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**Traditional Ayurveda Non-Pharmacological Management of Primary Dysmenorrhea:
The Clinical Impact of Rajaswala Paricharya**

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Abstract

Introduction:

Kashtartava refers to menstrual disorders, including primary and secondary dysmenorrhea. Among these, primary dysmenorrhea is characterized by painful menstruation without any underlying pathology. In contemporary society, factors such as stress, improper diet (*Mithyaahara*), unhealthy lifestyle habits (*Vihara*), overexertion, and nutritional deficiencies contribute to menstrual irregularities. *Ayurveda* views menstruation as a physiological and self-purifying process influenced by the balance of *Doshas*. To maintain this balance, *Ayurveda* prescribes *Rajaswalacharya*, a structured regimen that includes dietary, behavioral, and lifestyle guidelines for menstruating women. Adopting *Rajaswalacharya* can help alleviate menstrual discomfort and promote overall reproductive health.

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Methods:

A 27-year-old nulligravida female presented with complaints of painful menstruation since menarche. She was counseled to follow *Rajaswalacharya* for four consecutive menstrual cycles, including dietary modifications, restricted physical activities, and adherence to *Ayurveda* lifestyle practices.

Results:

Following the implementation of *Rajaswalacharya*, the patient experienced a marked reduction in dysmenorrhea. Pain intensity and discomfort during menstruation significantly decreased, leading to an overall improvement in her quality of life.

Discussion & Conclusion:

This case highlights the potential benefits of *Rajaswalacharya* in managing primary dysmenorrhea. Encouraging adherence to *Ayurveda* menstrual practices can help women regulate their reproductive health naturally. Integrating traditional wisdom with modern healthcare approaches can empower women with holistic well-being. Greater awareness and acceptance of *Rajaswalacharya* can contribute to better menstrual health management and improved lifestyle choices.

Keywords: *Kashtartava*, *Rajaswalacharya*, Primary Dysmenorrhea, *Ayurveda*, Menstrual Health.

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