha, eat meal prepared with Ghrita, Shali and Dugdha. avoiding use of scents in the form of anointments. She must keep isolate herself in silence to get relax.^[3] The 21st century woman considers these restrictions as burden and feels as obstruction towards her empowerment but the science behind following certain rules are not emphasized. One must have to understand the science behind these rituals.

Female hormones are equally important factors as they play a vital role in the various physiological and emotional changes. FSH (Follicular Stimulating Hormone), LH (Leutinsing Hormone) estrogen, prolactin and progesterone etc are the hormones affecting women's health. Hormones are considered as "dhatu agni" (fire element in tissue). They carried by the blood as pitta) the Dietary and behavioral activities of person bring many changes in the blood. if a pitta-type woman eats plenty of hot, spicy, sour salty and acidic foods while indulging in pitta-aggravating activities such as playing in the sun or taking a hot tub bath, getting angry, etc, her pitta will aggravate in the blood. This can cause excessive bleeding during menstruation or lead to menorrhagia. After the age of forty years, body begins to move towards the vata stage of life. if a vata-type woman having disturb sleep, works till late at night, eats plenty of cold, dry, foods, raw green vegetables, green salads and eliminates sweets, salt and fats from her diet so vata will get disturb.^[4] This will lead to a more difficulty to menopausal related symtopms like painful-scanty blood flow etc. Not following of certain rules and restrictions leads to sickness and major reproductive problem. The tremendous increase in the infertility and PCOD are the results of diet and lifestyle changes.

Ritumati Paricharya- this is the stage where female is ready for conception, after menstruation, on the fourth day, the woman should take head bath after Abhyanga/Lepana wear white clothes, garlands and flowers. With a pleasant state of mind and passion, she

should indulge in cohabitation., the woman must take a bath, wear new white clothes, ornaments, garlands etc. After chanting Mantras, she should see her husband first, this acts as aphrodisiac and favors conception. The best period for conception is termed as Ritukala which is after the stoppage of menstruation till next 12 days.^[5] The yoni pichu –used of cotton bolus dipped in medicated oil to placed at vagina like narayan tail, phalaghurut, etc will balance the hormonal status of overy and help to enhance the quality of ova, help to smooth release of ovum. Pichu helps in Lekhana karma and thus removes slough. Oil used for Pichu strengthens the musculature of vaginal canal along with healing of wound.^[6]

Garbhini paricharya -A woman who desires a healthy and good looking progeny should not indulge in unwholesome diet and regimen. She must adopt good conduct, healthy diet and regimen. The lifestyle that she has to adopt for healthy progeny is comes under garbhini paricharya. Whatever is wholesome for the pregnant woman is also good for the fetus. She must use auspicious, sacred, pious, pure and new clothes & ornaments. Her residence should be sufficiently illuminated with sunlight, devoid of mosquitoes, it should be fumigated, worship & Pooja should be performed, vedic mantras recited by Brahmanas, songs and instruments should be played.^[7] During last two months, preparation of delivery is aimed by administering certain medicated enemas and vaginal tampons to soften the birth canal and help in normal delivery. Hence Garbhini Paricharya aims in achieving a proper growth and development of offspring with maintaining health of mother and preparing for a normal delivery.^[8]

Sutika paricharya - Postnatal care certainly co-related with SutikaParicharya. This period beginning immediately after the separation of placenta and extending up to 6 weeks. The methods and regimen that helps the woman to regain her lost vitality and helps body to revert back to pre pregnant state is called Sutika Paricharya, as during this period she restores her health and strength. She must have to consume Liquid Yavaguprepared with milk or VidaryadiGana, drugs for 3, 5 or 7 days. Take Light diet with soup of Yava (Vulgarissativus), Kola(Ziziphusmaurititana), Kulattha(Doolichosbiflours) from 4th, 6th or 8th day to 12thday. Meat soup of wild animals, may be taken in to diet from 13th day til SutikaKala.^[9] she must have to avoid Physical and mental stress, anger, Cold water, cold wind and other cold things and sexual intercourse.

Menopausal state- Menopause is permanent cessation of menstruation leading to estrogen deficient stage of 1/3rd of her life. With increasing life expectancy, the female has to spend

more time in the post menopausal period.^[10] the various hormonal changes in body of female during menopausal state will leads to various inevitable diseases. Menopausal symptoms like mood swings and hot flushes decline the quality of life. Estrogen is responsible for maintaining bone mass and cardiovascular functions throughout reproductive period. The deficiency of estrogen leads to osteoporosis and Cardiovascular diseases in the form of silent heart attacks.^[11] Herbs like Shatavari, Vidari, Yashtimadhu etc are rich in phytoestrogen and their role in relieving menopausal symptoms and preventing osteoporosis and maintaining lipid profile is more important hence also helpful in preventing cardiovascular diseases.

Obesity and ayurveda

Obese women are particularly susceptible to various diseases like diabetes, this in turn, put women at dramatically increased risk of cardiovascular disease (CVD). Obesity substantially increases the risk of several major cancers also especially postmenopausal breast cancer and endometrial cancer. Obesity in women is associated with alterations in the reproductive cycle with a reduction in fertility, hormonal imbalance as well as an increased risk of polycystic ovarian syndrome (PCOS) and infrequent or no ovulation. Maternal obesity during pregnancy is also fraught with risks to both the mother and baby. Estrogen, the female sex hormone, can cause weight gain whether it's extremely high or extremely low.

According to ayurveda the treatment of obesity, the diet prescribed should be Guru (heavy to digest) and Apatarpana.^[12] Apatarpan quality of food will help in the reduction of fat, normalizes the aggravated vata and also reduces teekshnagni, katu, tikta, kashaya rasa pradhan food decreases kapha. Maintaining a good healthy weight is about balancing the calories you take in with the number you burn off through exercise. A healthy diet emphasizes fruits, vegetables, cooked dry beans and peas, whole grains, nuts and seeds. One should make exercise a part of daily life- exercising regularly like walking, jogging, running, swimming, cycling and other physical activities can help to reduced the weight safely.

Cancer -The incidence of all gynecological cancer increases with increasing BMI^[13] A study suggests that overweight and obese women have higher levels of hormones that can increase breast cancer risk; The most common cancer related to women are breast and cervical cancer. Many of these cancers are caused by hormone replacement therapy for menopause and other gynecological problems. Phytoestrogens are plant-based compounds that mimic estrogen in the body. They helping in relieving menopausal symptoms acts as selective estrogen receptor

modulators. Estrogen in phytoestrogens are useful for bone, brain and blood and not in breast and endometrium. Hence, it reduces the risk of developing breast and endometrial cancers.^[14]

Herbs which contains phytoestrogens are Shatavari, Ashok, Ashwagandha, Jeerak, Bala, Aamalaki, Methika, Kumari, mandukparni, brahmi, punarava and Yashtimadhu. Ayurvedic principles can not only reduce the menopausal symptoms but can also been effective for delayed aging and its related problems.

Infertility - Ayurveda explain all gynecological related problems under Yonivyapada. Non congenial diet, faulty lifestyle, hereditary cause, previous life deeds, use of sexual substances, late age marriages, in relation marriages, frequently used of contraceptives, sedentary life style etc are considered to be the important factors affecting reproductive health which finally turns to infertility. Ayurveda treatment procedures help to reduce anxiety, eliminate impurities from the body, revitalize the mind and improve the immune system. They are helpful in reducing discomfort, nourishing all of the dhatus, and pacifying Vat, pitta and kapha dosha. This detoxification treatment includes panchakarma, local preceudres like uttarbasti, yonipicu, yonidhavan ect. helps to eliminate toxins from the body. These therapies tend to fix ovarian, tubular, and uterine disorders that induce infertility. These procedures help to establish a hormonal equilibrium between the Follicle Stimulating Hormone (FSH) and the Luteinizing Hormone (LH). Simple herbal medicines with diet and life style modifications can help in treating these conditions.

DISCUSSION

Ayurveda has described in detail the dos and don'ts to maintain women health also with the changes and its impact on body during her lifespan. Paricharyas the specifically designed lifestyle habits which looking into the status of Dhatus and Doshas during different phases are more helpful for woman in the journey towards betterment of her health. Rajaswala, Ritumati, Garbhini and Sutika Avastha denotes major hormonal changes in woman's body. Even 28 days of a woman's menstrual cycle are not same in terms of hormones. In reproductive age group women increased incidence of diseases like PCOD, uterine fibroids, adenomyosis endometriosis, pelvis infections, etc causes menstrual abnormalities. The factors like Wrong diets, overweight or weight loss, physical and mental stress, Easily availability of birth controlled pills, increased repeated use of hormonal pills is one of the leading cause of menstrual abnormalities amongst working and house women both. According to Ayurveda the menstruation is a naturally occurring shodhana procedure, so it

is necessary to follow pathya and apathya (DO's and Don'ts) mentioned under shodhana therapy which are similar to the rajaswala paricharya.

Ayurveda considers food to be the best source of nourishment as well as medication for the pregnant woman and the nine monthly diet is unique gift from Ayurveda. The monthly regimen is necessary to make pelvis, waist, sides of the chest, back, healthy & flexible and vataanulomana. This is needed for the normal delivery, Normalization of the urine and stool and their elimination with ease, Promotion of strength and complexion, Delivery with ease of a healthy baby.

The methods and lifestyle mention in SutikaKala will help to regain her lost energy during pregnancy and delivery, help to produced good quality of milk for baby, help to normalize its hormonal cycle, uterus normal shaped and size, easily. Reduced the post partum complications, and help to get her into normal routine lifestyle.

Rajonivritti is a consequence of old age and Vata is the dominant Dosha during this stage. Aging process, degenerative changes and all the disturbances during Rajonivritti are directly co-related to various symptoms of menopause happens due to this vaat imbalance. Hence regulations of Vata Doshas through herbs having pacifying effect are to be prescribed in women suffering from menopausal symptoms. Anxiety, headache, irritability, depression and mood swings, backache, pain in the joints and muscles dryness of skin, brittleness of hair, weight gain & osteoporosis are the major issue has to be manage this untreated things may leads to sever problem in most of the females.

CONCLUSSION

All facility for maternity care and women's health services should have advice available for all women and particularly those planning pregnancy. Lifestyle advice, particularly on dietary habits and physical activity, should be available particularly to all overweight and obese women.

It's our responsibility to take care of "Shakti" of our house, our area, our nation. She must have to follow guidelines related to healthy food and lifestyle during different important stages of her life. Apart from these guidelines, awareness and education of all women, beginning from school age to adolescent and till old age is very important. Removing the myths, taboos and stating the facts, helping in improvement of her overall physical, mental

and social health, financial status will be great beneficial for her in future. All women should follow the regimen and directions described in Ayurveda for her wellness throughout the life.

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