



Review Article

Relevance of *Rajaswala Paricharya* in today's era

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Article Received on: 17/12/2021; Accepted on: 27/01/2022

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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.

Even though the modern treatment has developed rapidly still present generation is switching towards Ayurveda which offers better solution. At this juncture an attempt has been made to provide a better assistance for menstrual health and healthy progeny.

KEY WORDS: 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', 'Rutucharya', '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.

Rajaswala is the most important period in the life of woman as it is followed by Ritukala as it is fertile period necessary for the reproduction.

Menstruation is considered to be a "Mirror of Reproductive Health".

Hence the time period from menarche to menopause this occupies the largest phase in the lifetime of woman. Unfortunately, the most neglected one is Rajaswala paricharya.

The classical way to avoid all gynecological problems is Rajaswala Paricharya in which

Ayurvedic Samhitas described that the behavior or code of conduct to be followed by Rajaswala i.e., the women who is menstruating.

Ayurveda, the age of old science of the life has mentioned certain dos and don'ts to be followed during menstruation under Rajaswala Paricharya.

Paricharya:

Ayurveda, The Invaluable system of medicine, helps women in journey towards better health throughout different phases 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. 'Rutumati' (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, Rutumati, 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.'

Table No. 1: Rajasvakal according to Acharyas

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

In paricharya: -

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'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 increase the 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.

Acharya Bhavprakash mentioned, the principles behind Rajaswala paricharya, which have been applied in today's lifestyle.

Table No. 2: Rajaswala paricharya according to Acharya Bhavprakash

Paricharya	Textual reason-Effect on child	Principle	Application in today's Lifestyle.
Diet	-	Deepan, Pachan, Agnipradipan, Vaatanuloman	Eating the prescribed things (Food) for 3 days of menstruation.
No Running	Unsteady	To avoid exertion and vitiation of vata dosa. Also Restore energy of Rajaswala during menstruation.	Avoid physical work and take rest as much as possible. Avoid strenuous work, travelling and long working hours.
No Laughing Loudly	Blackish Teeth, lips palate, Tongue.		
No Excessive Talking	Talkative child		
No Outing	Insane child		
Good & virtuous thoughts	-	Avoid mental stress.	Keep mind as calm and relaxed as possible and avoid anxiety/mental stress.
No Crying	Ophthalmic Disorders		
No Sleeping during the day time	Sleepy child	Prevent vitiation of Kapha ana Pitta and also formation of Aam.	No sleeping during day time.
Not adorn oneself, not wear ornaments, not apply make-up	-	Instigate ascetic thoughts.	Not adorn oneself, not wear ornaments, not apply make-up
Sleep on Darbha Mat	-		Sleep on Darbha mat if Available or on floor (Chatai/Chaddar)
No having bath	Unhappy child		Not having a complete bath (Follow basic hygiene like cleaning genitalia, hands legs and face)
Follow celibacy	-		Follow celibacy
No Listening to music	Deaf child	Prevent Vata prakopa and Rasa dushti	No listening to music/ hearing at low voices.
No applying any creams/ oils to the body	Unhappy child/ skin disorders.	Lep and Abhyaga contraindicated in agni-mandya	No applying any creams / oil to the body
No cutting nails	Bad nails	Cannot be understood exactly	No cutting nails
No applying corrylium	Blind child		No applying corrylium

1) Diet:

Principle- Agnideepan, Paachana, Vaatanulomana

Application- Eating in proper quantity, Light diet and on regular meal time. Avoid spicy, oily diet, bakery products and junk foods.

Due to not following Code of conduct explained in Samhitas related to Rajaswala paricharya that is tikshna, ushna, amla, lavana rasa ati sevan increases pitta and ultimately occurs Rakta ashuddhi. This vitiated rakta generates Abija Shonit.

2) Avoid Fast Running, Laughing and Over talking:

Principle- Avoid exercise, take rest and restore energy to avoid vitiation of vatadosha.

Application- Avoid exercise, take rest and restore energy.

All the above cause aggression of vaata dosha.

Blood loss and shodhna of body ultimately increases vaata during Rajaswala phase; there is already vata dominance in the body which may be aggravated by above mentioned things.

3) Good and virtuous thoughts, No crying (Emotional changes):

Principle- Avoid mental stress.

Application- Keep mind calm and relaxed as possible avoid stress and anxiety.

Blood loss and shodhna of body ultimately increases vaata during Rajaswala phase; there is already vata dominance in the body which may be aggravated by above mentioned things.

4) Sleep on Darbha mat and No bathing:

Principle- Instigate aseptic thoughts and decrease associated symptoms.

Application- 1. Sleep on darbha 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 vataprapok and rasadushti to keep mind calm.

Application- No listening to loud voice.

Aim of this is avoid vitiation of vata and kapha, prevent formation of aama and restore energy. Thus, following Rajaswala paricharya women respond healthily to the physiological and psychological changes by keeping balance Doshas, Agni and Bala in today's era.

6) No abhyanga(massaging):

Principle- It is contraindicated in agnimandya.

Application- No abhyanga (Massaging).

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.

Rajaswala paricharya is best example of Nidaan-parivarjana chikitsa (Prevention of disease). So, by following paricharya, we can counter the adverse effects of present lifestyle over reproduction by avoiding menstrual disorders.

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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Cite this article as:

Dhanashree G. Tryambake, Deepali Manore, Rajkumar Bobade, Relevance of Rajaswala Paricharya in today's era, PDEAS Int. J. R. Ayu. & A. Sc., 4(1); Feb 2022, p. 49-53.