



Role of Ayurvedic Menstrual Diet Recipe in Women's Reproductive Health Care – A Review

Priyanka T K¹, Namitha V Haridas², Nikhila K P³

¹ Associate Professor & Head, Department of Prasutitantra and Striroga, MVR Ayurveda Medical College, Kannur

² Assistant Professor, Department of Prasutitantra and Striroga, MVR Ayurveda Medical College, Kannur

³ Assistant Professor, Department of Dravyaguna, MVR Ayurveda Medical College, Kannur

Corresponding author:

Priyanka T K, Associate Professor and Head, Department of Prasutitantra and Striroga, MVR Ayurveda Medical College, Kannur, Kerala


Email Id: serviceheb@gmail.com

ABSTRACT

The rising incidence of gynaecological problems in women has prompted an increased focus on their health management. *Ayurveda* is a scientific discipline, based on *Tridoshas* which are identical to humours – *Vata* (~neurological aspect), *Pitta* (~endocrinological aspect), *Kapha* (~plasma and lymphatics aspect) that emphasises the significance of a healthy diet and lifestyle in the prevention of many illnesses. The equilibrium of *Tridoshas* (~basic body elements) is essential for the maintenance of health. Menstruation is one among the crucial biological process that occurs in women, influenced by *Tridoshas*. *Ayurveda* recommends following *Rajaswala Charya* (~menstrual regimen) which deals with the regimen to be followed during menstrual bleeding period. *Ayurveda* recommends sticking to a specific menstrual dietary recipe to ensure a healthy metabolism throughout the menstrual bleeding period. The recipe is termed as *Kshaireyam Yavakam* (~barley cooked in milk) in Sanskrit, which is barley cooked in milk, and it can be served as a single time meal to alleviate exhaustion during menstruation by providing essential micro and macro nutrients. Dietary nutrients play a significant role in the metabolic pathways that enable an optimal immune function too. Inadequate intake of essential nutrients and minerals during menstruation can have an enormous detrimental impact on the immune system. Diminished immune activity can render women in reproductive age more vulnerable to cervical cancer. Ensuring an adequate nourishment during menstruation is essential for maintaining a healthy reproductive system. A review on the significance of *Kshaireyam Yavakam* was done with search of data about *Rajaswala Charya*, *Kshaireyam Yavakam* and the properties of *Yava*(~barley) and *Ksheera* (~cow's milk) in *Ayurvedic* literatures. Furthermore barley, milk, estrogen and its role in oxidative stress

were searched on electronic databases like MEDLINE and ScienceDirect, and an appropriate selection, extraction and synthesis of data was revealed. This review study has the potential to establish a foundation for the creation of novel nutraceuticals, functional meals, and medications that can make use of barley in the realm of women's reproductive healthcare.

Keywords: Menstruation, *Ayurveda*, *Tridosha*, *Rajaswala Charya*, *Kshaireyam Yavakam*

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