

DAY TO DAY AYURVEDA INTERVENTION: A COMPREHENSIVE APPROACH ON WOMEN HEALTH

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ABSTRACT:

Indian women are facing multidimensional challenges and struggling to maintain their health, progeny and longevity. Persistent stress, fear, anxiety, social and family responsibilities makes them susceptible and vulnerable for different health issues including menstrual and hormonal health. There is high upsurge in women health conditions like hypothyroidism, polycystic ovarian disease, dysmenorrhea, postpartum psychosis and other somatic disorders like rheumatism, menopausal symptoms, and post-menopausal osteoporosis, fractures etc. Ayurveda *Dinacharya* (Ayurveda daily regime), *Rutucharya* (Seasonal regime), *Rajaswala Paricharya* (Dos and Don'ts during menstruation), *Garbhadhana Purva Beejashuddhi* (pre-conception detoxification and rejuvenation therapies), *Garbhini Paricharya* (Ayurveda Antenatal care), *Sutika Paricharya* (Ayurveda post-partum care) and post-menopausal *Rasayana* therapies are highly scientific and clinically proven. Systematic administration of all these regimes under the supervision of Ayurveda physician is need of hour to improve the status of health of Indian women and maintenance of good progeny for building a strong and healthy nation. This article highlights few important points of all Ayurveda regimes for women health at different age groups according to change in their general, hormonal and reproductive physiology.

Key Words: *Garbhini, Menopause, Paricharya, Sutika, Women health.*

1. INTRODUCTION: There are drastic changes in life style of Indian women with increased level of career stress, family responsibilities, social stigmas, burden of child bearing and rearing, busy family and professional schedules, lack of exercises, poor post-partum care forces them into nutritional and micronutrient deficit along with hormonal imbalance and crisis. Therefore there is alarmingly high rise in prevalence of gynaecological diseases (Physical, psychosomatic, psychological, hysteric etc).

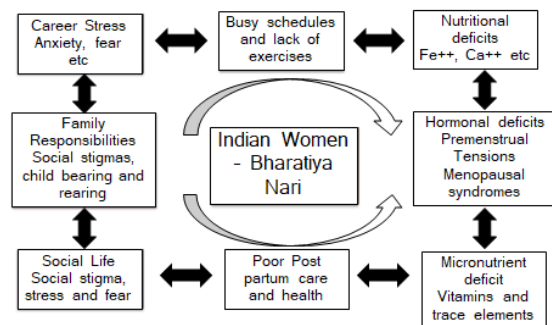


Image 1: Etiological factors affecting Indian women health

Ayurveda emphasized on the daily regime, seasonal regime, menstrual regime, gestational regime, post-partum regime and menopausal regime and geriatric regime

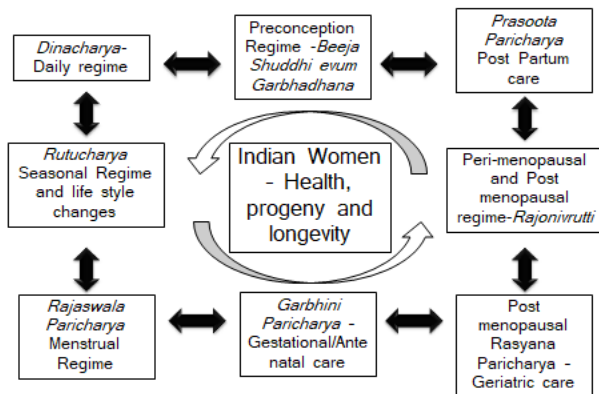


Image 2: Ayurveda health solutions for women health

2. MATERIALS AND METHODS:

Source texts:

Methodology: Ayurveda Classical textual analysis, including:

- Identification of relevant verses.
- Philological study of key terms.
- Cross-referencing of different Ayurvedic treatises (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya).
- Comparative analysis with modern pathophysiology stages.

3. DISCUSSION:

Table 1: Timeline showing dynamic changes in the life of women**

Age (Timeline)	<i>Dosha</i>	<i>Dhatu</i>	Phenotypically changes	Diseases and unhealthy conditions
0-8 Years	Predominance of <i>Kapha Dosha</i>	<i>Vardhamana Avastha</i> - Fast growing tissues (<i>Rasa Dhatu</i>) Paediatric age	Exponential growth of Somatic tissues (body fluids, myocyte, osteocyte, and adipose tissues)	Growth retardation, malnutrition delayed development of secondary sexual characters.
8-12 Years	Along with <i>Kapha Dosha</i> , <i>Pitta Dosha</i>	Fast growing somatic tissues along with influential growth of	Increased growth of Somatic tissues (myocyte, osteocyte,	Malnutrition, iron deficiency, protein deficiency and

Ayurveda fundamentals defines the body is composed of *Dosha*, *Dhatu* and *Mala* as primordial anatomical and functional elements. *Dosha* (functional units) are responsible for all physiological and biochemical reactions; *Dhatu* (tissues/anatomical blocks) are fundamental structures forming organs and are the primary sites for all biological reactions and livingness, while *Mala* (waste products) are the end waste product after all the physiological and biochemical reactions. Over a period of aging process there is dynamic anatomical and functional shift in all *Dosha*, *Dhatu* and *Mala* of human body. Women have to face additional anatomical and functional shift in all *Dosha*, *Dhatu* and *Mala* due to their different reproduction mechanism affecting neuro-hormonal balance differently at different ages of life and hence faces different health issues at different decades of life.



	start to dominate	reproductive system and hormones (<i>Rasa, Rakta, Mamsa, Asthi Dhatu Vruddhi</i>)	and adipose tissues) along with gonadal tissue growth and secondary sexual characters - Menarche (Starting of menstrual flow)	delayed puberty
12-18 years	<i>Kapha -Pitta</i> equivocal balance	<i>Rasa, Rakta Mamsa, Asthi, Majja Dhatu Vruddhi</i> (hassle-free somatic growth), <i>Shukra Dhatu Abhivyakti</i> (Expression of reproductive and sexual capabilities)	Second exponential muscular-skeletal growth along with complete expression of all sexual characters - Absolute ovulation with sufficient oestrogen and progesterone levels. Capable for conception.	Delayed Puberty, Polycystic ovaries and ovarian syndrome.
18-21 years	<i>Pitta Dosha</i> Predominance	All <i>Dhatu</i> are tend to attend dynamic equilibrium with complete reproductive potential and functioning	Absolute fertile period for women with optimum sexual and reproductive capacity	Amenorrhea, anovulation, PCOD, hypothyroidism, obesity, Psychological issues like Anxiety, Depression, Fear etc.
21-35 years	<i>Pitta Dosha</i> Predominance with start of <i>Vata Dosha</i> dominance	All <i>Dhatu</i> are in dynamic equilibrium with optimum somatic and reproductive functioning	Ideal for child bearing and pregnancy. Women capable for self and fetal growth. Absolute age for healthy progeny.	Dysmenorrhea, Metrorrhegea, nutritional deficiency, postpartum psychosis, hypothyroidism
35-45 Years	<i>Pitta -Vata</i> equivocal balance	All <i>Dhatu</i> are in dynamic equilibrium with slight decrement in somatic and reproductive functioning	Reduction in level of hormones (Oestrogen and Progesterone) along with reduction in Graafian follicles causes chances of congenital and	Dysmenorrhea, metrorrhegea, nutritional deficiency, postpartum psychosis, Uterine fibroids, tumours

			chromosomal anomalies in fetus. Starting of climacteric or peri-menopausal phase	etc, Menopausal syndrome. Cervical cancers, dyspareunia
45-55 years	Gradual loss of <i>Pitta Dosha</i> Predominance and increase in <i>Vata Dosha</i> dominance	All <i>Dhatu</i> are starting to deplete and loss the capacity to repair and regenerate with increased decrement somatic and loss of reproductive functioning and capacities. <i>Rasa-Rakta Kshaya</i> and <i>Mamsa Shaithilya</i>	Menopausal time for almost all women. Tissue degenerative changes are at pick. Accelerated degeneration of osteocyte, keratin and collagen forming tissues	Osteoporosis, hair loss, weakness, urinary incontinence, vaginal and rectal prolapse, haemorrhoids
55-70 years	<i>Vata Dosha</i> dominance	Degenerative processes in <i>Dhatu</i> are hasten and there is loss of tissue function, vitality (Geriatric age)	Women adapted with all menopausal changes and there is geriatric life ahead.	Osteoarthritis, vesico-vaginal prolapse, other geriatric diseases like Hypertension

** This age classification is made with Considering the variation in *Dosha*, *Dhatu* modification in the age classification and *Mala* over age of women, Ayurveda described in Harita Samhita^[1]. Modification regimes are highly useful in the promotion based on today's clinical observation in of women health. gynaecological practices.

Table 2: Use of different Ayurveda regimes for women health at different age

Ayurveda <i>Paricharya</i> (Regime)	Dos and Don'ts in Regime	Benefits/scientific backgrounds
<i>Dincharya</i>	<i>Abhyanga</i> , <i>Ushnodaka Snana</i> , <i>Kalabhajana</i>	Helps to alleviate the <i>Vata Dosha</i> and improves tissue nourishment essential to maintain the biological and hormonal rhythm (diurnal) for appropriate tissue metabolism and endocrinal health
<i>Rutucharya</i> ^[2]	Seasonal changes in diet (calorie intake), exercise (calorie depletion), life style and changes in living pattern according to season	Helps to correct the metabolism according to season. (In Summer body have poor metabolic rate needs juicy, rehydrating diet; while in winter have good metabolic rate and need diet with increased solid contents). Ayurveda diet and life

		style regime according to seasons helps to maintain the immunity, strength throughout the year.
Rajaswala Paricharya	Avoid exertion, spicy food and coitus during menstruation. Consumption of low calorie diet with appropriate energy recommended during menstruation	Diet and rest during <i>Rajaswala Paricharya</i> helps to sheds off endometrium completely with ease without complication and illness. Additionally it helps to maintain hormonal balance during menstruation.
Preconception Regime - Beejashuddhi ^[3]	Couple wants to go for progeny should undergo the <i>Sharira Shuddhi (Panchakarma)</i> i.e. body detoxification and <i>Beeja Shuddhi (Rasayana and Vajikarana - Rejuvenation and aphrodisiac medicines)</i>	Helps to improve tissue metabolism and rejuvenation. In turn helps to improve the hormonal balance and reproductive health. Reduce the chances of pre and peri conception disorders.
Garbhini Paricharya ^[4,5] (Antenatal regime/care)	Avoid non congenial food (<i>Apathya Ahara</i>) ^[6] , <i>Ayasa</i> (exertion and hard exercises). Follow staple food with calorie and nutritional balance.	Ayurveda <i>Garbhini Paricharya</i> helps to improve maternal nutrition ^[7] , adaptability and fetal nutrition ^[8] . Use of diet regime helps to balance protein and calorie intake for optimal fetal growth ^[9] . Reduces the complication like hyperemesis gravidum ^[10] . <i>Garbhini Paricharya</i> aimed to preserve maternal health and healthy progeny without anomalies and natal complication
Sutika Paricharya ^[11,12] (Post-partum care)	Avoid <i>Ayasa, Purovata</i> (direct wind/air draft) and strict diet regime to avoid metabolic derangement which can affect the lactation and neonatal health.	Ayurveda <i>Sutika Paricharya</i> helps to restore the maternal physiology after delivery and reduces the chances of post-partum illnesses like rheumatism, haemorrhoids, varicose vein,
Menopausal care ^[13,14]	Avoid stress, anxiety, dry and spicy diet, extra and hard exercise, coitus	Ayurveda <i>Abhyanga</i> (oil massage), <i>Shirodhara</i> (pouring decoction/oil on head in systemic oscillatory manner), <i>Bhramari Pranayama</i> , <i>Omkara</i> Chanting, meditation and use of <i>Shatavari</i> helpful to maintain hormonal balance and reduces the anxiety and stress during menopause.
Geriatric Care	Regular nutritive and calorie conscious diet along with mediation is key	Ayurveda <i>Rasayana</i> including <i>Swarna Kalpa</i> and <i>Yapana Basti</i> are highly useful to control the tissue degeneration and geriatric disorders

4. CONCLUSION: Ayurveda defines women health and different etiological factors affecting their health at different age bars and at different stages of reproductive health

(Antenatal, postnatal). Administration of Ayurveda principles of life style (*Dinacharya*, *Rutucharya*), menstrual health (*Rajaswala Paricharya*), Pre-conception care (*Beejashuddhi* and *Garbhadhana*), Antenatal care (*Garbhini Paricharya*), postpartum care (*Sutika Paricharya*), Menopausal and post-menopausal antioxidant and rejuvenation therapies (*Rasayana Chikitsa*) is key for

Indian women health at different age groups according to change in their general, hormonal and reproductive physiology

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5. INFORMED CONSENT: Written permission for the intervention and publication of this study was obtained from patient.

6. CONFLICT OF INTEREST:

The authors declare that they have no conflict of interest.

7. DECLARATION OF USAGE OF AI: AI is used only to improve grammar and readability

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