



ETIOLOGICAL FACTORS OF STIROGA IN PRESENT ERA: A REVIEW

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ABSTRACT

The diseases which mainly occur in females & related to reproductive system are called as 'stree-roga'. Ayurveda stresses importance of health of a woman as she is the creator of the new generations. Women are socialized to be caretakers of others. In today's world, most of the women have a career outside the home along with a continuous juggling with the responsibilities at home. For treatment purpose; it is very necessary to know the cause of the disease very well. By avoidance of causes only; half of the disease can be cured. Since last hundred year's life style and food habits are dramatically changed. So, there is a need to study the causative factors of stree-roga in present era for preventive as well as curative purpose along with improvement of health status of a woman.

KEYWORDS: Women, diseases, causes.

INTRODUCTION

Ayurveda is science of life & a traditional system of medicine. The diseases which mainly occur in females & related to reproductive system are called as 'Stree-roga'. Ayurveda stresses importance of health of a woman as she is the creator of the new generations. A woman goes through various physical and psychological changes during her life. Hence, to maintain the health of woman; awareness about these changes should be made in the society. Stree-roga is the branch of Ayurveda that deals with the diseases that occur only in females. These diseases are generally studied under the headings of Yonivyapat, Aartavavyapat, Stanaroga, Vandhyatva, Arbuda, Somaroga, etc.^[1] Ayurvedic treatment has a holistic approach. It not only cures the disease but also treats the woman as a whole. Hence, physical as well as mental health status of a woman can be improved with the help of Ayurveda. For treatment purpose; it is very necessary to know the cause of the disease very well. By avoidance of causes (Nidanaparivarjana) only; half of the disease can be cured.^[2] Since last hundred years; life style and food habits are dramatically changed. So, there is a need to study the causative factors of stree-roga in present era for preventive as well as curative purpose. This paper is an attempt to understand the causes of lowered health status of woman in today's world.

Aims & Objectives

To find out causative factors of stree-roga in present era.

MATERIALS AND METHODS

All Ayurvedic samhitas and books related to the subject were studied out along with articles and research papers published in scientific journals, pubmed, ayush, dhara. Finally results were obtained from the data and literature studied.

Review of Literature

In Ayurveda textbooks various kinds of stree-roga are discussed under following categories^[3]:

1. Yonivyapat (Gynaecological Disorders)
2. Aartavavyapat (Menstrual Disorders)
3. Somroga (Polyuria)
4. Yonistrav (Vaginal Discharges)
5. Stree Vandyatva (Female Infertility)
6. Arbuda & Granthi (Tumours)
7. Stanaroga (Diseases of Breasts)
8. Other Diseases (e.g. Prolepses, Displacements, Infections, Abscess, Fistula, Low back pain, Vaginal piles etc)

The causative factors of stree-roga in literature are briefly enlisted in following table.

No	Stree Roga	Causes
1	Yonivyapat ^[4,7] (Gynaecological Disorders)	<ul style="list-style-type: none"> • <i>Mithyachara, Dushtabhojana</i> (Improper food & lifestyle) • <i>Beejadasha</i> (Abnormalities ovum & or sperm of parents) • <i>Daivaprakopa</i> (Curses/ anger of god - absence of any cause) • <i>Atipurushasevana</i> (Excessive coitus) • <i>Vishamasthangashayana</i> (Abnormal body posture) • <i>Apadravya</i> (Use of objects for sexual pleasure) • <i>Nasya prayoga</i> during menstruation
2	Artavavyapat ^[8,11] (Menstrual Disorders)	<ul style="list-style-type: none"> • Vitiating of doshas due to various reasons • <i>Nasya prayoga</i> during menstruation • <i>Atyushnapanannasevana</i> (excessive hot eatables & drinks) • Use of excessive purgative medicines to mridu Koshta woman • <i>Mithyahara</i> (improper diet)
3	Somroga ^[12] (Polyuria)	<ul style="list-style-type: none"> • <i>Atiprasanga</i> (excessive coitus) • <i>Atishoka</i> (excessive grief) • <i>Atishrama</i> (excessive exercise) • <i>Abhichara mantradi</i> (Magical spell) • <i>Garayoga</i> (toxic & purgative substances)
4	Yonistrav ^[13] (Vaginal Discharges)	<ul style="list-style-type: none"> • Aggravated doshas due to improper diet & lifestyle • Excessive coitus • <i>Garbhastrav</i> (Abortions) • Improper activities during menstruation • Non-cleanliness of genital organs
5	Stree Vandyatva ^[14,25] (Female Infertility)	<ul style="list-style-type: none"> • <i>Yonipradosha</i> (structural abnormalities of reproductive organs) • <i>Yonivyapat</i> (Gynaecological disorders) • <i>Aartav-vaha-strotovedha</i> (injury to reproductive organs) • <i>Yonyarsha</i> (piles of vagina) • <i>Vikara</i> (diseased condition of woman) • Improper coitus • <i>Beejadasha</i> (abnormalities of ovum and sperm) • <i>Vegadharana</i> (obstructed natural urges) • <i>Vatavyadhi</i> (diseases of vata dosha) • <i>Sheetalashaya</i> (cold uterus) • <i>Shushkendriya</i> (dryness of penis) • <i>Sphalitamutatva</i> (girl or boy passing urine with quivering) • <i>Dhatukshaya</i> (old age) • <i>Ajatarasa stree</i> (childhood of woman i.e. before menarche) • <i>Manasobhitap</i> (mental stress) • <i>Balasankshaya</i> (loss of strength) • <i>Vihardosha</i> (improper lifestyle) • <i>Akalyoga</i> (improper time)
6	Arbuda ^[26] & Granthi (Tumours)	<ul style="list-style-type: none"> • <i>Doshaprakopa</i> (vitiating doshas) • <i>Dushta rakta, mamsa, meda</i>
7	Stanaroga ^[27,29] (Diseases of Breasts)	<ul style="list-style-type: none"> • Improper diet & lifestyle of pregnant & lactating woman • <i>Paryushit, rukha, ushna anna</i> (use of stale, excessive hot & dry food) • <i>Vishamashayya</i> (uneven bed) • Abnormal activities • Swallowing of vajra by lactating woman (piece of grass, straw, insect, bristle, flies, stone, hair, wool, bone, etc)
8	Other Diseases ^[30]	<ul style="list-style-type: none"> • <i>Mithyachar</i> (improper lifestyle) • <i>Aartav-dosha</i> (hormonal abnormalities) • <i>Beejadasha</i> (congenital abnormalities due to defects in sperm and ovum of parents) • Improper coitus

DISCUSSION

Every woman undergoes many physiological changes such as menarche, pregnancy, delivery, menopause in her life. During these changes, she also experiences many psychological changes too. It's very important to give adequate care, support & attention to her for easy and joyful going of these phases. Women are socialized to be caretakers of others. In today's world, most of the women have a career outside the home along with a continuous juggling with the responsibilities at home. These women have to maintain a male standard at workplace while a perfect wife & mother standards at home. In our Ayurvedic literature many causative factors are discussed which are responsible for generation of specific stree-roga. Among them, *Mithyachara* (inappropriate diet & lifestyle), *Vataprokopa*, *Manasobhigata* (mental stress), *Atimathuna* (improper or excessive coitus) are very common causative factors. This clearly states the importance of diet & lifestyle in maintenance of health & prevention of diseases. In the race of male female equality women are working beyond their natural physical stamina. For this, many times they keep compromising their routine health care, diet & sleep schedules. Hence, relationship stresses, sleep deprivation, lack of proper physical activities (exercise), unhealthy eating habits, work pressure & deadlines, skipping meals, going for junk foods, sedentary lifestyle, inappropriate body postures, disturbed biological clock due to job-house balance are some of the causes nowadays for disturbed health of women. As per Ayurveda, menstrual cycle is a phase of vata dosha predominance. During this phase too much physical activities should be avoided. But, nowadays proper ahar and vihar is not getting maintained during menstruation which is responsible for generation of some diseases. According to Charaka, good mental health (*Saumanasya*) is required for achieving conception (*garbhadharanam*).^[31] Because of disturbed mental peace nowadays, there is increased incidence of infertility.

So, it is the need of today's hour to evaluate the bad food habits & lifestyle changes in present era which are influencing on women's health status. Every woman should try to manage the lifestyle factors that can contribute to health. Today's woman should be made aware of all these causes and their bad effects. Ayurveda has a holistic approach in treatment as well as preventive point of view. Good practices of *Dinacharya* (Daily regimen)^[32], *Ritucharya* (seasonal regimen)^[33], *Rajaswala Paricharya* (do's & dont's during menstruation)^[34], *Garbhini Paricharya* (diet & lifestyle during pregnancy)^[35] and *Sutika Paricharya* (diet & lifestyle after delivery)^[36] are the major key factors to improve & maintain the health status of every woman.

CONCLUSION

Mithyaachara (improper diet and lifestyle) is one of the main causative factors of Stree-roga which should be always avoided. Ayurveda is a science based on

prevention rather than cure of the disease. Ayurvedic diet and lifestyle regimens in context of woman's health are very important for healing of spirit and mind of a woman along with affected body parts.

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