

IMPORTANCE OF RAJASWALA PARICHARYA: - ACCORDING TO AYURVEDIC SAMHITAS

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ABSTRACT

Menstrual cycle is a regular naturally occurring phenomenon in all Reproductive age group of women. Many Lifestyle and environmental factors affect the Menstrual cycle and fertility in day-to-day life. Using the principles of Ayurveda which states that retain the health of healthy person; Cure the disease by Chikista and Upakrama using Ayurvedic Samhitas, the same Ayurvedic Principles can be applied in present day scenario to treat modern problems related to Menstrual Cycle and Reproductive Disorders.

KEYWORDS: Rajaswala, Paricharya, Reproductive Phase.

INTRODUCTION

The main principle of Ayurveda which states that retaining the health of healthy person first and to cure the disease (Vyadhi) by Chikista; as

Well as with the help of upkramas that are explained by different Samhitas under 'SWASTHARAKSHAN'.

To fulfill the above principal description of 'Dincharya', 'Ritucharya', 'Ratricharya', 'Paricharya' as well as Tryayopstambha i. e. Ahar, Nidra, Bhramhacharya and Sadvritta are given details in samhitas.

A women undergoes drastic physical, psychological and emotional changes throughout her life time.

Menstruation is one important milestone in her life, remarking the power of Reproduction.

As because of drastic physical and psychic changes during these periods, she has affinity towards various diseases. Following these code of conduct, women respond to the changes in her body healthily.

Paricharya

Ayurveda, The Invaluable system of medicine, helps women in journey towards better health throughout different phages of her life and add quality to her life.

This is accomplished with 'Paricharya'.

Code of conduct to be performed during the different phases like,

- 1) 'Rajaswala'(Menstruation).
- 2) 'Ritumati' (Fertile period).
- 3) 'Garbhini'(Pregnancy).
- 4) 'Sutika' (Post-partum period).

Because of drastic physical and psychic changes during these periods, she has affinity towards various illnesses.

Following these 'Paricharya' (Code of conduct), Women respond to the changes in her body healthily.

Rajaswala, Ritumati, Garbhini, and Sutika Paricharya mentioned in all the classics belong to the reproductive phase of her life.

Rajaswala Paricharya: The female who is menstruating is termed as 'Rajaswala'.

The duration of menstruation is said as ranging from 3 to 7 days in Ayurveda classics.

The female should follow certain code of conduct for first 3 days of Menstrual cycle, Known as 'Rajaswala Paricharya.'

Rajasravakal according to Acharyas:-

Duration	Ayurvedic Samhitas	
3 Days	Bhavamishra	Vagbhat
5 Days	Charak	Vagbhat
7 Days	Harit	Bhel

In paricharya

Dos	Charak	Sushrut	Asthang Sangraha	Asthang Hridya	Bhav Prakash	Kashyap Samhita
To Observe Celibacy during 1 st 3 days Of Menstruation.	√	√	√	√	√	√
Sleep on Darbha Mattress.	√	√	√	√	√	√
Should eat meal made of ghee, shali rice & Milk/Meal made of Barley.		√	√	√		
To eat food directly taking over palm/ in Clay utensil, Leaves.	√	√	√	√	√	√
To take food in less Quantity.		√	√	√		
Concentrate on auspicious thoughts	√	√	√	√		√

Do's

- 1) To Observe Celibacy during 1st 3 days of menstruation.
- 2) Sleep on Darbha Mattress.
- 3) Should eat meal made of Ghee, Shali Rice, & Milk/ Meal made of Barley.
- 4) To eat food directly taking over Palm/In Clay utensil, Leaves.
- 5) To take food in less quantity.
- 6) Concentrate on Auspicious thoughts.

Don't	Charak	Sushrut	Ashtang Sangraha	Ashtang hridya	Bhav prakash	Kashyap Samhita
Sleeping during Day time (Diwaswap).		√			√	
Use of Collyrium(Anjana).		√			√	
Weeping, Crying(Rodana).		√			√	
Bathing & Anointment(Lepana)	√	√	√	√	√	√
Nail Paring(Nakha-kartana).		√			√	
Chasing, Running, Exercise(Dhavan)		√			√	
Laughing, Indulging in Long Conversation.		√			√	
Combing		√				
Nasal Instillation Of Medicine(Nasya).						
Exposure to Wind.		√			√	
Using Tikshna, ushna, Lavana, Amla substances in diet			√			

Don'ts

1. Sleeping during day time (Diwaswap).
2. Use of collyrium (Anjana).
3. Bathing & Anointment (Lepana).
4. Nail pairing (Nakha kartana).
5. Chasing, running, Exercise (Dhawan).
6. Laughing.
7. Indulging in Long Conversation.
8. Combing.
9. Nasal instillation of medicine (Nasya).
10. Exposure to Wind.
11. Using Tikshna, Ushna, Lavana, Amla substances in diet.

DISCUSSION

Menstrual problems arise due to Lifestyle disorders like Obesity, stress, PCOS associated illnesses like DM, Hypothyroidism etc., Then lack of sleep, lack of activities and exercise, Dietary Factors in terms of bad food habits meaning not eating on time, then eating junk

food, frequently eating outside/In the restaurant / or parcel package food will ultimately increased consumption of preservatives and food adulteration.

In Ayurvedic samhitas and ancient literature clearly mentions a code of conduct which can be applied in present day scenario to treat menstrual cycle and Reproductive disorders.

It includes simple lifestyle modifications like Eat healthy, balance diet, regular exercises, yoga, meditations, to maintain personal hygiene, sleeping on time, maintain hydration.

Rajswala paricharya is to be followed during days of menstruation for a healthy cycle and Reproductive health.

CONCLUSION

Menstruation is considered to be a “Mirror of reproductive Health”. Ayurveda, the age of old science of the life has mentioned certain dos and don'ts to be followed during menstruation under Rajaswala Paricharya.

Following these regimens during Menstrual period, women can respond to the changes in her body healthily.

“The ultimate aim of these Paricharya is to conceive a healthy offspring without any difficulty and an uneventful antenatal and postnatal period.”

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