



ROLE OF REJUVENATING THERAPY IN FEMALE HEALTH W.S.R. TO THE RASAYANA CHIKITSA

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ABSTRACT

The ancient medical system known as Ayurveda emphasizes both the curative and preventative aspects of treatment. Ayurveda put great emphasis on female health issues and suggested several therapeutic measures for curing gynaecological problems. The lifestyle and dietary pattern of modern era putting adverse effects on female health, which results several gynaecological problems (*Striropa*) like; *Artav Kshaya*, *Artav Dushti*, *Asrugdar*, *Vandhyatwa*, *Garbhashaya Shotha*, *Beeja Granthi*, *Rajah Kruchrata* and Polycystic ovary syndrome, etc. Ayurveda advocated uses of purification measures, herbal medicines and *Rasayana Chikitsa* for the prevention and treatment of these pathological conditions. *Rasayana Chikitsa* not only helps to treat *Striropa* but also imparts rejuvenating effects on female health.

KEYWORDS: *Striropa*, Gynaecological disorders, Rejuvenating, Rasayana.

INTRODUCTION

Ayurveda, with its distinctive treatment methods, opens the door to the management of female health problems. Medications, diet and lifestyle changes brings positive effects on health and prevent diseases associated with reproductive system. The female mainly suffered by *Rasa Pradosaja Vyadhi* and *Vata Pradosaja Vyadi*, etc.

Irregular periods, pain in lower abdomen, heavy bleeding, painful cramps, uterine fibroids and cysts, etc. are common manifestations of female health problems. Prolactinuria, tubal elements, uterine factors, thyroid imbalances and infection, etc. can triggers pathogenesis of such types of disease.^[1-4] The other etiological factors of *Striropa* are depicted in **Figure 1**.

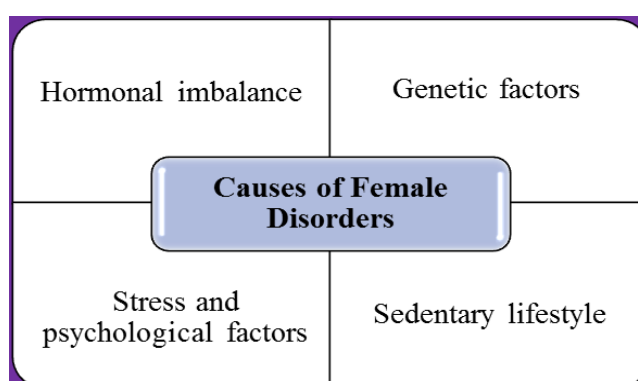


Figure 1: Causes of gynaecological health issues.

General female health problems

- ✓ Destruction of ovum (*Pushpagni Jataharini*).
- ✓ *Artavakshaya* (Menstruation does not appear in time or delayed)
- ✓ *Yoni vedana* (pain in vaginal region)
- ✓ *Anartava*

Pathologically aggravated *Vata* and *Kaphadoshas* obstruct the passage and causes blockage of menstrual pathways. As per modern science infertility, menstrual issues, polycystic ovarian syndrome and white discharge, etc. are major health problems of female.

The ancient and traditional system of medicine Ayurveda has a unique treatment for *Striroga*. Ayurveda treatment approaches incorporate *Shamana Chikitsa*, *Shodana Chikitsa* and *Rasayana Chikitsa*, etc. *Rasayana Chikitsa* offers *Dipana* and *Pachana* effects, thus maintain nourishment and also imparts rejuvenating property therefore restore normal physiological health of women belonging from reproductive age group.^[4-7]

Rejuvenation therapy

The term "*Rasayana*" is used to describe rejuvenation in Ayurvedic texts. *Rasayana* eradicates diseases and maintain normal enzyme function in tissue cells. These cells are rejuvenated with this treatment. *Rasayana Chikitsa* helps to tone the skin and strengthen the tissues in body, thus contributed towards the longevity. Enhancement of the *Ojas* and *Sattva* incorporates positive health effects on body physically as well as mentally.

The *Rasayana* therapy offers antioxidant, anti-aging, immunomodulatory, adaptogenic, hemoprotic, anabolic, neuroprotective and nutritive effects, etc. thus helps to maintain normal health of female.

Rasayana therapy normalizes factors such as; *Kshetra*, *Ambu* and *Beeja* which are the essential factors for conception and healthy progeny. *Rasayana* therapy potentiates *Rakta Dhatu*, *Ojus* and *Rasadhatu* which restore functioning of *Ambu*, maintains functioning of *Kshetra* and nourishes *Beeja* which all play vital role in the process of fertilization. *Rasayana Chikitsa* can be used to treat infertility, *Artav Dushti*, *Asrugdar*, *Vandhyatwa*, *Artav Kshaya*, *Beeja Granthi*, *Rajah Kruchrata* and *Garbhashaya Shotha*, etc.^[7-9]

Role of rejuvenation therapy

- ✚ It enhances quality of *Garbha Sambhava Saamgri* thus increases chances of conception.
- ✚ Helps to prevent *Garbha Vyapad*.
- ✚ *Rasayana* drugs are useful in the management of post pregnancy care.
- ✚ *Rasayana* drugs ensure optimum maternal nutrition
- ✚ *Rasayana* drugs provide supplements to mother as well as fetus
- ✚ *Naimittika rasayana* promote vitality during and after pregnancy
- ✚ Anti-anaemic properties and nutritional benefits of *Rasayana* drugs help to restore health of female of reproductive age group.
- ✚ Enhances endometrial receptivity thus modify inflammatory markers in endometriosis & fibroid.

Specific *Striroga* and Their management by *rasayana*

- ❖ Abnormality of endocrine secretions can be mannered by *Medhya Rasayana*.
- ❖ Hormonal abnormality restored by *Kalyanaka Ghrita* and *Brahmi Ghrit*.
- ❖ Irregular menstruation can be restored by *Ashwagandha*.

- ❖ *Brahmi* provide natural energy and relieves mental stress.
- ❖ Follicular maturity enhanced by *Shatapushpashatavari kalpa*.
- ❖ *Shatavari* corrects irregular menstrual cycle.
- ❖ *Rasona* corrects hormonal balances and improves follicular maturity
- ❖ The vitiated *Apana Vata* pacified by *Triphala Rasayana*
- ❖ *Shilajatu Rasayana* regulates hormone and maturation of ovarian follicles.
- ❖ Improper menstrual flow managed by *Chandraprabha vati*.
- ❖ *Shatavari Ghrita* helps to regularise menstrual cycle and maintain restoration of ovarian follicles.
- ❖ *Rasa dhatu* boosts by *Haritaki*, it works to balances all three *Dosha*; it mainly pacifies *Vata* which is considered as major source of female infertility. It acts as a rejuvenator; considered useful for neuromuscular weakness and maintain health of digestive system.
- ❖ The immune-boosting herb is *Guduchi*, which restore health of female and protect them from many infectious conditions. It reduces impurities from the body and restores functioning of *Agni*.
- ❖ *Amalaki* strengthen nervous system, sense organs and acts as brain tonic and used in many formulations used for gynaecological health. It improves memory, balances digestion and supports muscle tissue.
- ❖ *Kumari (Aloe Vera)* is often means to "young girl", this drug is used for maintain skin tone and beautification. It balances menstruation, relieves menstrual cramps and suppresses menopausal symptoms. *Aloe Vera* promotes flow of blood towards uterus and brings smooth menstruation. Helps to restore health and youthfulness of skin and hair.
- ❖ *Guggulu* is useful in promoting general health, prevent inflammatory manifestations of *Striroga*. This drug is considered useful for the detoxification of body and provides rejuvenating effect. It boosts *Agni* thus nourishes body and scrapes excess fat, therefore prevent cyst or chances of PCOS associated with obesity. Purify blood and maintain hormonal balances.^[9-11]

CONCLUSION

Rasayana chikitsa plays a significant role in the prevention of gynaecological disorders. *Rasayana* with the combined effect of other rejuvenating herbs helps to regulate menstrual irregularities and other pathological conditions. Ayurveda rejuvenating drugs (*Rasayana*) offers several health advantages in *Striroga* including maintenance of blood pressure, improvement of immune system, suppresses depression and anxiety, increases libido and energy, relieves inflammatory symptoms, induces mental calm, enhances physical strength, increases sexual vitality and brings healthy progeny, etc.

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