



Review Article

SELF CARE TO FEEL BEST DURING MENSTRUATION (*RAJASWALA PARICHARYA*): THE IMPACT OF LIFESTYLE MODIFICATION THAT ENHANCE FERTILITY

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ABSTRACT

Out of various *Paricharya* mentioned in Ayurveda, *Rajaswala Paricharya* holds an important one. The *Charya* or code of conduct mentioned for a *Rajaswala stree* is termed as *Rajaswala Parichara*. Due to changing lifestyle, physical and mental stress, *Mithya Aahar*, woman in reproductive age groups suffer from various conditions related to menstrual cycle like dysmenorrhoea, menorrhagia, irregular menses, PCOS, endometriosis, adenomyosis which increase incidence of infertility also *Rajaswala charya* is the most neglected part in the society.

Acharyas mentioned *Aaharas* and *Charyas* which are indicated and contracted for maintaining the health.

By the concept of *Shuddha Shukra* and *Shuddha Aartava* in the formation of *Garbha* it is very clear that concept of *Supraja Jananam* i.e., healthy progeny begins at the very level of preconceptional care or even before to that in the form of *Rajaswala Paricharya*.

If it is followed during menstruation it will get relief from conditions of menstrual abnormalities, infertility and to gain better healthy life of woman.

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INTRODUCTION

As a quoted by Famous personality, "No matter how bad my day's been, it takes one little kick to make everything feel alright". Woman undoubtedly is the ultimate source of human progeny. Fertility is a commitment of life to propagate itself. A human life is constantly influenced by the rhythmic phenomenon in present era, women are now working. Along with their careers, they alone manage household responsibilities. This has made life of women busier and hectic than it was before. The female menstrual cycle involves dramatic monthly hormonal changes affecting a woman's emotional and physic state. Many women in the reproductive age group suffers from various condition related menstrual cycle like menorrhagia, dysmenorrhoea, PCOD, irregular menses, endometriosis, adenomyosis, fibroids result of which end up in infertility, the most disrespectful condition for womanhood. The major reason for the *Rajaswala Paricharya* is not being followed these

days in the information spread by media and manufactures of sanitary napkins. In order to demonstrate soaking capacity and the durability of the sanitary napkin, the girls in advertisement are shown to be running and dancing around also Due to the adaptation to the western way of life there is aversion or rather ignorance towards our classical science. The so called outdated system has lost its important in today's generation. The 20th century has observed a drastic rise in number of menstrual problem as well as infertility. Hence it is very much need of hour to educate the society regarding *Rajaswala Paricharya* mentioned in Ayurveda in order to maintain the *Doshas*, maintain health and hormonal balances and to prevent various gynaecological disorders of woman.^[1,2]

AIMS AND OBJECTIVES**AIM**

- To study the effect of *Rajaswala Paricharya* on menstrual cycle as well as Infertility.

OBJECTIVES

- To analyse the effect of *Rajaswala Paricharya* on menstrual cycle and infertility.
- To study the principles behind *Rajaswala Paricharya* and its application in today's era.

MATERIAL AND METHODOLOGY

- The literature study was done with the help of Ayurvedic texts and modern literatures in

connection with menstrual cycle and *Rajaswala Paricharya*.

DISCUSSION^{[2][3][4][5]}***Rajaswala paricharya* mentioned in various Ayurvedic Granthas**

Such as *Charak Samhita, Sushruta Samhita, Kashyapa Samhita, Ashthanga Hridayam, Ashtanga Sangraha* and *Bhava Prakash*.

Certain measures are mentioned in Ayurvedic scriptures, to be followed from onset of menstrual bleeding till next 3 days (or till it lasts) for healthy reproductive life.

The do's and don'ts mentioned in *Rajaswala Paricharya* are of utmost importance.

Table 1: Do's and Don'ts of *Rajaswala Paricharya*

S. No.	Do's during menstruation	Don't during menstruation	Abnormalities in child on non observance of rules
1.	To observe celibacy during first three days of menstruation.	<i>Divaswapna</i> (Day sleeping), <i>Anjana, Rodhana</i> (weeping/ crying)	Over sleepy, Blind, Visual disturbance
2.	Sleep on <i>Darbha</i>	<i>Lepana</i> <i>Abhyanga</i>	Miserable, <i>Kushta</i> and other skin disorders.
3.	Should eat meal made of ghee, <i>shali</i> rice and milk or meal made by barley.	<i>Nakha kartana</i> <i>Dhavana</i>	Deformity in nails Reckless
4.	To eat food directly taking over palm or in clay utensil, leaves.	<i>Hasana</i> (Laughing), <i>Pralapa</i> (Indulging in long conversation)	Discolouration (black) of teeth, lips and tongue. Over talkative
5.	To take food in less quantity.	<i>Atishabdha shravana</i> (Listening to various topics.) Combing of hairs	Deafness, Baldness
6.	Concentrate on auspicious things.	<i>Nasya</i> Exposure to wind	Menstrual abnormalities, <i>Vandhyatwa, Unmada</i>

It's important to follow *Rajaswala Paricharya* to enhance fertility because

- Oestrogen levels are closely linked with women's emotional well being as estrogen affects the part of brain that controls the emotions. The rise in estrogen levels helps to suppress hormones adrenaline and corticisol.
- Darbha* is proven to be having anti microbial property as well as *Pittahar* property, it gives soothing effect to menstruating lady as well as helps to maintain body temperature.
- Avoiding sexual intercourse during these period because it may cause the unwanted pregnancy or may cause infection because of altered vaginal PH.

Table 2: Effect on the baby when the pregnancy occurs in menstruation

Menstruation day	Effect on the baby
First day	No pregnancy/ Intrauterine death.
Second day	Abortion/ Stillbirth.
Third day	Defective body parts and short life.
Fourth day	Normal and healthy life.

- Havishya Anna* is useful to maintain *Agni* of the person as *Rajaswala* is a natural *Shodhan* process of body.

- Regarding diet advised during *Rajaswala* is clearly states that nutritional state prior to pregnancy can influence oocyte and embryo development which can impact on both the ability to establish pregnancy and health of developing foetus.
- **Diet:** There is natural decrease in digestive power during menses. Eating heavy food will leads to indigestion and production of *Aam Rasa* which in turns cause heavy flow during menses and pelvic pathologies which may leads to reduce incidence of fertility.
- Avoiding excessive exercise helps woman to restore her energy hence preventing *Vata Dosha* from its *Prakupit Awastha* and various *Yoni Vyapad's*.
- Not having bath- water over *Mooladhara Chakra*, leaves some effect on outflow of blood.
- Sleeping during day time increases *Kapha Dosha* which in turns produces *Aam Rasa*.
- Complete shedding of endometrium layer is very much essential otherwise it retains inside the uterus and leads to PCOD, Endometriosis and infertility.

CONCLUSION

- *Rajaswala Paricharya* corrects reproductive functioning and supports for a healthy *Beeja*.
- *Rajaswala Paricharya* can be considered among pre conceptional measure as it fulfils need of *Shuddha Aartava / Shuddha Beej* which enhances chance of fertility.

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