

Non linear Dynamic Bio-Physical & Bio-Chemical Changes w.s.r to *Rajaswala Paricharya*

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ABSTRACT

A woman undergoes lots of changes in her body since birth. Throughout the journey women have to pass from three phases – Bala (childhood), Rajaswala (menstruation/reproductive phase) and Vriddha (Old age-menopausal age). Out of these most important period is Rajaswala period (largest one). Within the entire period of women life Rajaswala period means a great to contribute a lot for giving offspring. Health during this period is more concerned; to provide a healthy progeny. Menstrual cycle disorders like dysmenorrhea, menorrhagia, PCOD, irregular menses, endometriosis etc are very common during reproductive age; because of different physical / mental stress and life style related issues. Family adjustment, social problems related psychological diseases are ten times more observed in women than men. Such stressors sometime control the initiation of menstrual cycles and their all pathological presentation too. Neuro-psycho-endocrine link have a strong impact on starting of menstrual cycle, the flow and also many emotional behaviors of ladies. Even it also impact on premenstrual period and presented in form of a complex physical, emotional and behavioral Syndrome. The range of symptoms is from mild to severe and with single to complex. These symptoms vary in every single woman and negatively affect normal daily life. Premenstrual disorder is mostly neglected by ladies due to social taboo of not discussing about menstruation openly. Exact diagnosis of premenstrual disorder is unknown and also stated as mere answerable medical mystery. But untreated premenstrual disorder can be complicated and even lead to Premenstrual Dysphoric Disorder in severe stage (if left untreated). Sometimes leads to severe anxiety and depression with undiagnosed physical diseases. So its need to study and appropriately diagnose the disorder as there's no specific treatment symptomatic treatment and dietary changes are advised. Ayurveda believes that Premenstrual Syndrome is caused by the imbalance in Doshas. Little wrong in lifestyle can bring great impact on Tridosha (the biological control system) and causes various diseases.

Key Words *Premenstrual Syndrome, Tridoshas, Psychiatric disorder, Menstrual cycle*

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INTRODUCTION

Premenstrual Syndrome is the condition which doesn't have any fix definitive cause but it

produces many symptoms which brings out physical, emotional and mental changes which results in deterioration of personal relationships

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and regular normal activities. Premenstrual disorder is characterized by one or more of physical, behavioural, and psychological symptoms that affects repetitively and in a cyclic pattern in association with the luteal phase of the menstrual cycle and the girls are symptom free between two luteal phases.

Premenstrual Syndrome is psycho-neuro-endocrinological disorder. The range of the symptoms is very high scaling from physical to behavioural, and women can experience an array from any of the single or both categories.

Weight gain, tenderness in breast, heaviness in breast, nausea, headache, dysmenorrhoea, bloating of stomach, hot flashes, acne, vomiting, change in bowel habits, mood swings are the Common symptoms observed in those girls. Increased or decreased hunger, aversion for certain foods, irritability, sleep disorders, violent feelings and feeling of low self worth also could be observed. A severe form of Premenstrual Syndrome is called as Premenstrual dysphoric disorder (PMDD) has been listed as a mental disorder. Symptoms of Premenstrual Syndrome have been reported to affect as many as 90% of women of reproductive age sometime during their lives. Four in ten women (40%) experience symptoms of Premenstrual Syndrome and out of these 5–8% suffer from severe Premenstrual Syndrome. Studies indicate that 14-88% of adolescent girls have moderate-to-severe symptoms. Studies have proved that most of females use alternative therapy to minimize Premenstrual syndrome. Most common used

methods are *food changes, exercises, massage, yoga, using hot water bags* etc. Even though the premenstrual disorder completely resolves at menopause but the impact which it impacts on interpersonal relationships and with physical diseases too.

Many Paricharyas are written in classics to provide good health and quality life to. Paricharyas means to follow particular regimen/conduct during different phases of life like Rajaswala Paricharya, Garbhini Paricharya and Sutika Paricharya. The domains of knowledge about such Paricharyas were passed down from one generation women to other. Following all these Paricharyas had great impact on woman's health¹⁻⁴.

AIM

To study the effect of Rajaswala Paricharya on Premenstrual Symptoms.

OBJECTIVES

1. To compile and study all references about Rajaswala Paricharya and Premenstrual Syndrome from Ayurvedic texts and contemporary literature.
2. To analyze the effect of Rajaswala Paricharya on woman's menstrual health and how it can be helpful to relieve Premenstrual syndrome.
3. To study the principles behind Rajaswala Paricharya and its applicability in today's lifestyle.

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MATERIALS AND METHODOLOGY

Causes of Premenstrual syndrome: Exact cause of Premenstrual syndrome is unknown but few possible causes are tried to interpret here-

- Cause related to Bio-chemical Parameters- Emotions, behavior and mood depends upon the neurotransmitters like serotonin and norepinephrine and bring many premenstrual disorders or premenstrual dysphoric disorder (PMDD).

- Food and lifestyle: Food high in fat, salt, sugar with smoking, alcohol consumption, lack of sleep are also the causative factors of premenstrual period.

Rajaswala Paricharya^{5,6}:

Rajaswala Paricharya –The living style during premenstrual period instructed in various Ayurvedic treatise such as Charaka Samhita, Sushruta Samhita, Ashtanga Hridayam, Ashtang Sangraha, Kashyapa Samhita, and Bhava Prakasha to be followed up to 3-4th days of cycle are :

Table 1 Indications and contraindications of Food & Lifestyle for Rajaswala Paricharya

Food & Living Style Indicated and Contraindicated		
Sr No	Indications	Contraindications
1	Concentrate on positive mental attitude and auspicious things.	Day sleep, application of Anjana(kajal), crying, laughing, talking too much massaging, and exercise.
2	Eat food in less quantity and with instructed quality.	Svedana Karma (hot fomentation), Vamana (induced vomiting) and Nasya Karma (nasal insufflations), Coitus, wear ornaments, plucking of nails. ⁷
3	Sleep over bed made up of Darbha (a variety of grass) or on ground.	Running and too much of Exercise
4	Food which are good to Agni. ⁸	Tikshna (pungent), Katu (spicy) and Lavana (salty) foods ⁹ .

Table 2 Mother related contraindications¹⁰

Action of mother-Abnormalities of fetus	Action of mother-Abnormalities of fetus
Divaswapna (Day sleeping) -Swapasheela (Over sleeping).	Snanam (Bathing) - Dukha Sheela (Sad mood)
Use of Anjana (Collyrium) -Dagdha (Partial Blindness).	Abhyanga (Oil Massage)-Kushtha (Skin Disorders).
Rodhana (Weeping) -Vikrita Drishti (Defective vision).	Nakhapakarata (Paring of the nail)-Kunakshi (Deformity of the nail).
Pradhavana (Fast running)-Unsteady both mentally and Physically.	Hasana (Laughing)-The black colour of lip and thumb.
Pralapa (Over talking)-Talkative	Atishavdha Sravana-(Over hearing) Deafness
Combing the hair-Baldness	Exposure to Poorva Vata and too much mental exertion.

Use of Nasya-Menstrual Abnormalities

If the copulation occurs the first day of menstruation, it affects the health, lustre and vision of the husband. During the time, the entry of sperm into the canal is not possible and does not result in pregnancy. So Acharyas indicated

Brahmacharya at the Time of menstruation which can influence women health.

DISCUSSION

Women health depends on many factors like care of physical body in respect to time, care of

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emotional changes, the food and life style etc ; without it may lead to Menstrual disorders. The large population is unaware of the dos and don'ts about menstruation and menstrual cycle (Table No1). This increases the chances of Complications associated with it. Society, social trends, rules and regulations tied woman in different aspects. Still in many parts of world females are not even allowed to talk on it freely resulting to abnormalcy in psycho-neuro-endocrine axis and worsen of symptoms. Changes in Hormonal levels indirectly affect women's mental health resulting in stress anxiety and other psychological disorders. It is not just the menstrual blood is a mater but it is the total health of woman's life and the upcoming generation is associated with it.

According to Ayurveda, menstruation is a naturally occurring Shodhana procedure occurring monthly so it is necessary to follow Pathya and Apathya mentioned under Shodhana therapy which are similar to the Rajaswala Paricharya. After Ritukala, when the Shodhana occurs completely, the Raktha shows the color of pure Blood like that of gold, Indragopa, Padma, Alaktaka, Gunjaphala (Table No1). If menstruation occurs for some more days than the normal time, the Vataprakopa and Krodha, Shoka like emotional characters appear. In contemporary medical science, these features are said to occur due to the hormonal changes. The removal of complete shedding of the endometrium is very much essential, otherwise it retains inside the uterus leading to PCOD. If the

Vataprakopa occur due to daily use contraindications, in turn it can slowly increases the Pitta and Kapha, and then vitiates Malas and Dhatus and finally can be a cause of fertility (Table No1).

The Beeja Bhaga responsible for the development of a particular body part could be defective. This can be related with the chromosomal abnormalities or sex Hormone deformity. For example, when the Beeja Bhaga Which gets transformed into the semi-lunar valve is defective, and then it can causes respective defects in the offspring (Table No 2).

Specially instructed food and life style were explained during Samhita Kala based on their way of living and food patterns. Those needs care of one self. Maintaining cleanliness of private parts, use of sanitary napkins, changing of sanitary napkins and hand wash with soap are the precautionary measures (Table No 2). Menstrual hygiene management should as part of an expanded definition and agenda for reproductive health cares¹¹⁻¹².

CONCLUSION

Rajaswala Paricharya is essential for physical and psychological health of women. It just not a transaction but a need of transformation expected to establish in terms of health practices. Acharya Susrutha has described four essential factors for fertility, Ritu (Normal menstrual cycle/proper fertile period), Kshetra – (Physiologically Healthy internal organs of reproduction), Ambu –

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(Good nutritional status of mother) and Beeja- (healthy ovum and spermatozoa). Rajaswala Paricharya helps to maintain normalcy of physical and Psychic changes during the menstrual cycle, helpful to avoid many menstrual abnormalcies and to achieve the completeness of women life.

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