



Importance of Rajaswala Paricharya for Supraja

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Abstract:

The word *supraja* means healthy progeny. A healthy child is a boon not only to the mother but to the whole family and society as well. Every pregnancy is unique in its own way. In *Ayurveda* an elaborate description of the ingredients required for *suprajanana* viz. *ritu*, *kshetra*, *ambu* and *beeja* are mentioned. Out of these four, qualities of *kshetra*, *ambu* and *beeja* is dependent on the quality of *dhatu*s of the woman. Hence for healthy progeny health of a woman is of utmost importance. To achieve good quality of life various *paricharyas* are mentioned in our classical texts, among them *rajaswala paricharya* is directly related to health of the female reproductive system.

Drastic changes of lifestyle, consumption of processed and fast food has caused a significant rise in formation of various diseases. These changes in day-to-day life especially during menstruating days are impacting the female reproductive system leading to menstrual irregularities viz.

PCOD, infertility etc. This will interrupt the process of *garbhadharana* and the aim of healthy progeny remained unfulfilled. Practicing *rajaswala paricharya* helps a woman to maintain her reproductive health and will also favor healthy progeny. Therefore we have decided to choose this vital topic.

Keywords: *Supraja*, *Rajaswala paricharya*, *Garbha Samagri*

Introduction:

In the field of agriculture, productivity is a good indicator of the land's conditions. A proper seedbed should be prepared with the right nutrients and conditions that can allow seed sprouting required for the crops establishment and its later development. Similarly for *supraja* i.e. for a healthy progeny a suitable *kshetra* is important besides *ritu*, *ambu* and *beeja*. Here *kshetra* is the whole female reproductive system. A woman's life is associated with drastic physiological, anatomical and psychological changes during menarche, reproductive

period, pregnancy, menopause and post menopause. So during these phases proper care is required. In our classics *Acharyas* mentioned various *paricharyas* such as *Rajaswala paricharya*, *paricharya* for *Ritumati*, *Garbhini* and *Sutika* specially designed for these phases.

Over the centuries a woman's role in the society has changed from being only source of reproduction and a housewife to a multi-tasking female who has to earn for the family maintaining the previous roles. Along with these changes other factors like overeating or eating unhealthy food, smoking, alcohol consumption and radiation etc. can lead to range of health problems. This has made it necessary to change – a good change mainly in lifestyle and food habits. The solutions are already given in our classics in the form of do's and don'ts for certain phases of life.

Aim:

1. To study the importance of *Rajaswala paricharya* for *supraja*.

Objectives:

1. To explain the principles behind *Rajaswala paricharya* and its application.
2. To understand the linked between health of reproductive system and *Rajaswala paricharya*.
3. To explain the importance of quality of *kshetra* i.e. female reproductive system for *garbhadharana*.

Rajaswala paricharya:

The woman who is menstruating is termed as *Rajaswala*. The duration of *rajakala* is 3 to 5 days. The women should follow certain codes & conducts during these days are known as *Rajaswala paricharya*. It is mentioned in *Charaka samhita*, *Sushruta samhita*, *Ashtang Hridaya*, *Ashtang Sangraha*, *Kashyapa samhita* and *Bhavaprakash samhita*.

Activities those are advised during *rajakala* [1],[2],[3],[4] :

- One should follow the celibacy.
- She should sleep on bed which is at ground level and made up of *darbha*.
- Have a food in unbreakable vessels or on leaves. Food prepared with milk, ghee, *yava* etc. should preferred.
- *Kalyana dhyayani* – she should indulge her mind in auspicious things. She should maintain her calm and compose mind.

Activities those are not advisable during *rajakala* [1],[2],[3],[4] :

- *Diwaswapa* – day time sleeping
- Use of *anjana*, *anulepana*, *abhyanga*, *nasya*
- Taking head bath
- nail trimming
- does excess running, laughing, talking
- hear loud music
- *anilsevana* – exposure to air
- *teekshna*, *ushna guna*, *amla*, *lavana rasa* consumption
- *aayasa*

Principles behind *paricharya* and its application:

- During the days of menstruation *agnimandya* is observed. Therefore, food items advisable during these days should be *laghu, supachya*, in proper quantity and prepared with *yava, dugdha, ghruta*. This leads to proper *dhatutpatti*. A good quality of *rasa dhatu* will help to produce good quality of *aartava*. Food with *ushna-teekshna guna* and *amla-lavana rasa* should be avoided. It affects the menstrual flow and increases the body heat.
- Day time sleeping should be avoided as it does *kapha* and *kleda vardhan* in body. One should sleep at ground level and use a bed made up of *darbha*. Due to its *sheeta virya* it does *pitta-shamana* and helps to reduce *ushma* in body.
- Head bath is not advisable as it will enhance peripheral blood circulation. This can reduce the blood flow to the uterus. Bathing is contraindicated in case of *agnimandya*. But local hygiene should be maintained and proper care must be taken.
- *Brahmacharya* must be followed. The first 3 days of menstruation there is ample amount of blood flow with widened cervix. So intercourse during this phase may give access to infections. Also a woman's body is highly sensitive in this period and not in a position to tolerate any disturbance.

- The activities like *pradhavana, ati-hasana, ati-kathana, anilseva, rodana* and *aayasa* gives rise to *vata vriddhi*.
- *Abhyanga, nasya* and *anulepana* are contraindicated during *agnimandya*.

Hence not following this regimen interrupts the normal functioning of reproductive system.

Ritukala is said as the ideal time for the process of *garbhotpatti* [5]. It will be started after cessation of menstrual flow. The progeny conceived during this period will be with full body parts and with longevity [6]. Due to ignorance or negligence if a woman not performed *Rajaswala paricharya* properly then vitiation of *doshas* takes place and these vitiated *doshas* hampered the process of *garbhadharana*. Sometimes *garbhotpatti* occurred but vitiated *doshas* will reach to the foetus and shows following consequences [7] –

Restricted activities	Consequences on the foetus
<i>Rodana</i>	Deformities of eyes
<i>Nakhachhedana</i>	Diseases of nails – <i>kunakha</i>
<i>Abhyanga</i>	Skin diseases
<i>Snana, anulepana</i>	Sad, depressed progeny
<i>Anjan</i>	Blindness
<i>Diwaswapa</i>	Sluggish
<i>Hearing loud sounds</i>	Deaf
<i>Atikathana</i>	Talkative
<i>Aayasa</i>	Insane

Even though it is difficult to get pregnant during the time of menstruation, still there is a chance for the same. *Acharya Sushruta* and

Kashyapa described the effects of become pregnant during menstruation, on foetus are following ^[8] -

Day of menstruation	Effect on foetus
1 st day	No pregnancy or intrauterine death
2 nd day	Abortion
3 rd day	Defective body parts and short lifespan

In this way not following *Rajaswala paricharya* give rise to consequences which affects the growth and development of a progeny. Hence *brahmacharya* is contraindicated.

Discussion:

Every couple has innate desire to experience the joy of parenthood with a healthy progeny. Healthy progeny refers to the offspring that are born, are able to grow and developed normally with devoid of any congenital defect. Hence *garbhasamagri* with good qualities are required. This can be achieved through proper planning. After conception the growth and development of foetus takes place in *kshetra*. Even the foetus gets supply of nutritious part through it. So the *kshetra* plays major role in *garbhadharna* than others.

Acharya Charaka explained that any *vikruti* of *sansthan*(shape),*varna* (color) and *indriya*(sense organs)of foetus is termed as *garbhavikruti* ^[9]. *Beeja dosha*, *atma dosha*, *garbhashaya dosha*, *kala dosha*, *aahar-vihaar* by a mother are the primary causes for these *garbhavikruti* ^[10]. Among these

garbhashaya dosha is primarily associated with *Rajaswala paricharya*. Performing the contraindicated activities during *rajakala* leads to *garbhashaya dosha* and will damage the functioning of reproductive system.

Conclusion:

Menstruation is considered as mirror of reproductive health. *Rajaswala paricharya* is to be followed during menstruating days for a healthy cycle and better reproductive health. In present scenario due to hectic working schedules these regimens get neglected or ignored but this is the peak time to make some good changes and follows the regimen. This can also be done by -

- Maintaining cleanliness and hygiene of private parts, use of sanitary napkins
- Avoid or postponed the strenuous work, distant travelling
- Eating habits can certainly modify.
- Meditation helps to calm the mind.
- Good soothing music definitely helps.
- Maximum tried to take physical and mental rest.
- Keep yourself hydrated.
- Some workplaces already started period leave policy that gives people time off while on their period.

By adopting these simple methods and following the rule, restriction and specific regimen a woman can maintain her reproductive health by preventing gynecological diseases which ultimately helps to procure a desirable, healthy and intelligent progeny.

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