



EFFECT OF ANJAN KARMA ON OFFSPRING DONE BY RITUMATISTRI STRI

¹*Patel Divya, ²Rajpoot Purnima, ³Verma Sudha Rani and ⁴Sahu Rekha

¹Assistant Professor, Department of Sharir Rachna, SSN Ayurved College & RI, Nrusinghnath Paikmal, Odisha.

²Medical Officer, Govt. Ayurved hospital Dallirajahara, C.G.

³Assistant Professor, Department of Kaya Chikitsa, CAMC, Rajnandgoan C.G.

⁴Assistant Professor, Department of Agad Tantra Evum Vidhi Vaidyak, Mahaveer College of Ayurvedic Sciences Sundara, Rajnandgoan C.G.

***Corresponding Author: Dr. Patel Divya**

Assistant Professor, Department of Sharir Rachna, SSN Ayurved College & RI, Nrusinghnath Paikmal, Odisha.

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ABSTRACT

Acharyas have mentioned sharir sthana of Susruta Samhita as one of the most important branch of Ayurveda. Acharya Susruta mentions the Ritukala, Ritumatistri, Ritumaticharya and side effect of unfollowed ritumaticharya in offspring. Ritukala is the optimum period for conception and ritumaticharya is followed by ritumatistri in the period of ritukala. Acharya Susruta mentioned in sharir sthan to avoidance like Anjana, weeping in the first day of menstruation by ritumatistri in ritumaticharya. Anjan which is used by mother it effect the ovum, due to deformity of this ovum it causes the harmful effect of offspring like Andhata/blindness. In this article mainly I am trying to relate the theories given by the ancient Acharya with the reasoning given by the modern science of medicine.

KEYWORDS: *Ritukala. Ritumaticharya. Anjan, Andhata.*

INTRODUCTION^[1,2]

Ayurveda is an ancient science. According to Acharya Charak, the main aim of Ayurveda is swasthyarakshana (Prophylactic) and Vikarprashamana (Curative). It means Ayurveda is a science which deals with the maintenance of health and cure of diseases. Ayurveda has described various Siddhantas (Basic principals), Anatomy, Physiology, Various diseases with etiology, sign and symptoms, treatment etc to fulfill these criteria. Acharya mentioned the ritukala, ritumatistri, ritumaticharya, and side effect of unfollowed by ritumaticharya in offspring by ritumatistri. Ritukala is the part of rituchakra. Rituchakra is divided by the rajahsrava kala, ritukala, and rituvyateeta kala. It is an optimum period of conception. Acharya has described the symptom of Ritumati stri. Ritumati stri which follows by the Ritukala is called the Ritumaticharya. If Ritumatistri not follow the Ritumaticharya which causes harmful effect of offspring.

AIM AND OBJECTIVES

- To discuss about rituchakra.
- To discuss about ritumaticharya this is mentioned in ayurveda.
- To discuss about harmful effects of offspring if ritumati stri not follow ritumaticharya.

- To relate the harmful effects of disturbance in the offspring with the modern view.

MATERIAL METHODS

- Ayurved text book laghutariya and vrihatariya along with their commentaries with the different Authors.
- Modern text books
- Research papers, journal, articles.

Rituchakra^[3]

Rituchakra is a clinical process which repeats every month. According to Ayurveda every period is divided into 3 phases- Rajahsrava kala, Ritukala, Rituvyatitakala.

Rajahsrava kala/ menstruation period^[4,5,6]

Rajahsrava kala is different according to various Acharyas. It is 5 days every month according to Charkacharya, 3 days according to Vagbhata, 7 days according to Bhel and Harita.

Suddha Artav svaroop^[3,7]

In colour, normal menstruation blood should be similar to gunja fruit, red lotus flower, lac juice and indragopaka (red insect).

The menstrual blood which resembles the blood of rabbit or solution of lac and that which does not stain the cloth is greatly praised.

Dosa involvement^[8]

This phase is mainly influenced by Vata. Vata always act through Dhamanees. In the phase of menstruation the spasm in the straight stem arterioles as a causative phenomenon of bleeding is similar to action of Vata through Dhamanees.

Ritukala^[9]

Ritukala is of twelve days in these with visible menses. According to some it is present even in these without visible menstruation.

Dosa involvement^[10]

This phase is mainly influenced by Kapha. According to Ayurveda for regeneration and growth Kapha is essential. It is a period of resembling proloferative phase.

Rituvyatitakala^[10]

This phase is influenced mainly by Pitta. According to Ayurveda Pitta is essential for various secretions in the body. It always acts through medium of Rakta. Therefore this phase resembles the secretry phase.

Ritumatistri lakšana^[11]

According to Acharya Susuta-The women whose face is full and pleasant, whose body, teeth and gums are more

moist, who is desirous of males and fond of enchanting stories, whose abdomen, eyes and hairs are drooping down, whose shoulders, breast, waist, umbilicus, thighs, pelvis and buttocks are throbbing, who is greatly interested in seeking happiness such a women should be understood as Ritumati.

According to Acharya Charak- After the accumulated menstrual blood is discharged and the new one is situated, the women having cleanly bathed and with undamaged genital passage, ovum and uterus is called as having opportune period.

Ritumaticharya^[12]

From the first day of menstrual period, the women should observe celibacy (avoid copulation and other sexual activities), avoid sleeping at day time, using collyriums, shedding tears, bathing, anointing, oil bath, paring the nails, too much of running, laughing and talking, hearing very loud sounds, combing the hairs roughly, exposure to heavy breeze and exertion.

Next, on the fourth day Ritumatistri should take purifying bath, put on new cloths, beautify with ornaments, perform auspicious rites, hear benedictory hymns and then see her husband. Whomsoever the men, the women sees first after her bath period of menses, she will give birth to a son of similar features (of that man), hence she should see her husband only.

Harmful effect of not following Ritumatistri^[13]

S.N.	Don't during menstruation	Abnormalities in Child if Don't are performed
1.	Day sleeping	Over sleepy
2.	Use of collyrium	blindness
3.	Weeping	Abnormality of vision
4.	Bathing & anointing	Saddish
5.	Oil massage	Leprosy and other skin disorder
6.	Paring of nails	Deformity of nails
7.	Fast racing	Wanton, fickle, reckless
8.	Laughing	Black colour of teeth, lips, tounge
9.	Over talking	Garrulous
10.	Over hearing	deafness
11.	Combing	baldness
12.	Exposure to draughts and exertion	Insane
13.	Scrapping or digging of earth	Falls during walking
14.	Use of nasya	Menstrual abnormalities

DISCUSSION^[14]

Ras Ratna Samuchchaya has described 5 types of Anjan. Anjan are formed by many type of metals such as Sb, Pb, Hg which affect the ovum and causes the gene mutation and leads to blindness.

Modern mechanism of andhata through Anjan^[15,16]

If female using anjan which consists of high level of lead, mercury, parabens



These results, it appears unlikely that transcorneal transport is a contributory mechanism for absorption of lead



And other, lead might be absorbed across the conjunctiva, lacrimation, eye rubbing



Blood lead concentration 38µg/100ml or above evidence of lead toxicity



Circulation through mother to developing ovum



Paired box protein pax-6 also known as aniridia type II protein (AN2) or ocularhombin



Which is responsible for eye development



Antimony Sulphide has been found to induce DNA strand lesions but not DNA protein crosslink Effects of metals leads to mutation of pax-6 gene

Causes various disorders of the eyes like aniridia & peter's anomaly

Aniridia- absence of iris usually involveing both eyes

Maular and optic nerve hypoplasia, Cataract, Corneal changes

Peter's anomaly- corneal opacity, ant. Segment dysgenesis



Blindness

CONCLUSION^[17]

The paper should be concluded that the purpose of various Do's and Don'ts of Rajaswala Paricharya is not followed over a long period of time, then the imbalance in the Doshas, as well as seriously affecting the health of the woman as well as harmful effects on the children if she conceives.

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