

Importance of Rajaswala Paricharya in Supraja Janma**Dr. Mrudula.K. S.**Assistant professor, Dept of Prasuti tantra and stree roga,
Yenepoya Ayurveda Medical College and Hospital,
Yenepoya deemed to be university, Manglore, Karnataka- 575018**Abstract**

Out of various paricharyas mentioned in Ayurveda, Rajaswala paricharya holds an important one. In Ayurveda, a women during her menses is called as Rajaswala and the do's and don'ts to be followed by her is mentioned under Rajaswala Paricharya. Ayurveda clearly mentions about the relevance of practicing Rajaswala paricharya and how it helps to keep herself healthy and her future conception.

By the concept of shudda shukra (healthy sperm) and shudda artava (healthy ovum) in the formation of garbha, its very clear that concept of supraja jananam ie; healthy progeny begins at the very level of pre-conceptual care or even before to that in the form of rajaswala paricharya. In this paper a critical analysis of Rajaswala paricharya as mentioned in our ancient science, Its clinical significance and possible effect on healthy progeny, ie; supraja jananam with the help of various research studies are been done.

Key words: , Rajaswala, Rajaswala paricharya, shudda shukra, shudda aartava

Introduction

As quoted by a famous personality, “No matter how bad my day's been, it takes one little kick to make everything feel alright” and “Giving birth and being born brings us into the essence of creation, where the human spirit is courageous and bold and the body, a miracle of wisdom.” –

Harriette Hartigan,

Clearly assures that, pregnancy is a beautiful phase in a woman's life because it gives you the joy and fulfilment which comes from bringing a new life into the world. Pregnancy is not just a physical alteration of the female body; it is also an emotional change that leaves a lasting impact on your life and alters your perspective entirely. It is through these nine months that you develop the patience, understanding, strength and courage that you need to give birth.

Ayurveda, the ancient science of life has given utmost importance for women health. There are particular Paricharyas ie; rules and regulations exclusively mentioned for women during various transitional period of her life including, Rajaswala paricharya (rules and regulations to be followed during menstruation), Garbhini Paricharya(rules and regulations to be followed during pregnancy), Sutika paricharya (do's and dont's to be followed during post natal period) etc. This clearly shows the

importance of health of a women in the society in those era itself.

Importance Of Rajaswala Paricharya

In this current competitive world, a healthy, intellectual, offspring with a long life is desired by all the parents. Training of baby to induce desired psychological individuality in the womb during pregnancy has its roots in cultural tradition and folklore. The practice of the same professionally with the help of various training programmes are gaining popularity since a decade. Science reveals the fact that the anatomical, physiological & psychological built up of an offspring is dependent on parents who provide 'genes' for specific characters to the child. Yet the effect of diet, surroundings, maternal emotions, diseases like tuberculosis and other infections, medications, all have proven effect on the fetus in the womb.

Rajaswala is the largest and the most important period in the lifetime of a woman as it is the fertile period necessary for reproduction. These paricharyas helps a female to adapt well to the physiological and psychological changes taking place in the body during the menstruation and thus prevent occurrence of diseases. It also helps in conceiving a healthy offspring.

Now-a-days, it is seen that the prevalence and incidence of Gynaecological disorders is increasing day by day. Modern diet and lifestyle has

increased the incidence of menstrual irregularities, PCOD, Infertility etc. It is well clear that, the quality of menstruation reflects the reproductive health of a female. Hence, to maintain the quality of menstruation by following some Do's and Don'ts, these paricharyas are been mentioned by our Acharyas long back.

Possible Cliical Significance Of Rajaswala Paricharya As Garbhadana Purva Samskara

Four essential factors are mentioned by Acharya Sushruta for the formation of Garbha. Which includes Ritu(Period nearing to ovulation), Kshetra (Healthy female reproductive organ), Ambu (Nourishing substances), Beeja (Healthy sperm and Ovum)². Further Acharya Vagbhata added the terms Shudda shukra and Shudda Rakta as the essential factors for the formation of Garbha³. Which further supports the importance of Rajaswala paricharya and its significance in the attainment of Supraja (healthy offspring).

Paricharyas particularly attributed to Rajaswala stree according to different authors are as follows⁴:

- 1.The woman should harbour only good thoughts
- 2.Avoid bath, external anointments etc
- 3.Avoid decoration or avoid to wear the jewelleries
- 4.Should sleep on mattress of *Darbha* Grass and should avoid day sleep
- 5.Should eat little quantity of food prepared from *yava* and Milk, holding it either in a leaf, earthen plate or the hands.
- 6.Should observe celibacy.
7. Should avoid excess exercise etc.

Acharya Bhavamishra further added that if one is not following these paricharyas due to one or other reason, “ Garbho doshastadaapnuyaat” ie; it may hamper the future offspring⁵. This further clearly explains the importance of following these Paricharyas and its relation with future conception.

Discussion

Possible explanations with the support of Modern physiology:

- Oestrogen levels are closely linked with women's emotional well-being as oestrogen affects the part of the brain that control

emotions. The rise in oestrogen levels helps to suppress the stress hormone adrenaline and corticisol⁶.

- During the menstruation the level of oestrogen is low which may lead to impulsive decision making. Hence, if woman harbour the good thoughts, it will help to overcome the instability of emotions⁷.
- According to modern physiology, it is observed that there is fluctuation and high temperature during menstrual cycle. During the phase of menstruation, if head bath is taken it will hamper the homeostasis maintained by the hypothalamus leading to many uterine disorders⁸.
- Limiting the water treatments may also prevent various ascending infections through vagina due to altered Ph level.
- The plant *Darbha* (*Desmostachya bipinnata*) is proven to be having anti microbial property as well as due to its pittahara property, it may give soothing effect to menstruating lady as well as may helps in maintaining the body temperature due to altered hormonal level⁹.
- Possibility of advising light food or havishya anna could be for maintain the agni of the person as rajasrava is a natural shodhana process of body and accordingly to increase the agni of the person these foods might have been advised for the lady¹⁰.
- Maintaining celibacy or avoiding sexual intercourse during these period might have been told to avoid infections as the ph of vagina during these period will be altered and may become the source of micro organisms.
- Avoiding excess exercise may help the women to restore her energy hence preventing vaata dosha from its prakupita avastha and various yoni vyapaths .
- Regarding the diet advised during this period, its very clear from the following study that, Nutritional state prior to pregnancy can influence oocyte and embryo development (Boland *et al.*, 2001) which can impact on both the ability to establish

pregnancy and the health of the developing fetus¹¹.

- Nutritional balance can influence oocyte and embryo development. For example, ovulation rate is reduced by under nutrition and increased by short-term high energy and protein supplementation, or infusion of glucose in sheep (Downing *et al.*, 1995; Nottle *et al.*, 1997; Boland *et al.*, 2001)¹². With this, its very clear that importance of avoiding teekshna, katu aahara during pre-conceptional period can influence on fetal outcome.

Conclusion

- It is a known fact that Rajaswala paricharya was being followed by our ancestors as a routine practice. And it is known fact that incidence of PCOD, Infertility and Menstrual irregularities in those era was very much less compared to current scenario.
- Rajaswala paricharya can be considered among preconceptional measure as it fulfils the need of shudda aartava/ shudda beeja for the attainment of shreyasi praja.

References

1. Jasmine Gujarathi, Ritesh Gujarathi. Garbha samskara-prenatal education: concepts, practice and prospects, JAHM, 2014 Jan; 2(1), 40p. Available from: www.jahm.in
2. Premavati Tewari, Ayurvediya Prasuti tantram evam Stree roga, Part 1, 2nd ed, Chaukhambha orientalia, 2010; 86p.
3. Premavati Tewari, Ayurvediya Prasuti tantram evam Stree roga, Part 1, 2nd ed, Chaukhambha orientalia, 2010; 86p.
4. Minal D Bhusevar, Madhuri A. Pachghare, A Review study of Rajaswala Paricharya correlating with menstruation, in present era, World journal of pharmaceuticals research, 2017 ;6(3), 427-434p. Available from: www.wjpr.net
5. Premavati Tewari, Ayurvediya Prasuti tantram evam Stree roga, Part 1, 2nd ed, Chaukhambha orientalia, 2010; 68p.
6. Minal D Bhusevar, Madhuri A. Pachghare, A Review study of Rajaswala Paricharya correlating with menstruation, in present era, World journal of pharmaceuticals research, 2017 ;6(3), 427-434p. Available from: www.wjpr.net
7. Minal D Bhusevar, Madhuri A. Pachghare, A Review study of Rajaswala Paricharya correlating with menstruation, in present era, World journal of pharmaceuticals research, 2017 ;6(3), 427-434p. Available from: www.wjpr.net
8. Minal D Bhusevar, Madhuri A. Pachghare, A Review study of Rajaswala Paricharya correlating with menstruation, in present era, World journal of pharmaceuticals research, 2017 ;6(3), 427-434p. Available from: www.wjpr.net
9. Minal D Bhusevar, Madhuri A. Pachghare, A Review study of Rajaswala Paricharya correlating with menstruation, in present era, World journal of pharmaceuticals research, 2017 ;6(3), 427-434p. Available from: www.wjpr.net
10. Minal D Bhusevar, Madhuri A. Pachghare, A Review study of Rajaswala Paricharya correlating with menstruation, in present era, World journal of pharmaceuticals research, 2017 ;6(3), 427-434p. Available from: www.wjpr.net
11. Karen L Kind, Vivienne M Moore, Michael J Davies, Diet around conception and during pregnancy- effects on fetal and neonatal outcomes, Reproductive bio medicine, 2016 Mar; 12(5), 532-541p. Available from: www.rbmonline.com/Article/2178
12. Karen L Kind, Vivienne M Moore, Michael J Davies, Diet around conception and during pregnancy- effects on fetal and neonatal outcomes, Reproductive bio medicine, 2016 Mar; 12(5), 532-541p. Available from: www.rbmonline.com/Article/2178