

Review Article

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ROLE OF *SWASTHAVRITTA* IN REPRODUCTIVE ILLNESS:

AN AYURVEDA REVIEW

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Abstract

The Ayurveda principles work around to safeguarding the well-being of individuals. Its texts encompass numerous preventive principles aimed at assisting people in averting and managing diseases. The Ayurveda concept of *Swasthavritta* itself encompasses different theories and principles for preventing and managing diseases. This Ayurvedic facet of *Swasthavritta* establishes links with social and preventive medicine. The concept of *Swasthavritta* contributed appreciably towards the management of healthy society and restoring normal health by thwarting the emergence of pathological conditions. Notably, Ayurveda *Swasthavritta* places significant emphasis on sexual hygiene or reproductive health. Recognizing the importance of this concept present article elucidates the health benefits associated with the concept of *Swasthavritta* putting special emphasis on management of reproductive illness.

Key-Words: *Ayurveda, Swasthavritta, Illness, Sexual, Reproduction, Health*

Introduction

The modern lifestyle, physical and mental exertion, poor eating patterns, unhygienic practices and unethical sexual practices, etc. may contribute towards the vitiation of *Doshas* and subsequently result in various sexual problems. Ayurveda prescribes specific guidelines to regulate good health conditions throughout the life span. In this context, Ayurveda *Swasthavritta* encompasses numerous rules as depicted in **Figure 1**.

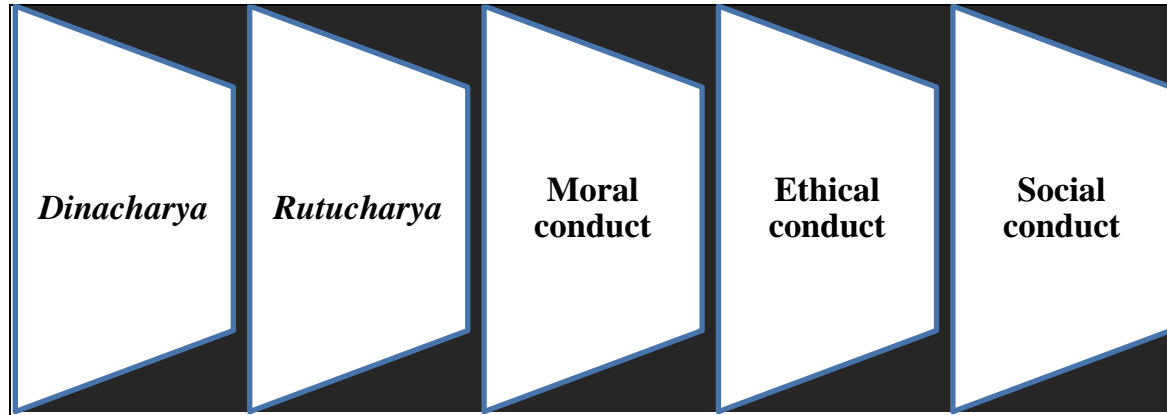


Figure 1: Various disciplinary conducts of Ayurveda *Swasthavritta*

The *Swasthavritta* not only helps to maintain general health but it also improves sexual vitality and combat against illness associated with reproductive system. Ayurveda underscores the importance of *Masanumasik Pathya*, *Garbhasthapak Dravyas* and *Garbhopaghatakar Bhavas*, etc. within its regimen. *Swasthavritta* practices aimed at fulfilling object of *Raktavardhaka*, *Garbhashayashodhaka*, *Stanyavardhaka*, *Dhatupusti* and *Yonisanrakshaka*, etc. therefore helps to restore reproductive health.

***Swasthavritta* Practices for Reproductive Health:**

Swasthavritta refers to the principles of healthy living in Ayurveda. These principles are designed to maintain overall health and prevent diseases. When it comes to reproductive health, *Swasthavritta* plays a crucial role. Dietary guidelines include balanced and nutritious diet to ensure that body gets essential nutrients. This prevents loss of libido and improves luster by boosting up *Dhatu*s mainly *Shukra Dhatu*s.

Similarly *Vihara* means disciplinary conducts of lifestyle practices, incorporating regular physical exercise, etc. this support body's rejuvenation process and improves overall circulation of body thus prevent chances of erectile dysfunction.

Ethical conducts, moral conducts and social behavior helps to manage stress, that significant impact on reproductive health. Meditation, yoga and breathing exercises, etc. also suppresses stress thus prevent stress induced sexual dysfunction.

Proper and regular sleep schedule, avoiding uses of alcohol and tobacco, etc. can positively affect reproductive health. Seasonal adaptation means change in lifestyle according to the changing seasons also maintain balance and harmony within the body. Some practices also advocated to maintain reproductive health, these practices are as follows:

- ✓ *Abhyanga* with *Ghrita* and *Taila* imparts *Vatshamaka* effects, thus provides relief in gynecological problems since many *Stree Roga* arises as consequences of *Vata* vitiation. This practice also enhances physical strength in male and improves muscle strength.
- ✓ *Snehapana* reduces *Vata Dosha* and alleviate mental stress, which ultimately improves vitality and stimulate appetite thus nourishes reproductive organs and with prevent loss of libido, etc.
- ✓ *Yonidhoopana*, is another approach of maintaining reproductive hygiene that helps to prevent genital infections and other topical diseases. The *Kushtha* and *Guggulu* used for fumigation purpose acts as antibacterial agents.
- ✓ *Udvaartana*, a massage with powdered drugs, is recommended for relief from reproductive illness associated with *Vata*, since this therapy helps to suppress *Vata Dosha* and eliminate obstruction of reproductive organs.

Special Measures of *Swasthavritta* for Women:

Ayurveda plays a pivotal role in promoting better health and enhancing the quality of life. These goals of Ayurveda can be achieved through adherence to the concept of *Dinacharya* and *Rutucharya*. With relation to the reproductive health and pregnancy Ayurveda suggested

various conducts to acquiring optimal health conditions and minimizing chances of diseases associated with reproductive system. These health beneficiary conducts are *Rajaswalacharya*, *Garbhini Paricharya*, and *Sutika Paricharya*.

Rajaswalacharya, focused on menstruation, and involves various rules and regulations to be adopted for maintaining hygienic condition during the menstrual bleeding. This practice helps to prevent diseases associated with unhygienic menstrual practices. Menstruation marks as a crucial aspect for the female of adolescent age group. Despite being a natural process, menstruation is still associated with misconceptions that can lead to adverse health outcomes. Ayurveda emphasizes the importance of hygiene-related practices during menstruation, to dispel myths and promote a healthier understanding of this natural physiological process.

Garbhini Paricharya, as described in Ayurveda, focuses on the holistic well-being of both the pregnant woman and the developing fetus. The three important aspects of this approach include *Masanumasika Pathya*, *Garbhopaghatakara bhavas* and *Garbhasthapaka dravyas*.

Masanumasika Pathya emphasizes the month-wise dietary regimen during pregnancy. It recognizes that the nutritional needs of both the mother and the fetus change as the pregnancy progresses. Fetus receives nourishment from the mother through the placenta. Therefore, providing the right nutrients at the right time is essential for the health of both. By controlling the diet according to the developmental stage of the fetus, *Masanumasika Pathya* aims to support the mother's health, promote the growth of the embryo, and ensure a successful pregnancy.

Garbhopaghatakara bhavas include avoidance of substances that could be harmful during pregnancy. The focus is on eliminating *Rooksha*, *Ushna* and *Teekshna Dravyas*. This approach suggests avoidance of putrefied and laxative food materials. Additionally, activities like heavy exercises, excessive coitus, night awakening, fasting and stress are also to be avoided. This preventive approach aims to create a familiar environment for the healthy development of the fetus by minimizing potential risks and disturbances during pregnancy.

Garbhasthapaka dravyas concept involves considering substances that are beneficial for the maintenance of pregnancy. *Garbhasthapaka dravyas* contribute to the health, growth and development of both the mother and the fetus. Ayurvedic texts mention specific substances like *Satavirya*, *Braahmi*, *Avyatha*, *Shiva*, *Vishwasenkanta* and *Arista* as *Garbhasthapaka dravyas*. These are often recommended to be used with milk and ghee for their beneficial effects during pregnancy.

Sutika Paricharya is a set of rules and practices aimed at helping women regain strength and recover from the weakness experienced during childbirth. *Sutika Kala* represents the postpartum period during which body tissues gradually return to a state resembling the pre-pregnant condition. Psychosomatic changes during this period include weight loss, genital tract lacerations, constipation, mental stress, and loss of body fluids. Emaciation during *Sutika Kala* can lead to *Vata-vriddhi*, contributing to health issues. The concept of *Sutika Paricharya* can help to minimize these health issues related with *Sutika Kala*. *Sutika Paricharya* involves various treatment methods, including *Ashwasana*, *Sutika Abhyanga*, *Deepana*, *Pachana*, *Garbhasaya Sodhana*, *Kleda Soshana*, *Soola Prashamana* and *Vata Anulomana* therapies, etc. *Sutika Paricharya* incorporates the logical use of classical referenced medicine as a proper solution to prevent psychosomatic disorders and promote the early recovery of the mother.

Conclusion

The various approaches of *Swasthavritta* hold significance in revitalizing *Dhatus* and restoring balance of *Doshas*, thus promoting overall health including reproductive strength. The concept of *Swasthavritta* restricts diseases progression and improves effects of drug therapy in case of reproductive illness. The ethical, moral and dietary conducts of Ayurveda *Swasthavritta* offers a solution to mitigate sperm and ovum defects, increases libido, improved sperm count, motility and helps in preventing common sexual disorders.

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