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The Role of *Rajaswalacarya* in Menstrual and Dermatological Health:
A Case Study

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Abstract

Introduction

Rajaswalacarya is an Ayurvedic regimen designed specifically for menstruating women, emphasizing lifestyle modifications to enhance physical and mental well-being during the menstrual phase. This case study examines the effects of *Rajaswalacarya* practices on skin health in a 32-year-old female with a regular menstrual cycle. The regimen included dietary adjustments, avoidance of physical exertion, and mental relaxation techniques.

Methods

The patient followed *Rajaswalacarya* practices over a 12-month period. Clinical assessments of skin texture, tone, and clarity were conducted at three-month intervals, using the Monk skin tone scale to evaluate changes.

Results

The patient experienced gradual improvements in skin health, with a timeline showing slight improvements in skin texture at three months, a noticeable reduction in blemishes at six months, and significant improvement in skin clarity by twelve months.

Discussion and Conclusion

This case suggests that the lifestyle adjustments prescribed in *Rajaswalacarya* may contribute to enhanced skin health by promoting hormonal balance and reducing inflammation. The findings support Ayurvedic principles linking skin health to the purity of blood (*rakta shuddhi*). While this observational case highlights potential benefits, further controlled studies are necessary to validate these outcomes.

Keywords: *Rajaswalacarya*, *Ayurveda*, Menstrual Health, Skin Health, *Rakta Shuddhi*

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