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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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Introduction:

Rajaswalacarya refers to the regimen a menstruating woman should follow according to Ayurveda, aimed at promoting health and balance during the menstrual phase. This period, typically lasting three to five days, is considered a time of heightened sensitivity, making it crucial for women to adopt certain lifestyle modifications to maintain physical and mental well-being. Key recommendations include avoiding physical exertion, sexual activity, and travel to prevent disturbances in the body's natural processes. Diet should be light, with easily digestible foods that balance the *doshas*, particularly *Vata*. Cold, spicy, and overly stimulating foods are discouraged as they may increase discomfort. Mental rest is equally essential, emphasizing activities that promote calmness and relaxation, supporting the body's natural cleansing. *Rajaswalacarya* thus aims to provide holistic care, respecting the body's cyclical nature and helping maintain long-term health. The present article is a collection of case series on the impact of *Rajaswalacarya* on various aspects of well-being in women.

Rajaswalacarya provides lifestyle and dietary practices specifically for

menstruating women, aimed at conserving energy and maintaining physical and mental balance. These practices address not only physical comfort but also emphasize mental tranquility, aligning with the holistic principles of Ayurveda [1].

Key Aspects of Rajaswalacarya:

Rajaswalacarya prescribes a set of practices focused on diet, rest, and mental peace during menstruation. Key guidelines include:

- **Dietary Modifications:** Ayurveda recommends simple, easily digestible foods during menstruation, served in natural vessels. This approach supports digestive health and minimizes bloating and discomfort.
- **Physical Rest:** Avoidance of strenuous physical activities is advised to conserve energy and reduce the physical strain that can exacerbate menstrual symptoms such as cramps.
- **Mental Stability:** Reducing exposure to stressors, such as loud sounds or intense conversations, helps maintain emotional balance,

which can enhance overall well-being during menstruation [2].

These practices align closely with modern health recommendations, promoting a balanced diet, restful activities, and mindfulness as effective approaches to menstrual health management.

Importance and Benefits of Rajaswalacarya:

1. **Physical Comfort:** The dietary guidelines of *Rajaswalacarya* minimize digestive discomfort, promoting ease and reducing common symptoms like bloating.

2. **Energy Conservation:** By avoiding heavy physical exertion, women can maintain optimal energy levels during menstruation, enhancing recovery and overall wellness [3].

3. **Mental Peace:** The focus on mental calmness through reduced exposure to stressors supports emotional stability, which is beneficial during menstruation [4].

4. **Holistic Health:** *Rajaswalacarya* exemplifies a holistic approach that considers physical, mental, and emotional well-being, aligning with the core principles of Ayurveda [5].

Diet Chart During Menstruation (*Rajaswalacarya*)

Allowed Foods During Menstruation For the First Three Days of Menstruation	Foods to Avoid During Menstruation
- Rice varieties like <i>Shali</i> rice (unpolished red rice), along with ghee and sugar	- Salt
- <i>Shali</i> rice with jaggery or milk	- Curd
- Rice porridge (<i>Shali</i> rice porridge)	- Sour foods
- Barley porridge without milk	- Pulses
- Lightly spiced vegetables	- Lentils
- Rice roti with a little ghee, served with sweetened milk	- Spices and other masalas
- Fruits like pomegranate, banana, and apples	

Benefits of Following Rajaswalacarya:

- Helps in managing common menstrual issues like pain, excessive bleeding, and irregular cycles.
- Promotes physical and mental well-being during menstruation.
- Beneficial in preventing lifestyle-related disorders like PCOD, obesity, and diabetes.

Details of the Case:

- **Patient Information:**
 - Age and Gender: 32-year-old female, nullipara with a regular menstrual cycle of 26-30 days, not associated with any complaints.
 - Medical History: No known allergies or chronic conditions; no

prior history of dermatological conditions.

- Chief Complaint: None. Patient’s goal was overall well-being.
- Lifestyle and Dietary Habits: Generally followed a balanced diet, non-smoker, no alcohol consumption.

• **Clinical Findings:**

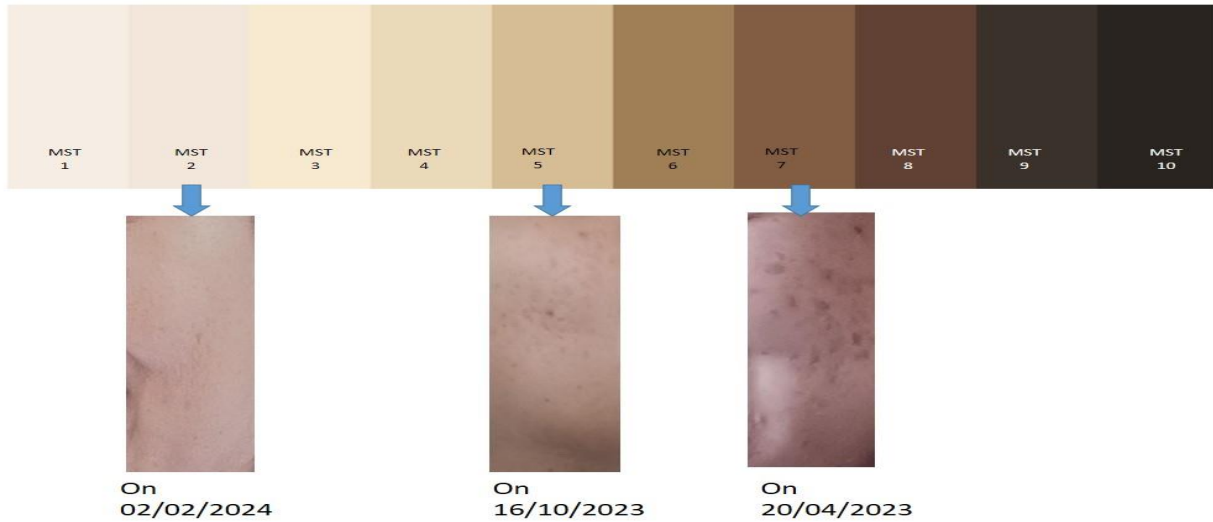
The patient’s skin was assessed periodically for texture, tone, and clarity. She initially had occasional blemishes and mild skin dullness. No interventions or topical dermatological treatments were used concurrently with *Rajaswalacarya* practice.

Timeline

LMP	Timeframe	Event
20/04/2023	Initial	Baseline assessment of skin, commencement of Rajaswalacarya
05/07/2023	3 months	Slight improvement in skin texture noted
16/10/2023	6 months	Noticeable reduction in blemishes
06/02/2024	12 months	Significant improvement in facial complexion, clear skin observed

Diagnostic Assessment

- **Assessment Methods:** Monk skin tone scale
- **Differential Diagnosis:** Natural aging, seasonal changes, dietary factors (none had significant influence based on the patient’s history)
- **Diagnosis:** Improved skin clarity attributed to lifestyle changes, specifically *Rajaswalacarya* practices



Therapeutic Intervention

The patient adhered to traditional *Rajaswalacarya* practices, including dietary modifications (light, digestible food), avoidance of physical exertion, mental relaxation techniques, and abstention from cold and spicy foods during the menstruation phase.

Follow-up and Outcomes

Over a year, the patient consistently followed *Rajaswalacarya*. Improvements were observed in skin clarity, even tone, and complexion. No adverse effects were reported.

Discussion

This case demonstrates the potential dermatological benefits of *Rajaswalacarya*, an Ayurvedic regimen prescribing lifestyle adjustments for menstruating women. Rooted in Ayurvedic principles, these practices emphasize holistic health,

acknowledging the interconnectedness of physical, mental, and emotional well-being. In Ayurveda, the skin (*Twak*) is closely associated with *Rasadhatu* (the primary fluid tissue nourishing the body) and is influenced by *bhrajaka pitta*, a sub-type of *pitta dosha* responsible for skin coloration and luster. Additionally, *pitta* and *rakta* (blood) share an *Ashraya-Ashrayi Sambandha* (~symbiosis), meaning their health and function are interdependent. Any imbalance in *pitta* or impurity in *rakta* can impact skin clarity, radiance, and overall appearance.

Rajaswalacarya advocates dietary and lifestyle modifications to foster a balanced state of these *doshas*, thereby supporting *rakta shuddhi* (purification of blood) and ultimately enhancing skin health. The practice of consuming light, easily digestible foods helps prevent digestive

stagnation and bloating, believed to reduce stress on the digestive and circulatory systems, enabling efficient purification processes. By avoiding cold, spicy, and overly stimulating foods, *Rajaswalacarya* prevents disturbances in *pitta* and *vata doshas*, both sensitive during the menstrual period. *Pitta* aggravation can lead to increased inflammation, manifesting as skin blemishes, dullness, or irritation. By adhering to the recommended balanced diet, the patient may have experienced reduced inflammation and enhanced skin clarity.

The practice also emphasizes adequate rest and avoidance of strenuous activities, aligning with the Ayurvedic concept of conserving energy (*ojas*) during the menstrual phase. Physical exertion is thought to increase *vata dosha*, which can disrupt the body's natural processes, leading to symptoms like cramps and fatigue. By resting and limiting physical exertion, *Rajaswalacarya* may have helped maintain balanced *dosha* states, allowing the body to focus on cleansing and regeneration. In this case, the patient's commitment to physical rest likely contributed to reduced oxidative stress and skin inflammation—factors commonly associated with improved skin health.

Mental relaxation and the avoidance of stressors such as loud sounds, intense conversations, or overstimulating activities are central to the *Rajaswalacarya* regimen. In Ayurveda, emotional stress is seen as a trigger for imbalances in all three *doshas*, particularly affecting *pitta dosha*, which can exacerbate dermatological issues. By fostering mental calmness, *Rajaswalacarya* may contribute to hormonal stability, which, in turn, could benefit skin clarity and texture. Stress and hormonal fluctuations are often linked to inflammatory skin conditions, and practices promoting mental peace, as observed in this patient, may thus have a protective effect on dermatological health.

The case observations align with Ayurvedic explanations that following *Rajaswalacarya* can support the body's natural detoxification and regeneration processes. The gradual improvements noted in skin clarity, reduced blemishes, and enhanced complexion align with the Ayurvedic concept of promoting *twak shuddhi* (skin purification) through *rakta shuddhi*. As blood purity increases, the skin's natural glow, resilience, and clarity are expected to improve, reflecting the cumulative effects of a balanced diet, physical rest, and mental tranquility.

While this case report provides observational evidence of the potential dermatological benefits of *Rajaswalacarya*, it underscores the need for further research. Controlled studies could investigate the biochemical and physiological changes associated with *Rajaswalacarya* practices, particularly their impact on hormonal regulation, inflammatory markers, and oxidative stress. Additionally, clinical trials involving larger, more diverse groups could establish a stronger causal link between Ayurvedic menstrual care regimens and dermatological health outcomes.

By considering the Ayurvedic perspective on the body's cyclical nature and the need for individualized care during the menstrual phase, *Rajaswalacarya* offers a framework that respects both traditional and modern health insights. This integrative approach could serve as a valuable, non-invasive adjunct therapy for managing common menstrual discomforts and improving long-term skin health, presenting

a promising avenue for preventive healthcare in women's health.

Patient Perspective

The patient expressed satisfaction with the regimen and was motivated by the visible improvements in her complexion and overall skin health.

Informed Consent

The patient provided written consent for this case report and accompanying images to be published.

Conclusion

This case highlights the potential dermatological benefits of *Rajaswalacarya*, suggesting that traditional Ayurvedic practices may have applications beyond general health, extending to skincare and complexion. Further research is recommended to substantiate these findings.

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