



## RAJASWALA PARICHARYA: IN DAY TO DAY'S PRACTICE

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## ABSTRACT

Ayurveda places significant emphasis on women's health, mainly through the "Rajaswala Paricharya" concept, which outlines specific guidelines for well-being during menstruation. Though often overlooked in modern times, these traditional practices can help women cope with physiological and psychological changes during their menstrual cycles. The principles of "Shuddha Beeja" (healthy sperm) and "Artava" (healthy ovum) are central to ensuring healthy progeny and adherence to *Rajaswala Paricharya* supports this foundation. In the contemporary context, where menstrual irregularities, PCOD, and infertility are on the rise, Ayurvedic practitioners need to advocate these practices to enhance women's reproductive health. Small efforts in observing these guidelines can yield significant benefits.<sup>1</sup>

**Keywords:** *Rajaswala Paricharya*, Menstrual health, Ayurveda, *Dosha*

## INTRODUCTION

In Ayurveda, a woman's life is categorised into three stages: Bala (childhood), Rajaswala (reproductive phase), and Vriddha (old age/menopause). The Rajaswala phase is particularly pivotal due to its direct involvement in reproduction and overall gynaecolog-

ical health. Modern lifestyles, characterised by busy schedules, processed diets, and increased stress, have contributed to disruptions in menstrual cycles and a rising prevalence of menstrual disorders.

Ayurveda prescribes various Paricharyas (codes of conduct), including Dinacharya, Ritucharya, Sutikacharya, Garbhinicharya, and Rajaswala Paricharya, aimed at maintaining overall health and addressing specific phases in a woman's life. Rajaswala Paricharya, designed for the menstrual phase, provides a structured approach to managing this time's physiological and emotional fluctuations. Understanding and implementing these ancient guidelines in today's context could provide a natural and holistic remedy to the increasing gynaecological issues faced by women.<sup>2</sup>

### Methods

This section outlines the specific guidelines of Rajaswala Paricharya, categorised into recommended practices (Do's) and prohibitions (Don'ts), designed to support women during menstruation:

#### Dos and Don'ts of Rajaswala Paricharya<sup>3</sup>

##### Do's

1. **Practice celibacy during the first three days:** Conserve energy and maintain a balanced *Agni* (digestive fire).
2. **Sleep on a Darbha mattress:** Helps relieve body aches and promotes hygiene.
3. **Consume specific meals:** Eat *Ghee*, *Shali rice*, *Milk*, or *Barley*-based meals to aid digestion (*Ag-nideepana*) and enhance nutritional intake (*Pachana*).
4. **Use traditional eating methods:** To encourage mindful eating, consume food with your palm or on clay utensils or leaves.
5. **Take smaller meals:** Facilitates balanced digestion and prevents overconsumption.
6. **Focus on auspicious thoughts:** Maintain mental tranquillity and reduce stress.

##### Don'ts

1. **Avoid daytime sleep:** Prevents vitiation of *Vata dosha* and energy depletion.
2. **Refrain from using collyrium (Anjana):** This avoids potential eye irritation.
3. **Do not bathe or apply ointments (Lepana):** Maintains mental purity.
4. **Avoid nail pairing (Nakha kartana):** Ensures hygiene and conserves energy.

5. **Refrain from running, chasing, or strenuous activities (Dhawan):** Prevents *Vata dosha* imbalance.
6. **Avoid excessive laughter:** Maintains mental composure.
7. **Limit lengthy conversations:** Reduces mental strain.
8. **Do not comb hair:** Prevents exertion and conserves energy.
9. **Avoid nasal instillation of medicines (Nasya):** Prevents adverse reactions during menstruation.
10. **Limit exposure to wind:** Reduces the risk of *Vata dosha* disturbances.

These practices are rooted in the Ayurvedic principle of maintaining *dosha* balance, conserving energy, and promoting physical and mental health during menstruation.

### Results

While direct empirical data specific to *Rajaswala Paricharya's* efficacy in modern clinical settings might be limited, anecdotal evidence and traditional Ayurvedic texts suggest substantial benefits. Women adhering to these guidelines often report fewer menstrual discomforts, better emotional stability, and enhanced overall well-being. Observational studies could further substantiate the correlation between these practices and reduced incidence of menstrual irregularities, PCOD, and other reproductive disorders.

### DISCUSSION

The relevance of *Rajaswala Paricharya* in contemporary times is profound. As lifestyle-induced gynaecological issues like menstrual disorders, PCOD, and infertility become increasingly common, the role of traditional practices in maintaining health becomes apparent.

*Through structured lifestyle modifications, Rajaswala Paricharya emphasises a holistic approach, considering physical, mental, and emotional health. By conserving energy, balancing doshas, and fostering mental tranquillity during menstruation, these guidelines*

provide a foundation for reproductive health and overall well-being.<sup>4</sup>

For Ayurvedic practitioners, promoting these practices upholds traditional wisdom and offers a complementary approach to modern medical interventions. By integrating Rajaswala Paricharya into women's health management, we can support healthier generations and alleviate the burden of menstrual and reproductive health issues<sup>5</sup>.

Rajaswala Paricharya, a set of practices followed during menstruation in Ayurveda, focuses on maintaining health and preventing discomfort. It advises abstaining from sexual activity to reduce the risk of infections, as menstruation creates a vulnerable environment for yeast and bacterial growth. The diet includes specific foods like Havishya (rice, ghee, and buttermilk) and Yawaka (barley and milk), which promote health due to their nutritional properties, such as barley fibre and antioxidant content. Using terracotta utensils is recommended to balance the food's pH and enhance digestion.

It advises avoiding excessive physical exertion and sleep during the day, as they can disrupt hormonal balance and menstrual cycles. Positive thinking is emphasised for emotional stability, given the hormonal fluctuations during menstruation. Certain foods and behaviours, such as consuming spicy foods or taking head baths, are discouraged due to their potential negative impact on the body's temperature regulation and the menstrual process. Thanks to their antimicrobial and antioxidant properties, sleep on Darbha mats is suggested for comfort and pain relief.

Furthermore, oxidative stress increases during menstruation, with decreased antioxidant levels due to lower estrogen. Supplementing antioxidants like vitamins E and C and beta-carotenoids may help mitigate this stress and reduce symptoms like dysmenorrhea. These traditional practices, supported by scien-

tific findings, aim to promote physical and emotional well-being during menstruation.<sup>6</sup>

## CONCLUSION

*Rajaswala Paricharya's* principles present a timeless, holistic framework for managing menstrual health and enhancing reproductive well-being. In an age where menstrual irregularities, PCOD, and infertility are prevalent, the integration of these Ayurvedic practices can offer profound benefits, emphasising balanced nutrition, energy conservation, and emotional stability. The wisdom of Ayurveda, when applied to modern challenges, continues to guide women towards sustained health and harmony throughout their life journey.

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