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

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INTRODUCTION
Ayurveda, with its distinctive treatment methods, opens the door to the management of female health problems. Medications, diet and lifestyle changes bring 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 trigger pathogenesis of such types of disease.1-4 The other etiological factors of Striroga are depicted in Figure 1.

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 (Striroga) 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 Striroga but also imparts rejuvenating effects on female health.

KEYWORDS: Striroga, Gynaecological disorders, Rejuvenating, Rasayana.

Figure 1: Causes of gynaecological health issues.

General female health problems
✓ Destruction of ovum (Pushpa Chhaya Jataharini).
✓ Artav Kshaya (Menstruation does not appear in time or delayed)
✓ Yoni vedana (pain in vaginal region)
✓ Anartava

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 trigger pathogenesis of such types of disease.1-4 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, hemopiotic, 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 Dushhti, Asragdar, Vandhyatwa, Artav Kshaya, Beeja Granthi, Rajah Kruchrata and Garbhashaya Shotha, etc. [7-9]

**Role of rejuvenation therapy**

- It enhances quality of Garbha Sambhava Saamgrī 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-anæmic 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 Tripala Rasayana
- Shilajatu Rasayana regulates hormone and maturation of ovarian follicles.
- Improper menstrual flow managed by Chandraprabha vati.
- Shatavari Ghrit helps to regularise menstrual cycle and maintain restoration of ovarian follicles.
- Rasa dhaut 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 scraps 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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