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## A Scientific review on Importance of Rajaswala Paricharya Bawane V.C.<sup>1</sup>

1. HOD & Professor, Dept. of Prasutitantra Striroga, B R Harne Ayurvedic Medical College, Karav, Thane

### ABSTRACT:

Ayurveda has emphasised on stree swasthya especially her utmost care during her reproductive years. Rajasrava Kala is a period when the Stree undergoes social, physiological and psychological changes. With the variations in the hormones, Acharyas have specifically mentioned the development occurring in a woman at various stages of her life. Women in the reproductive age group experience a variety of conditions related to the menstrual cycle, such as menorrhagia, dysmenorrhea, irregular menses, PCOD, endometriosis, etc., which seriously affect their health and happiness as well as being extremely detrimental. Women, now a days are multi-tasking hence play an important role in the hierarchy of socioeconomic and personal development. During menstrual cycle, a female undergoes a lot of systemic and hormonal changes occurring in the body referring to the Aartvavahi-strotas. Rajaswala Paricharya as mentioned in the Ayurvedic literature may be the solution for treating various pre-menstrual & menstrual symptoms. Rajaswala Paricharyas can be easily followed by women in day-to-day life. to a large extent for minimizing the discomfort and subside associated symptom. This may also help her to treat any underlying gynecological disorders, and may prevent any other problems related to Aartvavahi strotas. Ayurveda advises women to adhere to "Paricharyas" conduct that should be followed at various stages of life, such as Rajaswala, Garbhini, and Sootika, in order to improve their health and quality of life.

**KEYWORDS:** Rajaswala, Lifestyle, Paricharya, Aartvavahi –strotas, Ritu- Chakra, Rajastrava–Kala, Menstrual Cycle

### CORRESPONDING AUTHOR:

**Dr. Vishnu C. Bawane**

HOD & Professor, Dept. of Prasutitantra Striroga,  
B R Harne Ayurvedic Medical College, Karav, Thane

Email: [drvcbawane@gmail.com](mailto:drvcbawane@gmail.com)

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**INTRODUCTION:**

A woman undergoes various physical, psychological and emotional changes throughout her life time. Ayurveda helps women in journey towards better health throughout different phases of life and add quality to her life by following 'Paricharyas'-conducts to be followed like Garbhini Paricharya, Sootika Paricharya, Rajaswala Paricharya etc. Menstruation is a phenomenon unique to woman. Menstruating female is termed as "Rajaswala". The code of conduct mentioned for a Rajaswala Stree is termed as Rajaswala Paricharya and is most neglected part in the society. In present era, women are more career oriented. Along with their careers, they alone manage the household responsibilities. This demanding lifestyle has made it very difficult for them to pay attention to their own health and to follow Rajaswala Paricharya. In the present era, a drastic rise in the number of menstrual problems and cases of PCOD, Menstrual disorders & infertility has been observed which had little existence in the past. Menstrual problems like lower back ache, lower abdominal pain, nausea etc. have become so common, now days there are termed as associated symptoms of menstruation. But in Ayurveda, it is mentioned that normal menstruation is devoid of pain, burning sensation, also the excreted blood should not be unctuous, very scanty or excessive in amount. It is already known that Rajaswala Paricharya was being followed by our ancestors as a routine practice which gives woman strength to cope up with these physical and mental changes during menstrual cycle and give women a healthy life.

**Aim and Objective**

To review the literature of Rajaswala, Rajaswala Paricharya, Pathya Apathya and

the importance of Rajaswala Paricharya from Ayurvedic classical texts & Internet

**Materials and Methods**

The literary study is done with the help of Ayurvedic classical texts as well as the internet in connection with Rajaswala Paricharya.

**Rituchakra:** In Ayurvedic classics, the duration of Rituchakra or menstrual cycle is mentioned as average one month and this entire period is divided into three phases, they are-

- **Rajahsrava (menstruation):** 3 to 5 days
- **Ritukala (proliferative phase including ovulation):** 12 or 16 days
- **Ritu Vyatitakala (post ovulatory or secretory phase):** 9 or 13 days

The female in Rajahsrava Kala is called as "Rajaswala Stree" and the mode of life to be followed in this period as mentioned by different Acharyas is termed as "Rajaswala Paricharya."

**Rajaswala Paricharya:** In Samhita's specific Ahara and Vihara are mentioned which is to be followed by the Rajaswala (menstruating) women in order to improve her health & Regulation of her Menstrual Cycle

**Pathya****Ahara:**

Many menstruating females experience decrease in appetite during this period. As menstruation is a naturally occurring Shodhan process, so physiological decrease in digestive capacity (Agnimandya) is observed during menstruation.

Therefore, she should eat Havisya (meal made of ghee, Sali rice and milk) and Yawaka (meal made of barley and milk), Agni Deepaniya, Easily Digestible Laghu Ahar, in less quantity.

**Vihara:**

1. Sleep over bed made up of Darbha (leafy plant) spread over ground.
2. Follow Brahmacharya for first 3 days.
3. Always concentrate on thinking good or auspicious things.

**Apathya**

**Ahara:** Avoid Tikсна (pungent), Katu (spicy), Lavana (salty) substances.

**Vihara:**

1. Avoid sleeping in day time.
2. Avoid application of collyrium, crying, laughing, talking too much and excessive exercise.
3. Application of Anjana, use of Swedana, Nasya and Vamana Karma are contraindicated during this period
4. Coitus is contraindicated.
5. Should not adorn her with ornament

**Table-1. Rajaswala Paricharya according to different Acharyas**

Sr.No.	Acharya	Rajaswala Paricharya
1	Charaka	From the onset of menstruation till 3 days and night, Rajaswala Stree must follow: Perceive abstinence Eat in unbroken vessel placed in hand Should not wash or take bath or clean her body.
2	Sushrut	From 1st day of onset of menstruation, a woman should do: Follow chastity She must sleep on bed compost of <i>Darbha</i> Avoid <i>Anjana, Lepana, Abhyanga, Diwaswapana</i> , cutting nails, laughing, talking too much, racing, combing, wind, exercise Eat <i>Havishya Anna</i> , which is a meal prepared with <i>Ghee, Shali</i> and <i>Godugdha</i> rved in hand or palm or vessels made of clay, leaves etc
3	Vagbhatta	Avoid food which is sour, spicy, salty, hot in nature Take food in less quantity. Always concentrate on thinking good and auspicious things Avoid jewellery or make up

**Table-2. Scientific Validation of Rajaswala Paricharya**

Sr.No	Rajaswala Paricharya	Scientific Validation
1	<i>Bhrahmacharini</i> (Observe Chastity)	During or soon after menstruation, vaginal sex without using preventative measures (like condoms) increases the risk of heterosexual transmission of STD & it may cause endometriosis which can have a negative impact on reproductive health Gonorrhoea and chlamydia infections are significant avoidable causes of infertility and pelvic inflammatory illness (PID) Having sex vaginally with a woman who is menstruation may cause her menstrual blood flow to rise

2	<i>Havishyam Bhojini</i> (Eat <i>Havishya- Shali, Ghrita, Takra, Yawaka</i> etc)	<p>Barley grains include functional ingredients that are effective in preventing chronic illnesses, speed up the healing process from wounds, prevent heart disease, and enhance metabolic syndrome and intestinal health. Barley <math>\beta</math>-glucans have the ability to link innate and adaptive immunity and control immunological responses. Nitric oxide, which is present in some amounts in <i>Shashtika shali</i>, improves blood flow to the uterus.</p> <p>Use of dairy products (ghee, milk, yogurt, buttermilk, etc.) affects women's reproductive health, Lowers the risk of endometriosis &amp; leiomyomas</p>
3	<i>Darbha sansatarshayini</i> (Sleep on mat made up of <i>Darbha</i> ):	<p>In recent medical tests, <i>Darbha</i> grass has been demonstrated to block X-ray radiation. Additionally, sitting or wearing <i>Darbha</i> will stop the energy produced during meditation from falling to the floor.</p> <p><i>Darbha</i> grass revealed amazing nano-patterns and hierarchical nano or micro structures that were not present in other grasses.</p> <p><i>Darbha</i> is proven to be more effective than grass at different degrees of antibacterial qualities and hydrophobicity (a molecule's ability to reject water).</p>
4	<i>Kalyanadhyayini</i> (Thinking about positive things)	<p>An excess of estrogen receptors (ERs) in the central nervous system (CNS) at several sites linked to cognition.</p> <p>According to the findings of one study, increased stress on the day of the menstrual cycle was linked to reduced estradiol in a variety of cycle regions. psychological stress has an inhibitory influence on women's ovarian hormone production and related fertility.</p>
5	<i>Tikshna-Ushna-Amla-Lavanani Varjayet</i> (Avoid Spicy, Hot, Sour, Salty food)	<p>With regard to dietary considerations, a number of Research have examined the potential relationship between the ingestion of particular foods and the experience of menstruation pain. These studies have demonstrated the potential preventive effect of consuming a higher quantity of fruits, vegetables, fish, and dairy products against menstrual pain.</p> <p>According to the results of one clinical study, there is a positive correlation between a girl's total score of menstrual distress during the bleeding phase and the amount of fast</p>

		food (hamburgers, pizza, potato chips, etc.) she consumes; therefore, a higher consumption rate corresponds to an increase in menstrual distress symptoms.
6	Avoid Bathing (Head Bath)	<p>The body's temperature fluctuates after a bath. The brain circuits that control body temperature, reproduction, and energy balance are known to interact with one another.</p> <p>In addition to directly influencing female reproductive processes, the hormonal fluctuations that occur during the menstrual cycle also have an impact on other physiological processes, such as thermoregulation.</p> <p>Additionally, because the vagina's pH is changed during menstruation, internal os is open, which increases the risk of ascending infections into the uterine cavity. Therefore, at this time, water treatments should be minimized. It's possible that <i>Acharyas</i> forbade bathing in order to prevent these negative effects on the reproductive organs during menstruation</p>
7	Eat in Unbroken Clay Vessel	clay has alkaline qualities, using it to make utensils balances the pH of food by reacting with acids, which improves digestion.
8	Over Exertion	According to one study, luteal phase abnormalities, which can result in amenorrhea and other menstrual dysfunctions like oligomenorrhea, have been linked to strenuous exercise. Several studies have shown that athletes who exercise intensely experience amenorrhea and oligomenorrhea, while athletes who exercise moderately are marginally more likely to experience longer periods.
9	Avoid Day Sleeping	One survey study revealed that although menstruating women are likely to show increased disturbance during the luteal phase, those with other, more severe PMS are more likely to experience luteal increase in daytime sleepiness

**Table-3. Consequences due to non-avoidance of restricted activities mentioned in Classical texts**

Sr.No.	Restricted Activities	Abnormalities in child
1	Diwaspna	Over sleepy
2	Anjana	Blind
3	Crying	Abnormalities in Vision
4	Nasya	Menstrual Abnormalities
5	Laughing	Discoloration of Teeth, Lips & Tongue
6	Bathing & Anointment	Misearble
7	Abhyanga	Kushtha

**Table-4. Principles & application of properly followed Rajaswala Paricharya**

Sr.No	Principle	Paricharyas
1	Deepan,Pachan,Vata-Anulomana	Having light diet, less quantity avoids spicy, oily diet and junk food
2	To take rest, restore energy and to avoid Vata vitiation	Avoid excessive exercise, laughing and talking too much
3	To keep the mind calm and relaxed to avoid stress and anxiety	No crying, good and virtual thoughts
4	Instigate aseptic thoughts, not to have complete bath but follow basic hygiene like cleaning genitalia, hands, legs and face	Sleep on Darbha mat, NoBathing
5	To avoid Vata Prakopa	No listening to loud voic
6	As it causes Dosha Prakopa	Swedan, Vaman, Nasya Karma is contraindicated
7	To avoid infection and for the wellbeing of woman and future progeny	Coitus is contraindicated

**DISCUSSION:**

Rajaswala Paricharya aids in maintaining optimal health. Adhering to Rajaswala Paricharya facilitates the conception of healthy kids as well as the adaptation of women to the physiological and psychological changes brought on by menstruation. If Rajaswala Paricharya is not properly followed, it may result in Yoni Vyapada or Ashta Artava Dushti, which are menstrual illnesses that are linked to issues with menstruation such as dysmenorrhea, menorrhagia, PCOD, infertility, etc. For this reason, during Rajasrava Kala, one must adhere to Rajaswala Paricharya. During menstruation, endometrial shedding causes a brief opening of blood vessels and is regarded as a raw wound. For this reason, comparable Pathya-Apathya should be recommended during Rajaswala Paricharya. Stress and the modern lifestyle could be the root of all menstrual issues. According to the findings of another study, individuals who

were prepared to adhere to the traditional Rajaswala Paricharya showed significant improvements in their psychological and physiological states. They reported fewer menstrual discomfort sensations, particularly cramping in the abdomen and low back. Consequently, even in this day and age, adhering to Rajaswala Paricharya might assist relieve a variety of menstrual discomforts.

**CONCLUSION:**

After reviewing all the literature related to Rajaswala Paricharya, it can be said that major restrictions are directed towards isolation, less physical exertion, and celibacy. Main aim of these is to avoid vitiation of Vata and Kapha, prevent formation of Ama, restore energy and to get a healthy progeny from a healthy mother. Therefore, by following Rajaswala Paricharya, the woman responds healthily to the physiological and psychological changes by keeping Doshas,

Agni and Bala in balanced condition. Following Rajaswala Paricharya might help women prevent menstruation illnesses and mitigate the detrimental effects of modern lifestyle on reproduction. Paricharya is a great example of Nidana Parivarjana Chikitsa. The most neglected paricharya, "Rajaswala Paricharya" can assist women deal with the severe physical and emotional changes. Rajaswala Paricharya was therefore created to assist women in regaining their body's lost strength. Additionally, by adhering to these procedures, the ovum's quality is raised, increasing the likelihood of conception. In order to preserve menstrual health, it's also critical to embrace and adhere to the Rajawala Paricharya, given the rising prevalence of gynecological ailments in the modern period. It prevents disorders such as Atyartava, Udavartini, Vandhya etc. preserving the body's three Dosha's equilibrium in the process. Preserving the body's general state of health. Rajaswala Paricharya should therefore be viewed as therapeutic guidelines rather than as "oppressive restrictions" placed on women. Owing to the physiological alterations that occur during menstruation, women are more susceptible to many types of illness. Therefore, by maintaining the Doshas, Bala and Agni in a balanced state, women who practice the Rajaswala Paricharya respond to the physiological changes in a healthful manner.

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