

**IMPORTANCE OF RAJASWALA PARICHARYA IN MANAGEMENT  
OF LIFE STYLE DISORDERS IN GYNECOLOGY****Dr. Pallavi Jedhe<sup>1\*</sup>, Dr. Rahul Muttha<sup>2</sup> and Dr. P. R. Kanade<sup>3</sup>**<sup>1</sup>PG Scholar Dept. of Prasutitantra Streerog PMT's Ayurved College Shevgav.<sup>2</sup>Associate Professor Dept. of Prasuti Tantra Stree Rog PMTS Ayurved College Shevgav.<sup>3</sup>HOD, Professor Dept. of Prasuti Tantra Stree Rog PMTS Ayurved College Shevgav.Article Received on  
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Life style factors significantly impact reproductive and gynecological health of women. Polycystic ovarian syndrome, endometriosis, adenomyosis, fibroids, polyp, ovarian cyst and many other gynecological disorders upto cervical, ovarian, endometrial cancer. When we study the pathophysiology of these disorders the lifestyle is the key factor common in all. Ayurveda advises a healthy regimen for women in reproductive age group known as rajaswala paricharya detailed life style advice to follow before, during and after menses.

**KEYWORDS:** rajaswala paricharya, pcOS, life style disorder, infertility.

**INTRODUCTION**

Life style factor significantly impact gynecological health leading to disorders like pcOS, endometriosis, adenomyosis, uterine fibroids, and menstrual irregularities.

Life style has a significant influence on physical and mental health a positive life style can promote good health and can be beneficial for one's well being. Women in reproductive age group experience a variety of conditions related to menstrual cycle such as menorrhagia, metrorrhagia, pcOS, etc. which seriously affect their health and happiness also increases prevalence of infertility.

Ayurveda is not just a life science ayurveda is art of living as it describes the way of living i.e dincharya, rutucharya, raticharya. Also has some special recommendations during reproductive period of women rajaswala paricharya, garbhini paricharya and sutika paricharya as acharya charka says in chikitcha sthan that stree women is the founder of all the countrys health and wealth.

Life style of a women before conception during conception and after delivery has an impact on childs growth and intellect. in this era of genetic sequencing, artificial reproductive techniques what we can do is can collect a good sperm or ovum from parents but ayurveda suggest to improve the number and quality of streebeej and pumbeej by rajaswala parichryaachar rasayan, and vajeekaran.

Rajaswala paricharya i.e recommendation of life style changes during menstruation. rajapravrutti is a normal physiological process in a womens life as sleep, bowel activity etc. It starts at the age of 12. Artava is the updhātu of first formost ras dhātu. ras is made up of aahar rasa .the food we take. Aahar decides your menstrual pattern.

As the nature and pattern of all physiological and psychological process depend on the inherient constitution of doshas; prakruti. the pattern and flow of rajpravrutti also show some relation with prakruti and doshas of individual.

Understanding the normal physiology of menstruation it can be maintained by correcting food habits. In this era of rat race as we see girls are busy in their studys, carrier and the amount of fast food intake is increased their routine diet and sleep cycles are disturbed they are much stressed to balance home and work always all these is responsible to distrub ras dhātu and leading to artava dushti the yonivyapadads i.e disorders of reproductive system of women the first reason acharyas described is mithayachar i.e ahit apathya bhojan and disturbed life style leading to gynecological disorders in women.

Causes of increased life style gynecological disorders in women

Stress -रस वाहिनी दुष्यंती चिंत्यानाम च अती चिंतनात्.

Carareer and family risponsibilities are much increased have to run too fast to balance both it affects womens mental status leading to harmonal imbalance. Disturbed h-p-o axis can lead to pcos, secondary amenorrhea, disturbed ovulation, infertility.

Exercise – lack of exercise, increased sitting work. No time for yoga, walk, running, girls don't even play outside games.

Obesity- faulty diet habits increased use of bakery products, fast food, cold drinks, packaged food each food item containing increased amount of sugar and sugar products leading high amount of bad cholesterol and fat leads to obesity, PCOS, infertility.

Weight loss -undernutrition also a cause of gynecological disorders extreme weight loss, reduced fat stores leads to hormonal changes.

Anaemia – low hb, less dietary iron intake in girls is the cause of many gynecological health conditions

Anaemia, smoking, increased amount of alcohol intake all these factors affect menstrual health.

Rajswala paricharya to reduce the cases of life style disorders in gynecology.

Kalyandhyayini- (welfare meditation)

Menstruation highly deals with hormonal imbalance, mood swings, depression like.

Feelings so to deal with all those problems associated with menstruation ayurveda

Mentioned welfare meditation in 1st 3 days of menses that Rajswala must focus her

Thoughts on welfare of every one. This will help her to reduce mood swings and stress.

Mrujalankarrahita mruja means snan, abhyang, nakhkeshapkartan this all is avoided in menstruation.

Snana has stambhan properties Acharya mentioned that snanam dukhsahatvena if she

Does it then stambhana occurs which results in decrease in menstrual blood flow.

Abhyang- oil massage anulep applying medical paste over body also avoided Nakhkeshapkartan – she must avoid nail plucking and hair cut, removal of pelvic, axillary hairs during menses must be avoided this will weaken her body Pradhavana and vyayama- running, gaming, external work, heavy exercises should be avoided will increase vat dosha. Vata

dominancy leads to aartav kashya, dub (disturb Uterine bleeding) leads to irregular menstrual cycle.

Panchkarma (shodhan) basti, nasya, vaman, virechana are avoided will hamper dosh Prakopas Darbhsanstarshayinidrabha( desmostyachya bipinaata) hearb which is indicated in treatment of Leucorrhoea and heavy menses having laghu, sheet, stambhan properties with kashay Rasa will help to maintain the normal menstrual flow as ayurvedic treatment focuse on Abhyantar and bahya treatment ways darbha nirmit bed is bahya aushadh for Rajaswala will help to maintain pitta dosha.

#### Brahamcharini

Coitus contraindicated during menstruation will surely unhygienic increas aacharyas firstly said rajaswala must be kalyan dhayyini so to improve dhanyan (Meditation) one must wear simple cloths and must not wear heavy jewellery this will Distract her mind also to avoid sexual attraction.

#### Diatery recommendation

According to ayurveda rajas (menstrual blood flow) is updhātu of rasa rasadi dhatus Are made from aaharrasa. the type of food you take will surely affect. Your Menstruation. ayurveda advice sherey, yavak like kosht shodhan aahar which must not Be gure, snigdh it should be laghu, lekhan and karshan will help endometrial shedding And easy to digest.

We must recommend rajaswala to take saktu, yav, bajari, brown rice, jwari which is Laghu and karshan.

Rajaswala must avoid bakery products, maggie, pizza, fast food, paneer, sweet and Beveraged package foods will hamper ras dhatu leads to disproportion of aartava.

Rajaswala paricharya is mentioned for 1st 3 days of menses and on 4th day women Should wear white garments with white flowers and ornaments and worship god then She should indulge in sexual intercourse for achieving good progeny.

She fails to follow paricharya abnormalities will occurs in fetus as follows:

Action of mother -abnormalities to foetus

Diwaswapn - swapshil

Use of anjana - dagdh

Rodana - vikrut drushti

Snanam - dukhsheel

Abhyang - kusht

Nakhapkartan- kunakhi

Hasanat - black color of lips and thumb

Pralap - talkative

Atishabd shravan - deafness

Combing of hair - baldbe:

Exposure to breeze and to much exertion - mentally troubled

Use of nasya- menstrual abnormalities

If the coitus occurs in 1st three days of menstrual cycle which is contraindicated will lead to infection as the vaginal pathway is filled with *raja* there is *avrodha* for Sperm. Less chances of fertilization.

## DISCUSSION

In the present era menstrual hygiene and life style is very essential. India is becoming capital for obesity, diabetes giving rise to PCOS, infertility low AMH increased number of assisted reproductive techniques government also take initiative in peer education to adolescent girls, healthy diet campaigning. Irrespective of that large population is unaware of do's and don'ts in menstruation.

For working women with hectic schedule it seems difficult to follow *rajaswala Paricharya* but if it is followed with some modifications like avoiding unnecessary heavy food eating *bhakra* moong dal or rice dal rava upma like light foods. Instead of going out take a leave and work from home, avoid stressful conversation this will surely improve state of health of women.

After *ritukala* *shodh aartava* *shashurk pratim*, golden, *laksharasopam*, *indragop Pratim*, *padma*, *aarakt*, *gunja phal* *sadrush aartava* occurs this is sign of health Harmonal and dosha balance and origin of good progeny.

## CONCLUSION

To achieve conception four important ingredients are mentioned that are

1. *ritu* \_ Normal menstrual cycle
2. *Keshtra*\_ healthy *garbhakshay*

3. ambu\_ good nutritional status
4. beej – healthy ovun and spermatozoa

All the four are related to women who is more responsible in formation of Offspring. rajaswala paricharya help her to maintain all the four in equilibrium.

: ayurveda aims for swasthasya swasth rakshnam i.e. prevention is better than Cure. rajaswala paricharya is preventive guideline to prevent all the menstrual Abnormalities and improve fertility.

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