



Review Article

ROLE OF RAJASWALA PARICHARYA ON ARTAVADUSHTI W.S.R TO MENSTRUAL DISORDERS- A HOLISTIC APPROACH

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ABSTRACT

In Ayurveda, "*Rajaswala Charya*" refers to the specific regimen or lifestyle guidelines designed for women during menstruation (*Rajaswala*). This term consists of various practices and recommendations aimed at supporting women's health and well-being during their menstrual cycle. Unfortunately, it has been observed that the *Rajaswala Paricharya* is neither being publicized nor followed by the women in today era. As a result, there is need to educate the females, regarding the *Rajaswala Paricharya* (ways of living) recommended by Ayurveda to keep the *Dosha* in balance, which maintains health. Ayurveda advises women to adhere to "*Paricharya*" conduct that should be followed at various stages of life, such as *Rajaswala*, *Garbhini*, and *Sutika*, in order to improve their health and quality of life. The *Rajaswala Paricharya* is the one that receives the least attention. This subject was chosen because it was noted that modern science has described fatigue and lower abdomen pain as having an impact on the menstrual cycle and its related symptoms, although Ayurveda has not specified such symptoms. To achieve conception *Acharya Susrutha* has described four essential factors for fertility, *Ritu*, *Kshetra*, *Ambu*, *Beeja*. The females took part greater role in the formation of offspring because these four factors are related to them. Ayurveda gives prime importance to preventive aspects and elaborates "*Rajaswala charya*" or the care during menstrual cycles and during menarche in a female to prevent and cure gynaecological disorders. Due to adoption of western culture, females opt to attend programs they also prefer for parlours facial during *Raja strava kala*, which is prohibited by *Acharya*. Due to high mental pressure because of work load, family stress, competitive behavior in every place, more expectations lead to stress in her life.

INTRODUCTION

According to Ayurveda, *Rituchakra* has three phases *Rajasravakala*, *Rutukala*, and *Ratuvyateetakala*. The female in *Rajahsrava Kala* is called as *Rajaswala Stree* and the mode of life to be followed in this period as mentioned by *Acharya*.^[1] appropriate onset indicates a healthy reproductive system and a normally functioning *Rajastrava* H-P-O axis. *Rajastrava kala* is a natural cleansing process that serves as a *Shodhana* for women.

It is also influenced by the *Dosha's* actions. *Rajaswala Paricharya*, an Ayurvedic set of Do's and Don'ts, is a way of living that menstrual women are advised to follow in order to safeguard their own health and prevent any health issues in their *Bhavi garbha*. This subject was chosen that to focus on mainly on three days of menstrual cycle. Proper following protocol of reproductive age group. Modern science has described fatigue and lower abdomen pain as having an impact on the menstrual cycle and its related symptoms, although Ayurveda has not specified such symptoms.

Now days Menstrual disorders frequently affect the quality of life of adolescents and adults of reproductive age group during this period, helps in making healthy reproductive organ as well as maintained HPO axis achieve conception, *Acharya*

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Susrutha has described four essential factors for fertility, *Ritu*- Normal menstrual cycle/proper fertile period, *Kshetra*- Physiologically adequate and healthy internal organs of reproduction, *Ambu*- Good nutritional status of mother and *Beeja*- Healthy ovum and spermatozoa. Women in the reproductive age group experience many conditions related to the menstrual cycle, such as menorrhagia, dysmenorrhea, irregular menses, PCOS, endometriosis, adenomyosis, infertility, fibroid, abnormalities in fetus etc because we are not going according to *Rajaswala Paricharya*, which seriously affect their health and happiness as well as being extremely detrimental.^[2]

Studies on menstrual practices since last few decades conclude the views on menstruation as stigma and silence, embarrassment and fear with humiliation. The type of sanitation used for menstruation and its consequences are also highlighted in such studies. The practices surrounding menstruation in contemporary and historical perspective are reviewed are limited to taboos, myths, misinformation. There is a large gap between cultural knowledge and practice regarding menstruation and discourse is created by academia and cinema. Detailed examination of practices prevalent in cultural traditions is required with contemporary analysis and decoding with scientific relevance. The needs of seclusion, limiting certain food and activities with religious restrictions during menstruation are studied and role of oxidative stress, free radicals, pheromones, menstrual toxins, science of six chakras are some scientific evidences perceived through individual experiences. This approach adds

evidence in validating the ancient science of menstrual practices and supports in maintaining reproductive health. *Rajaswala charya* in Ayurveda underscores the holistic approach to women's health during menstruation, focusing on dietary, lifestyle, and emotional considerations to support well-being and balance during this natural phase of a woman's life.

Prevalence Rate of Menstrual Disorders

The prevalence of menstrual disorders in India to be PCOS 3.7 to 22.5%^[3], dysmenorrhea- 45%, menorrhagia- 17%, amenorrhea- 21.3%, polymenorrhea- 22.2%, hypomenorrhea- 15%^[4], infertility- 11.8%^[5] fibroid- 37.65%^[6] endometriosis- 42 million^[7], adenomyosis-55^[8]

AIM

To study the Role of *Rajaswala Paricharya* on *Artavadushti* w.s.r to menstrual disorders.

OBJECTIVES

To study the mode of action of *Rajaswala Paricharya* and its application in present era.

To collect all article related to *Rajaswala paricharya* previously published.

To recognize the scientific concept behind *Rajaswala Paricharya* and its effect on the physiology of menstrual cycle when not followed.

Methodology: The literary study is done with the help of Ayurvedic texts i.e., *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, *Kashyap samhita* and *Ashtanga Hridaya* as well as the internet-based journals, PubMed, Google Scholar.

Ashtartava Dushti⁹

Dosha	Name	Clinical features	Correlation
Vata	Vataja	Black, painful	Oligomenorrhoea with dysmenorrhoea due to nutritional deficiency/ oestrogen deficiency
Pitta	Pittaja	Yellowish, burning	Oligomenorrhoea with infection/ inflammation
Kafa	Kaphaja	White sticky, mucoid	Oligomenorrhoea with chronic endometritis/ cervicitis
Raktaja	Kunapa Gandhi	Pitta features with dead body smell, profuse	Menometrorrhagia due to endometrial CA
Vata Pitta	Ksheena	Scanty with features of <i>Artava kshaya</i>	Hypoestrogenic oligomenorrhoea
Pitta Kafa	Putipuya	Purulent	Severe endometritis leading to pyometra
Vata Kafa	Granthibhuta	Clotted	Due to cervical carcinoma
Sannipatik	Mutrapurisha Gandhi	Smell of urine and faeces	Advance CA learning to vesico-vaginal fistula or rectovaginal fistula, CIN Stage III & IV.

In *Artava dushti*, main *Dosha* is *Vata*. So, for vitiation and proper functioning of *Vata Pradhan dosha* except medications, three days protocol for *Rajaswala* is important, so that *Vata prakopa* doesn't occur in female body. Because *Vata dosha* is main leading cause of *Yoni roga* as well as *Artava vypada*.

Rajaswala Paricharya according to different Acharyas

No.	Acharya	Rajaswala Paricharya
1.	According to Acharya Charaka ^[11]	From onset of menses to third night, she must follow: <ul style="list-style-type: none"> • <i>Brahmharya</i>- In <i>Mundakopanishad</i> it has been quoted that <i>Satya</i> (truth), <i>Tapa</i> (penance), <i>Samyak gyana</i> (true knowledge), and <i>Bramhacharya</i> (celibacy) leads to self-knowledge.^[10] • Eat in unbroken utensil placed in hand. • Don't take any type of bath. • Day 4: She should take head bath.
2.	According to Acharya Shushruta ^[12]	From the day of onset of menstruation, the lady should observe <i>Brahmacharya</i> . <ul style="list-style-type: none"> • Should avoid <i>Divaswapna</i>, application of <i>Anjana</i>, <i>Ashrupat</i>, <i>Snana</i>, <i>Anulepan</i>, <i>Abhyanga</i>, <i>Nakha chedana</i>, <i>Pradhavan</i>, <i>Hasan</i>, <i>Kathan</i> (talking too much), <i>Sabda Sravan</i> (listening of so many types of topics), <i>Avlekhana</i> (combing) and (<i>Ayas</i>) fast wind (excessive travelling). • Avoid excessive exercise. • She should sleep on <i>Darbha</i> (specific sacred leafy plant) spread over ground. • She should eat <i>Havisya ghee</i>, <i>Sali</i> rice and milk) and <i>Yava</i> (barley and milk)
3.	According to Acharya Vagbhata ^[13]	Avoid food which is <i>Amla</i> , <i>Ushna</i> , <i>Katu</i> , <i>Lavan</i> in nature. Take food in less quantity. Always concentrate on thinking good and auspicious things Avoid jewellery or make up
4.	According to Maharshi Kashyap ^[14]	Use of <i>Nasya</i> (inhalations) and <i>Vamana</i> (emesis) are contraindicated during menses.

Restricted acts which should be avoided during three days of menstruation and its effect on female body^[15]

Restricted acts of woman	Effect on female body
<i>Divaswapana</i>	<i>Vata kapha dusti</i> , if she is planning for child will also be lethargy
Use of <i>Anjana</i>	It effects on eye sight and <i>Aalochaka pitta</i>
Weeping	Abnormality of vision
<i>Snana</i> & <i>Anulepana</i>	Prone for diseases in future
Oil massage	Skin disorder, increase more blood supply towards skin and <i>Sakha</i>
Paring of nails	Deformity of nails
Fast racing	Vitiation of <i>Vata</i> unable to concentrate on any work
Laughing	Black discolouration of teeth, lips, tongue
Over talking	Vitiation of <i>Vata</i> , can't able to concise her talk
Over hearing	Vitiation of <i>Vata</i> , tinnitus, sensorineural hearing loss
Combing	Excess hair fall
Exposure to draughts and exertion	Insane
Use of <i>Nasya</i>	<i>Yoni shosha</i> , menstrual abnormalities

Current perspective

Due to adoption of western culture and fast life working, females opt to attend programs, heavy stressful work *Raja strava kala*, which is prohibited by Acharya.

Due to high mental pressure because of work load, family stress, competitive behaviour in every place, more expectations lead to stress in her life, as

result cortisol level increases in body, causes HPA axis dysfunction.

Due to fast place life style, multiple responsibilities and trying to keep high demand of work and life, *Pradhavan*, *Atikathan* during meeting, teaching job. *Atisravana* due to high music sounds for prolonged time, too much travelling and exertion during those times, all these factors during

menstruation causes *Vata* vitiation, avoid *Vidahi annapana* (Pani puri, pizza, smoking, Manchurian, cold drinks, maggi, coffee, tea, intake of *Viruddha aahara* etc. it causes *Raktavha strotos dushti* in *Yakrita*, hormones and it leads to PCOS & other disorders.

Vata kapha dushti leads to further *Dhatu dushti*, affects *Agni*, as result it causes menstrual disorders.

Aahara during Raja Strava Kala

1st to 3rd day-

1. *Shali with ghee*
2. *Yava daliya/ Shastika (rice) kheera*
3. *Yava roti with 2 spoon ghee*
4. *Dhaga mishri or Deshi khanda*

Havisya (Yava + Ghrita)- *Yava* has *Ruksha*, *Sheeta*, *Laghu*, *Swadu*, *Kashaya*, *Balya purishjanana* and subside *Shleshmaja vikara* properties and *Ghrita* has *Agni vardhaka*, *Vata pitta shamak*. It is good for *Rajaswala stree* because at the time of *Rajaswala kala* hormone is in a low level and *Jatharagni* also *Manda* so we taking *Havisya* at the time of *Rajastrava kala* maintains *Agni* and *Dosh*. Barley (*Yava*) influences health at an epigenetic cellular level and impacts DNA gene expression. She should therefore consume less food of *Agni Deepaniya*, Easily Digestible *Laghu Ahar*, *Havisya* (meal made of *ghee*, *Sali dhanya*, and milk), and *Yava* (meal made of barley and milk). *Acharya Vagbhata* mentioned this diet as *Kostha shodanarth*

Barley grains high including proteins and carbohydrates, including beta-glucan, lipids, vitamins and minerals. Beta-glucan a kind of soluble fibre found in barley. It improves intestinal health and reduce blood sugar and cholesterol level. Consuming whole barley flour in a regular basis it helps to avoid chronic conditions including diabetes, cancer, high blood pressure, hyperlipidaemia, gallstone, obesity.

It is rich in nutrients because barley contains a variety of minerals, including calcium, zinc, iron, potassium, phosphorus, magnesium, which helps maintain healthy bones and regulates muscle and nerve function. Phosphorus is essential for the growth and upkeep of tissue and cells in body. Zinc has ability of heal wounds and fight infection barley is a good source of iron. Vitamin-E (tocols) is one of the antioxidants so it improves human health by lowering the risk of sickness. Vitamin-E in Barley is higher than other grains. Tocols and resistant starch which are all beneficial to health.^[16]

Vihara

- Follow *Brahmacharya* for the first three days.
- *Brahmcharya*- In *Mundakopanishad* it has been quoted that *Satya* (truth), *Tapa* (penance) *Samyak gyana* (true knowledge), and *Bramhacharya* (celibacy) leads to self-knowledge. In describing

tapa (penance) done from *Sharira* (body), it has been quoted in *Bhagwad geeta* that one should follow *Bhramacharya* (celibacy) along with other measures like worshipping *Brahmnans*, spiritual master, father, mother, cleanliness, simplicity and nonviolence. According to *Chakrapani tika* "*Bhramacharya shabden indriya sayyamsaumansya prabhritayo brahmagyananuguda gri-hyante.*" this term has been given for control over senses, purity of *Manas* and conducts towards goal to *Brahma*. It has been advised to be used very tactfully as excess use or even non-use leads to *Manokshobha* (psychic disturbances). Advantages of *Bhramacharya* are *Dirghayushya* (longevity of lifespan), *Virya* (vigour), *Pragya* (intellect), *Laxmi* (money), *Mahayash* (pried), *Punya* (austerity), *Priyatva* (dearness).^[17] So the female during menstruation should be achieved to following *Brahmcharya*. If she was not following these *Dos* and *Dont's Dosh* go in *Shakha* and its effect the *rajastrava* and occur disease. Because at the time of *Rajastrava kala* all *Doshas* accumulate in *Kostha* and go out the body with *Rajastrava* it is a natural *Shodhana* process.

- **Kalyanadhyayni**^[18]- Always concentrate on positive thoughts and auspicious things. Do meditation. The term "*Kalyandhyayni*" refers to meditation and positive thinking. Engaging in this practice has a significant impact on mental health, as it helps balance the HPO (Hypothalamic-Pituitary-Ovarian) axis hormones. This hormonal balance is crucial for maintaining a regular menstrual cycle and overall well-being. *Acharya Chakrapani* mentioned to be sleep on bad not of high height.
- **Darbhasamstharashayini**- *Acharya* mention that during the time of menstruation, she should sleep on the bed made or *Darbha* spread over the ground. From the Vedic time, onwards *Darbha* is having its importance in rituals. The *Darbha* grass protects the body from the negative energies and from toxic radiations. Even though it is difficult to practice, in present days the usage of *Darbha* grass by a *Rajaswala* help to protect her also from the mobile phone radiations and other harmful radiations.
- **Divaswapna and Ratrijagrana**- According to *Acharyas* if *Rajaswala stree* sleep at day time *Kapha dosha prakupita* in body and wake up at night *Vata* and *Pitta doshas* are *Prakupita* (increase) that's why all three *Doshas prakupit* in the body. And it causes bleeding disorders and other menstrual disorders.

- **Anjana** - Its effect *Aalochak pitta* of eyes and effect on eye sight.
- **Avoid jewellery or Makeup** - Avoiding cosmetics and ornaments decrease sexual drive and arousal.
- **Snana** - *Snana* involves all muscles of body making them active. More blood supply required for this active muscles. This may reduction of blood supply to uterus leading to lower abdominal pain and other menstrual disorders or *Vataja artava dushti*.
- **Abhayanga**- It increases heat on surface of the body and increase blood supply to body surface. Resulting as effect of *Snana*.
- **Ativyayama**- Running and too much of exercise should be avoided. During the time, the body became weak due to the *Raktha srava* and there will be hormonal changes. Excess exertion leads to *Vata prakopa* and *Rasa dusti*. If it is repeated continuously, this leads to infertility. *Athivyayama* eradicates the body like the lion destroys the elephant which is of bigger size.
- **Nakha chedana**- *Nakha* are *Mala* of *Asthidhatu* paring of nails may causes faster growth initially and once it reaches at certain stages growth will be slow, paring of nails give signals to activate *Asthidhatu* that something is lost, *Asthi* is *Sthana* of *vata* get vitiated in body. It affects the menstrual flow.
- **Pradhavan**- Increases blood supply of leg muscles, hamper uterine blood supply leads to pain in lower abdomen. It causes *Vata dosha vridhi*.
- **Hasana**- Leads to *Vatavridhi*, vitiated *Vata* causes menstrual problems.
- **Listening to loud music**- It leads to *Rasaksyaya*, it responsible for *Aartavkshyaya* because *Aartav* is *Upadhatu* of *Rasadhatu*.

The menstruating woman has to follow the *Rajawala Charya* during the menstruation for the first 3 days and in the 4th day the female should take bath and wear white garments with flowers and ornaments and worship god. Then she should indulge in sexual intercourse for achieving a good progeny. If the woman does not follow the *Rajaswala charyas* properly, then the *Dosha* vitiation occurs and it further affects the foetus.

Individualized Approach: Like all Ayurvedic practices, *Rajaswala Charya* recognizes that each woman has unique needs during menstruation. Therefore, recommendations may vary based on factors such as constitution (*Prakriti*), age, and overall health.

DISCUSSION^[19]

Ayurveda texts describe female reproductive tract disorders under *Yonivyapad* and the *Samanya nidana* of all the *Yonivyapad* in *Mithya achara* i.e., *Virudahar* like *Adhyasana*, *Samsana*, *Vishmasana* etc and lifestyle (*Vihara*) like *Ratrijagrana*, *Divaswapna*, sedentary lifestyle. Vitiating *Artava*, *Beeja dosha* (defect in sperm & ovum quality) and healthy progeny. Non adherence to the *Rajaswala paricharya* may predispose the woman to *Yonivypada* and *Kunapagandhi* (foul-smelling), *Putipuya* (pyogenic), *Granthibhuta* (clotted), *Ksheena* (scanty), or *Artavavridhi* (excessive menstruation) are examples of *Ashtaartavadushti* (scanty and irregular). According to *Ayurveda*, *Rajaswala* period is marked by *Agnimandhya*, *Klama*, and *Dhatu kshaya*. It is a period of cleansing and detoxification of the mind and body. The HPO axis starts a new cycle in this period and the recruitment of follicles begins during this phase. Biomedical behaviours and social interventions adopted during this period can have an impact on the developing ovum, endometrium and fertility of a woman. Not only with regards to her ability to conceive, but also to bear a normal and healthy uterus, *Rajaswala paricharya* is important and to publicize it among door-to-door is our responsibility. By following this principle of Ayurveda we can prevent many females from undergoing many invasive operations like hysterectomy, myomectomy, polypectomy etc. This is also a preventive step for not developing breast & cervical carcinoma.

CONCLUSION

Practising a menstrual regimen/*Rajaswala paricharya* is very important. As large part of the population is unaware of the do's and don'ts mentioned in the Ayurveda. In present era, with such an increasing rate of gynaecological complaints, it is important to accept and follow the *Rajawala Paricharya* to maintain menstrual health. *Rajaswala Paricharya* is the best example of *Nidana Parivarjana Chikitsa* as well as *Shodhana* part. Excessive work either physically or mentally, during those three days should be avoided. That's why menstrual leave is opted in some places. Excessive exertion during that menstrual phase effects on the strength of the body and particularly of the reproductive system that is lost throughout many monthly cycles that affects the body in the long run, as a result many gynaecological problems occurs in female body. Thus, maintaining the equilibrium of the three *Doshas* in the body by following *Rajaswala paricharya*, results in overall maintaining the healthy state of the body. Therefore, *Rajaswala Paricharya* needs not to be seen as 'oppressive restrictions' being imposed on females, but rather as therapeutic prescriptions. It is need of time to adapt *Rajaswala paricharya* in every menstrual cycle

as well as should be added as first line for treatment in prescription pad for any menstrual disorders. It is best protocol in Obstetrics patients also. It should be advised in pre-conceptional counselling for *Bhavi Garbha uttpati*.

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