

## 2c. Practices of Rajaswala Paricharya and its potential effects on reproductive health

### Rajaswalā Paricharyā: Practices and Potential Effects on Reproductive Health

#### Learning goals

- Understand the Ayurvedic concept of **Rajasrava-kāla** (menstrual phase) and the rationale of **Rajaswalā Paricharyā** (code of conduct during menses).
- Memorise the **do's and don'ts** in āhāra (diet), vihāra (activities), and āchara (conduct) with exam-ready tables.
- Correlate these practices with **dosha dynamics**, **Artavavaha Srotas** function, and **reproductive outcomes** (Artava-doṣṭi, dysmenorrhoea, infertility risks).
- Apply the regimen with **modern hygiene** and safety guidance.

#### Key terms:

**Rajas**—menstrual blood; **Rajasrava-kāla**—bleeding phase; **Rajaswalā**—menstruating woman; **Apāna Vāta**—downward-moving Vāta; **Artavavaha Srotas**—channels carrying Artava (menstrual/reproductive tissue).

### 1) Concept and classical basis

In Āyurveda, the monthly **Artavacakra** (menstrual cycle) is divided into phases governed by **Kapha-Pitta-Vāta** dynamics. The **Rajasrava-kāla** (usually **3-5 days**, extending up to 7 as per some authorities) is the phase of **elimination** of accumulated **Rajas** from **Garbhaśaya** (uterus). **Apāna Vāta** predominates and drives the **downward flow**. Classical texts (Brhatrayā and Kāśyapa Saṃhitā) prescribe **Rajaswalā Paricharyā** to protect **Artavavaha Srotas**, prevent **Doṣa-prakopa**, and ensure future **supraja** (healthy progeny).

(Ref.: *Suśruta Saṃhitā, Śārīrasthāna; Aṣṭāṅga Hṛdaya, Śārīrasthāna; Kāśyapa Saṃhitā, Khila-sthāna; Cakrapāṇi on Caraka in Yonivyāpada context—see References.*)

#### Dosha logic in Rajasrava-kāla

- **Vāta (especially Apāna)**: ↑ Chala, Rukṣa; drives uterine contractions and expulsion.
- **Pitta**: may aggravate pain/burning if provoked by **kaṭu-amlā-lavaṇa** diet, heat, anger.
- **Kapha**: supports mucosal integrity; heavy, guru diets worsen lethargy/congestion.

**Clinical takeaway:** The regimen avoids **Vāta-Pitta aggravators**, encourages **light, warm, digestible** intake, **restful routines**, and **genital hygiene** to minimise **Artava-doṣṭi**, dysmenorrhoea, and infections.

#### Shloka support (contextual)

For Rajaswalā Paricharyā, classical prescriptions are compiled chiefly from **Kāśyapa Saṃhitā (Khila-sthāna, Rajaswalā-charyā)**, **Aṣṭāṅga Hṛdaya Śārīra-sthāna**, **Suśruta Śārīra-sthāna**, and **Caraka (Yonivyāpada/Śārīra)** commentarial traditions.

### 2) Rajaswalā Paricharyā—Do's and Don'ts

#### A) Āhāra (Dietary regimen)

##### Pathya (advised):



- **Uṣṇa-laghu** foods: **Maṇḍa/peya** (thin rice gruels), **yavāgu** (light porridge), **śāli** rice with **mūṅg** dal, soft cooked vegetables.
- **Sneha** in moderation: **ghee** in small quantity if agni allows (reduces Vāta).
- **Warm water, coriander-cumin**-infused light herbal waters for bloating.
- **Iron-supportive** foods around cycle (not during severe nausea): black raisins (soaked), sesame preparations post-flow, leafy greens when appetite returns.

#### Apathya (to avoid):

- **Kaṭu-amlā-lavaṇa** excessive (spicy, sour, salty), **tikṣṇa-uṣṇa** condiments—aggravate **Pitta** → cramp/burning.
- **Guru-snigdha** heavy meals (deep-fried, cheese-heavy), **rukṣa** fasting/meal skipping—both disturb **Vāta**.
- **Caffeine, alcohol**, highly processed, very cold foods.

**Exam tip:** “Rajasrave—**uṣṇa-laghu-mṛdu** āhāra; avoid **kaṭu-amlā-lavaṇa** and **guru/rukṣa** extremes to keep **Apāna Vāta** sāmyāvasthā.”

## B) Vihāra (Activities & routines)

#### To follow:

- **Restful routine;** reduce mental/physical strain on Days 1–2. Gentle stretching/walking only.
- **Warmth** to lower abdomen/back as comfortable; adequate **sleep** at night.
- **Hygiene:** regular change of sanitary materials; warm-water perineal cleansing front-to-back; breathable garments.

#### To avoid:

- **Maithuna** (sexual intercourse) during bleeding (Apāna disturbance; infection risk).
- **Strenuous exercise, long travel, exposure to cold; day sleep** if it worsens heaviness/headache (tailor to prakṛti).
- **Head bath/oil bath** on Day 1 if it triggers spasm or chill; **abhyanga, uḍvartana**, heavy **sauna**—generally deferred.
- **Intense emotions**—anger, grief, excessive laughter—classically discouraged due to **Vāta-Pitta** flare.

## C) Āchāra (Conduct)

Texts describe a calm, modest schedule: simple dress, avoiding perfumes/make-up on heavy-flow days, **separate clean bedding**, and mindful withdrawal from ritual austerities—**health-centric**, not stigma-centric. Contemporary practice translates this into **personal space, rest, and hygiene—no impurity notions** in medical teaching.

## 3) Three-day micro-regimen (practical template)

Day	Goals	Diet	Activities	Cautions
1	Reduce Vāta spasm, conserve energy	<b>Maṇḍa/peya</b> , thin <b>yavāgu</b> , soft rice-moong; small ghee	Rest at home/hostel; gentle heat pad; quiet reading	No intercourse; avoid heavy workouts, head-oil-bath, cold exposure
2	Maintain flow & comfort	<b>Yavāgu</b> thicker; simple khichri; warm water	Short walks; stretching; naps as needed	Avoid spicy-sour foods; avoid tight clothing
3	Transition to routine	Light <b>laghu</b> meals, add greens; iron-supportive foods as appetite returns	Resume usual tasks if energy returns	Maintain hygiene till spotting stops

(Adjust for 4–7 day flow; anaemia or severe dysmenorrhoea needs personalised plan.)

## 4) Applied hygiene and product guidance

- **Change interval:** pads every 4–6h (sooner if soaked); menstrual cup empty 6–8h as per brand; tampons—avoid prolonged retention (TSS risk).
- **Cleansing:** warm water; avoid harsh antiseptics/douching (disrupts vaginal microbiome).
- **Disposal/sterilisation:** follow local biomedical guidelines; menstrual cups sterilised between cycles.
- **Dermatitis prevention:** switch materials if itching/rash; use breathable cotton underwear.

## 5) Mechanistic rationale & reproductive health outcomes

### A) Dysmenorrhoea and Artava-doṣṭi

- **Vāta prakopa** (cold, fasting, excessive exertion) increases **uterine cramp** and **back pain**. Warm, light, regular meals and rest reduce **prostaglandin-triggered spasm**.
- **Pitta provocation** (spicy, sour, sleep deprivation) worsens **burning/heavy flow**.

### B) Infection and endometrial health

- **Intercourse during menses** elevates **ascending infection** and **STI** risk due to cervical opening and altered pH; barrier failure risk is higher.
- Poor hygiene → **vulvovaginal infections**; prolonged tampon use → rare but serious **TSS**.
- Recurrent **Artava-doṣṭi** (irregular, excessive, scanty) can impair fertility; Paricharyā aims to keep **Srotas** patent and **Doṣas** balanced.

### C) Anaemia & fatigue

- Heavy flow with **poor diet** → **iron deficiency**, fatigue, poor folliculogenesis. Repletion with **dietary iron**, vitamin C (on non-bleeding days), and medical assessment when indicated helps restore **ovulatory cycles**.

**Integration point for exams:** “Rajaswalā Paricharyā guards **Apāna Vāta** and **Artavavaha Srotas** → fewer cramps, infections, and Artava-doṣṭi; supports **Rasa-Rakta dhātu** replenishment → better cycle regularity and fertility.”

## 6) Contraindications, red flags, and when to refer

Urgent evaluation if **any**:

- Soaking  $\geq 1$  pad/hour for  $> 2$  hours, **fainting**, severe pallor.
- **Fever**, foul-smelling discharge, severe unilateral pelvic pain.
- **Cycle  $< 21$  days** or  **$> 90$  days**, intermenstrual bleeding, postcoital bleeding.
- New severe dysmenorrhoea after age 25 (rule out **endometriosis/adenomyosis**).
- Suspected pregnancy-related bleeding.



## 7) Quick “Do/Don’t” memory grid

**DO:** us̄ṇa-laghu diet • warm water • gentle heat • rest • hygiene • simple routine

**DON’T:** maithuna • heavy workout/travel • kaṭu-amla-lavaṇa excess • fasting/meal-skip • day-long sleep if it worsens heaviness • cold exposure • prolonged tampon use

**Mnemonic: “FLOW CALM”**

**F**ood Light & **O**n-time • **W**armth

**C**leanliness • **A**void sex/strain/spice • **L**aghu rest • **M**onitor red flags

## 8) Model case-vignette (for SAQ/LAQ framing)

A 20-year-old hostel student with day-1 cramps, nausea, and loose stools; she skipped dinner, took cold beverages, and ran 5 km the previous evening.

- **Ayurvedic analysis:** **Apāna Vāta** aggravated (rukṣa, śīta, chala); **Pitta** ticked up by cola/spice → cramps + GI upset.
- **Paricharyā plan** (48–72 h): **Peṇa** → **yavāgu**, small ghee; warm compress; limit screen/workload; avoid intercourse; warm water; hygiene.
- **Outcomes expected:** reduced cramps, better energy, steadier flow; prevention of Artava-doṣṭi.

## 9) Exam-oriented points to write in 5-10 marks

1. **Definition:** Rajaswalā Paricharyā = prescribed āhāra-vihāra-āchara during Rajasrava-kāla to prevent Doṣa-prakopa and Artava-doṣṭi.
2. **Rationale:** **Apāna Vāta** predominance → need for warmth, light diet, rest, abstinence from maithuna.
3. **Do’s/Don’ts:** (tabulate) Diet, activity, conduct, hygiene.
4. **Benefits:** ↓ dysmenorrhoea, ↓ infections, ↓ cycle irregularities, supports fertility.
5. **Applied hygiene:** change interval, safe products, perineal care.
6. **Red flags:** list 5 to refer urgently.
7. **Integration:** Link to **Artavavaha Srotas** and **Rasa-Rakta dhātu** support.

## Assessment

### A) Short answer questions (SAQ—5 marks each)

1. Define **Rajaswalā Paricharyā** and explain its **doṣa-based rationale**.
2. Enumerate **pathya** and **apathya** āhāra during Rajasrava-kāla with reasons.
3. Write the **hygiene protocol** for a menstruating student using modern products.
4. Discuss how **maithuna during menses** affects **Artavavaha Srotas** and infection risk.
5. List **five red flags** in menstruation that mandate referral.

### B) Long answer question (LAQ—10 marks)

- Describe **Rajaswalā Paricharyā** under headings: **āhāra, vihāra, āchara, hygiene**. Add **dosha logic** and **potential impacts on reproductive health**. Provide a **3-day micro-regimen**.

### C) Clinical vignette (10 marks)

- A 26-year-old reports severe day-1 cramps, heavy flow, and frequent day sleep; she takes very spicy food and



performs HIIT workouts. Frame an **Ayurvedic assessment** and draft a **7-point Paricharyā plan** with modern hygiene measures and red-flag counselling.

#### D) MCQs (1 mark each; choose one)

1. During Rajasrava-kāla, the predominant doṣa is:  
a) Kapha b) **Vāta (Apāna)** c) Pitta d) Sādhaka Pitta
2. Which is **pathya** on Day-1?  
a) Ice-cold cola b) **Peaya/maṇḍa** c) Deep-fried snacks d) Raw salad
3. Intercourse during menses primarily risks:  
a) Anaemia b) **Ascending infection** c) Thyroiditis d) Migraine only
4. Prolonged tampon use risks:  
a) Hypoglycaemia b) **TSS** c) IBS d) UTI only
5. Which food trio aggravates Pitta?  
a) Madhura-tikta-kaṣāya b) **Kaṭu-amla-lavaṇa** c) Kaṣāya-tikta-madhura d) Madhura-śīta-snigdha

(Answer key: 1-b, 2-b, 3-b, 4-b, 5-b)

## References

### Classical sources (for citation in answers)

- **Kāśyapa Saṃhitā (Vṛddha Jivakiya Tantra), Khila-sthāna—Rajaswalā-charyā**: Regimen for menstruating woman; dietary and behavioural injunctions; implications for future progeny.
- **Aṣṭāṅga Hṛdaya, Śārīrasthāna**: Artava, phases of the cycle, and code of living during specific phases; doṣa predominance across Artavacakra.
- **Suśruta Saṃhitā, Śārīrasthāna**: Description of **Artavavaha Srotas**, uterine blood flow physiology, and related injunctions.
- **Caraka Saṃhitā** (with Cakrapāṇi), **Cikitsāsthāna 30 (Yonivyāpada)** and **Śārīrasthāna**: Pathophysiology of Artava-doṣṭi and reproductive health principles.
- **Bhāvaprakāśa, Pūrva-khaṇḍa (Strīroga/Artava)**: Collated rules on diet-conduct during menses and their justification in doṣa terms.

### Modern standard texts and reviews

- Dutta D.C. **Textbook of Gynecology** (menstruation physiology, dysmenorrhoea).
- Shaw's **Textbook of Gynaecology** (menstrual disorders, hygiene recommendations).
- WHO/UNICEF. **Guidance on Menstrual Health and Hygiene** (product safety, infection prevention).
- Contemporary Ayurvedic reviews on **Rajaswalā Paricharyā** (JAIMS, IJRAP, IOSR-JDMS): summarising classical directives and clinical correlations.

## Rapid review (2-minute recall)

- **Aim**: Protect **Apāna Vāta** and **Artavavaha Srotas** during **Rajasrava-kāla**.
- **Core**: **Warm-light food, rest, no intercourse/strain/spice, hygiene**.
- **Why**: Less **cramp, infection, Artava-doṣṭi** → better cycle regularity & fertility.
- **Watch**: Heavy bleed, fever, foul smell, severe pain → **refer**.