



# Concept of Rajaswala Paricharya in Ayurveda

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## ABSTRACT :

Menstrual cycle<sup>1</sup> is the natural unique phenomenon to the females. In Ayurveda, the charyas or code of conduct mentioned for a rajaswala stree<sup>2</sup> is termed as rajaswala paricharya, which is the most neglected part in our society. Rajaswala paricharya helps women to the drastic physical & cyclic changes during the menstrual cycle.

**Keywords** - Menstrual cycle<sup>1</sup>, rajaswala<sup>2</sup>, rajaswala paricharya,.

## INTRODUCTION :

Now a days, with the increasing menstrual disorders & complaints, it is important to understand & follow the concept of rajaswala paricharya. The female who is menstruating is termed as 'rajaswala'<sup>2</sup>. Due to today's modern lifestyle & aversion towards ancient knowledge, the knowledge of menstrual regimen according to Ayurveda is lost. Rajaswala paricharya is a lifestyle modification recommended in Ayurveda for maintaining optimum gynaecological & obstetrical health. Thus developing a correct & a positive outlook towards rajaswala paricharya is as important as practicing them, so this study aims to gain knowledge about rajaswala paricharya.

## RAJASWALA PARICHARYA<sup>3</sup> :-

Rajaswala stree has to follow the paricharaya during the first 3 days of menstruation.

### • Indicated activities & diet -

1. Always have good & positive thoughts
2. Follow bramhacharya
3. Should sleep on the bed made of darbha
4. Havishya ( ghee, shali rice, milk) or yawaka ( barley & milk)
5. Should eat in utensil made of clay or leaves or unbroken utensil held in hand.

• **Contra-indicated activities & diet -**

1. Diwaswapa
2. Application of anjana ( collyrium), crying, massaging, cutting of nails, laughing loudly, over talking, running, etc.
3. Swedana, nasya, vamana karma.
4. Wearing heavy ornaments
5. Tikshna, katu, lavana aahara.

On 4<sup>th</sup> day, the female should take bath washing her head also, wear white or new garments, alongwith garland of flowers & ornaments & worship God. She should first of all see her husband.

**Consequences due to non-avoidance of restricted acts mentioned in granthas<sup>4</sup>:**

If the woman does not follow earlier described charya, the vitiated doshas by reaching the fetus produce following abnormalities:

Restricted acts of women	Abnormalities in the fetus
Day sleeping	Over sleepy
Use of anjana (collyrium)	Blindness
Weeping	Abnormality of vision
Bathing & anointing	Sad
Oil massage	Leprosy & other skin disorder
Paring of nails	Deformity of nails
Fast running	Fickle fetus
Laughing	Black colour of teeth, lips & tongue
Over talking	Garrulous
Over hearing	Deafness
Combing	Baldness
Exposure to draughts & exertion	Insane
Scrapping or digging of earth	Falls during walking
Use of nasya	Menstrual abnormalities

**DISCUSSION :**

**Principles behind activities & diet stated in rajaswala paricharya<sup>5</sup> :**

1. Always have good & positive thoughts -  
A rajaswala stree needs to stay away from stress & anxiety to maintain Sattvik awastha of mind, which affect the hormonal levels thereby disturbing the menstrual cycle & causing problems.
2. Follow bramhacharya -  
As indulging in intercourse will worsen the condition of menstruating female body by causing vata prakopa. Menstruating female has to rest during this period to regain the lost strength of the body as blood is already lost during this period
3. Should sleep on the bed made of darbha -  
Sleeping over darbha mattress is shramahar, nidrajanak, jwarahara & it also facilitates the easy flow of artava
4. Havishya ( ghee, shali rice, milk) or yawaka ( barley & milk) aahara -  
Easier to digest & also provides nourishment to the body
5. Should eat in utensil made of clay or leaves or unbroken utensil held in hand - Clay has alkaline properties, it enhances digestion & avoids problems like hyperacidity. Clay pots retain the nutritive value of food & also requires less oil for cooking.

6. Avoid diwaswapa -  
Sleeping during the daytime will lead to the production of kapha dosha which will cause the production of aama in the body.
7. Avoid application of anjana ( collyrium), crying, massaging, cutting of nails, laughing loudly, over talking, running, etc. -  
Avoid such unnecessary activities as only rest should be done during the period of three-five days to restore the energy of the body.
8. Avoid swedana, nasya, vamana karma -  
This panchakarma procedures causes dosha prakopa.
9. Avoid wearing heavy ornaments -  
An ornaments are made up of metals & metals absorbs radiations & during menstruation body needs rest, it does not need any high energy radiations. Another reason is to avoid sexual attraction.
10. Avoid tikshna, katu, lavana aahara -  
It causes an imbalance in the doshas leading to problems like- bloating, abdominal pain, etc.

## CONCLUSION :

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After studying rajaswala paricharya , it is observed that acharyas treated rajakala as a natural shodhana kala, leading to agnimandya. Aim of this is avoid vitiation of vata & kapha , prevent formation of aama & restore energy thus by following rajaswala paricharya women respond healthily to the physiological & psychological changes by keeping balance of doshas, agni & bala. Rajaswala paricharya corrects reproductive functioning & form a healthy beeja.

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