

Review Article

Volume 12 Issue 2

March-April 2023

SWASTHAVRITTA CONCEPT FOR THE MANAGEMENT OF PREGNANCY AND FEMALE DISORDERS

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Abstract

Ayurveda's primary goal was to protect the health of all people, and its texts contain a number of preventive principles that help people to prevent and treat diseases. The theories and principles described in Ayurveda for general maintenance of health come under the subject of *Swasthavritta*. The Ayurvedic component of *Swasthavritta* has connections to social, community and preventive medicine. The *Swasthavritta* concept contributes to the development of a healthy society and restores normal health by preventing the emergence of pathological conditions. Ayurveda *Swasthavritta* gives prime importance to the health of women and suggested various regimens for the health restoration of female. Ayurvedic principles should be taken into account not only to prevent diseases but also to ensure overall health and well being. Considering importance of health of women this article presents health benefits of concept of *Swasthavritta*.

Keywords: *Ayurveda, Swasthavritta, Stree, Genital Disorders, Health*

Introduction

The theories and precepts of Ayurveda science not only support the preservation of physical and mental health but also offer guidelines for moral and spiritual behavior. The idea of *Swasthavritta* is one such Ayurvedic concept that promotes healthy living. This area of Ayurveda promotes overall health, heals wounds and increases inner strength, etc. The *Swasthavritta* philosophy strives to provide primary healthcare that encourages longevity and enhances quality of life. *Dinacharya*, *Rithucharya* and *Sadvrutta* are essential components of healthy regimes. Ayurveda focuses on restoring health during specific conditions like pregnancy as well as offering suggestions for managing general health.

Ayurveda recommended specific behaviors for women to control their health throughout their life span. In this regards many rules for *Garbhini Paricharya* are covered by the idea of Ayurveda *Swasthavritta*, including certain *Aharas*, *Viharas* and *Aushadhas*. Similarly daily and dietary practices are advised following delivery under the direction of *Sootika Paricharya* in order to maintain the health of both the mother and the newborn child.

The nutritional, daily and psychological routines advised by Ayurveda during and after pregnancy not only support the mother's health but also make a substantial contribution to the recovery of the foetus' health. Similarly for producing healthy offspring, *Masanumasik Pathya*, *Garbhopaghatakar Bhavas* and *Garbhasthapak Dravyas* are crucial considerations of Ayurveda regimen.

The *Swasthavritta* regimens related to the care of female offers following benefits:

- ✓ Helps in proper growth of foetus and mother.
- ✓ Avoid chances of complicated pregnancy
- ✓ Support healthy delivery and longevity
- ✓ Deals with health problems after delivery under the concept of *Sutika swasthavritta*.

***Swasthavritta* Role towards the Female Health Restoration:**

Swasthavritta advises practices like oral administration of *Sneha*, medicated soups, decoctions and massage, etc. for *Stanyavardhaka*, *Pachana*, *Raktavardhaka*, *Garbhashayashodhaka*, *Yonisanrakshaka* and *Dhatupusti* purposes.

Specific Aahara helps to maintain good health during pregnancy and after delivery. It is advised to have additional protein, vitamins, fluids and minerals, etc. for the care of mother. *Abhyanga* is recommended as *Vihara* with *Ghrita* and *Taila* to impart *Vatshamaka* effects. *Abhyanga* improves physical and mental wellbeing while nourishing the skin, preventing dehydration, toning the muscles and calming the entire body. *Snehapana* is advised for mothers to reduce *Vata Dosha*, reduce mental stress and boost appetite, etc.

The drugs with *Katu & Tikta Rasa* used for *Snehapana*, aid in bettering digestion and serve as an appetizer. *Udarveshtanam* is the practice of covering the abdomen in a large fabric to restore it to its pre-pregnancy physical state. This behavior lessens the excessive expansion of the abdomen brought on by pregnancy. This procedure relieves the discomfort brought on by abdominal extension while also helping to improve posture.

The term "*Yonidhoopana*" refers to fumigation, it is believed that after childbirth, the genital organs become more susceptible to infection, so *Dhooopana* of *Kushtha* and *Guggulu* can act as an antibacterial agent to prevent genital infection during this time. *Udvardhana* suggested as massage with powdered drugs to get relief from muscular spasm and body pain.

Some other regimens advises for women are as follows:

- ✚ The women should avoid food which is *Tikshna*, *Vidhahi*, *Amla*, *Lavana* and *Ushna Rasa Yukta*.
- ✚ *Ati Guru Ahara* should be avoided.
- ✚ *Rajaswala* should not have coitus.
- ✚ Excessive walking and travelling, etc. should be avoided during pregnancy
- ✚ Complete rest is suggested for preventing vitiation of *Vata Dosha* which is considered as main factor for female disorders.

- ✚ The *Rajasrava kala* make women susceptible for all types of *Bhuta*; thus *Darbha* is recommended for avoiding all sorts of ill effects on women health.
- ✚ *Chinta* and *Shoka* can hamper women health therefore one should avoid these things associated with stress.
- ✚ *Yava* is recommended which is *Laghu* and *Balya*, also promotes stability.
- ✚ Milk and *ghee* are suggested during pregnancy period due to their sweet, refreshing and unctuous effects.
- ✚ Liquid diet advises for their strength promoting, vitalizing and wholesome effects in women.
- ✚ *Nasya Karma* should be avoided during menstrual cycle.
- ✚ Foods like barley and wheat along with milk and fruit juices are recommended for female.
- ✚ Avoidance of spicy and junk food is suggested.
- ✚ Women should avoid bath either with too cold or hot water.
- ✚ Maintenance of personal hygiene recommended for preventing infections of genital organs.
- ✚ Heavy exercises and weight lifting should be avoided during and after pregnancy.

Significance of *Swasthavritta* Rules in Women:

When rules of *Swasthavritta* not followed then *Bala* & *Agni* get diminishes, vitiation of *Pachaka Pitta*, *Kledaka Kapha* and *Samana Vata*, etc. may produces *Ama* which hampers formation of *Rasa Dhatu*. The awful conduction of daily and dietary regimen leads *Dhatvagni Mandya* which causes *Uttarotara dhatu Kshaya* and *Artava Dushti*.

The rules of *Swasthavritta* helps to normalizes function of *Vata dosha*, thus maintains normal functioning of female reproductive system. The improper conduction of dietary regimen mainly results *Vata Dushti* which causes gynaecological disorders and affects fertility in women.

The avoidance of rules of *Swasthavritta* and accumulation of etiological factors may leads various gynecological problems like; PCOS, infertility, menstrual disturbance and vaginal infections, etc.

Swasthavritta suggested physical and ethical conduct for retaining good health status. The compositions of *Swasthavritta* as depicted in **Figure 1**, not only support physical and mental well being but also boost spiritual and moral values.

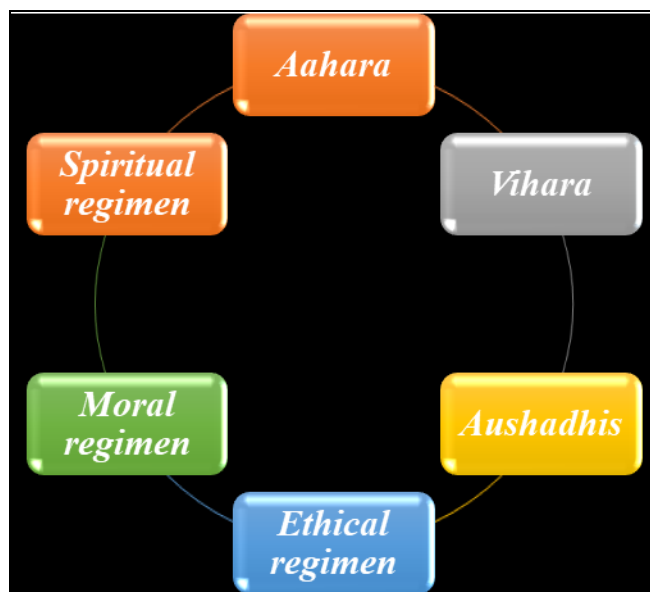


Figure 1: Various Compositions or conducts falls under the rules of *Swasthavritta*

As depicted in **Figure 1**, *Aahara*, *Vihara* and *Aushadhis* help to manage physical health of women. These rules also support physical well being during and after pregnancy. Ethical regimen helps to balance social value and boost up inherent personality. Moral regimen imparts good culture in mother as well as in new born. Similarly spiritual conducts offers mental peace and helps to connects spiritually.

As mentioned in Figure 1 under the heading of *Aushadhis* drugs like *Pippali* and *Citraka*, etc. suggested along with *Ghrita* for retaining health of mother and baby during. Decoction of *Kadamba*, *Arjuna*, *Devadaru*, *Bijaka* and *Karkandhu*, etc. are suggested for lactating mother, these all improves physical and mental well being of mother as well as baby.

Conclusion

The *Swasthavritta* concept suggested various regimens for the health restoration of female. *Swasthavritta* mentioned specific conducts for women to maintain their health before, during and after pregnancy. Daily and dietary practices are advocated as *Sootika Paricharya* to maintain the health of mother as well as newborn child. The nutritional, daily and psychological routines advised by Ayurveda support women health in normal routine days and also provide strength during the difficult period of menstrual cycle. *Swasthavritta* avoid chances of complicated pregnancy, support healthy delivery and longevity; helps to manage physical as well as mental health of women. *Swasthavritta* recommended *Aushadhis* like *Pippali*, *Citraka*, *Kadamba*, *Arjuna*, *Bijaka* and *Devadaru*, etc. for lactating mother to improves overall well being of mother as well as baby.

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