

Booklet prepared for awareness of Menstrual Hygiene Programme.



आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई आणि आरोग्य विज्ञान विद्यापीठ, नाशिक  
अंतर्गत

आयुर्वेद शिक्षण मंडळ, पुणे संचालित  
अष्टांग आयुर्वेद महाविद्यालय व धर्मार्थ अष्टांग आयुर्वेद रुग्णालय,  
२०३२, सदाशिव पेठ, पुणे-४११०३०

दूरध्वनी क्र. : (०२०) २४३३२५०८ / २४३३१०८९ / २४४७६०८५

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## रजःकाल स्वास्थ्य नियोजन सप्ताह

(२८ मे २०१७ ते ४ जून २०१७)

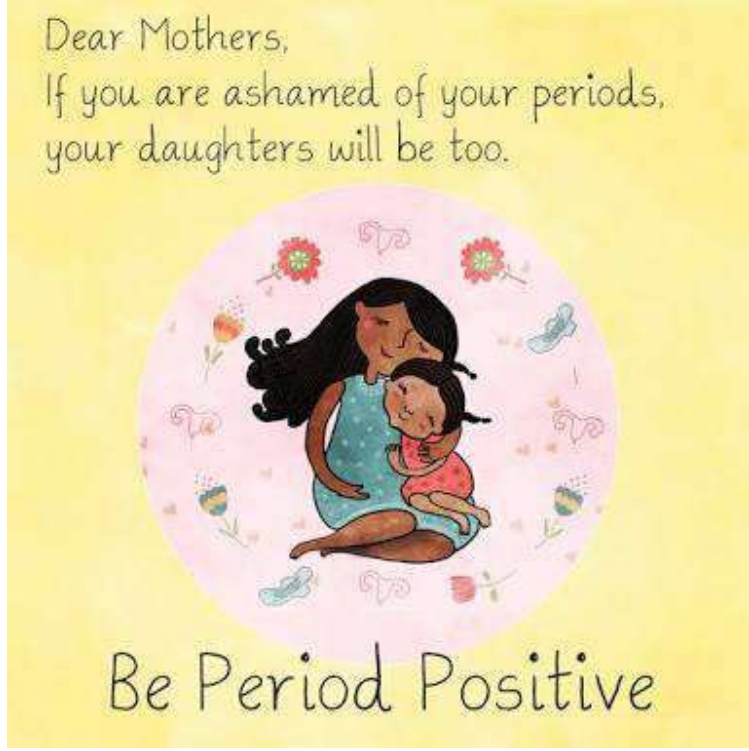
सौजन्य

डॉ. सौ. हेमलता जालगांवकर  
प्राध्यापक व विभागप्रमुख, स्त्रीरोग प्रसूतितंत्र विभाग  
मो. नं. ९८८१४६६३४४



## रजःस्राव सामान्य माहिती

- स्त्रियांमध्ये रजःस्राव ही एक विशिष्ट अवस्था प्रत्येक महिन्यामध्ये उत्पन्न होते.
- दर महिन्याला योनिद्वारे होणा-या रक्तस्रावाला मासिक रजःस्राव असे म्हणतात.
- ती वयाच्या सुमारे १२ व्या वर्षापासून ते ५० व्या वर्षापर्यंत चालू असते. साधारण प्रमाण ८० ml असे असते.
- सगर्भा अवस्थेमध्ये तिचा प्रायः अभाव असतो.
- रजःकाल हा साधारण तीन ते पाच दिवसांचा असतो. प्राकृत स्थितीमध्ये या काळी दाह, शूल इत्यादि लक्षणे उत्पन्न होत नाहीत, परंतु थोडा थकवा मात्र असतो.
- बाहेर टाकल्या जाणा-या रजाचा वर्ण थोडासा काळसर असतो व त्यास कोणताही दुर्गंध वा बुळबुळीतपणा असत नाही.
- ही एक नैसर्गिक प्रक्रिया आहे.
- मासिक रजःस्राव ही अवस्था स्त्रियांसाठी स्वास्थकर असून प्रजनन प्रक्रिया व्यवस्थित असल्याचे द्योतक आहे.

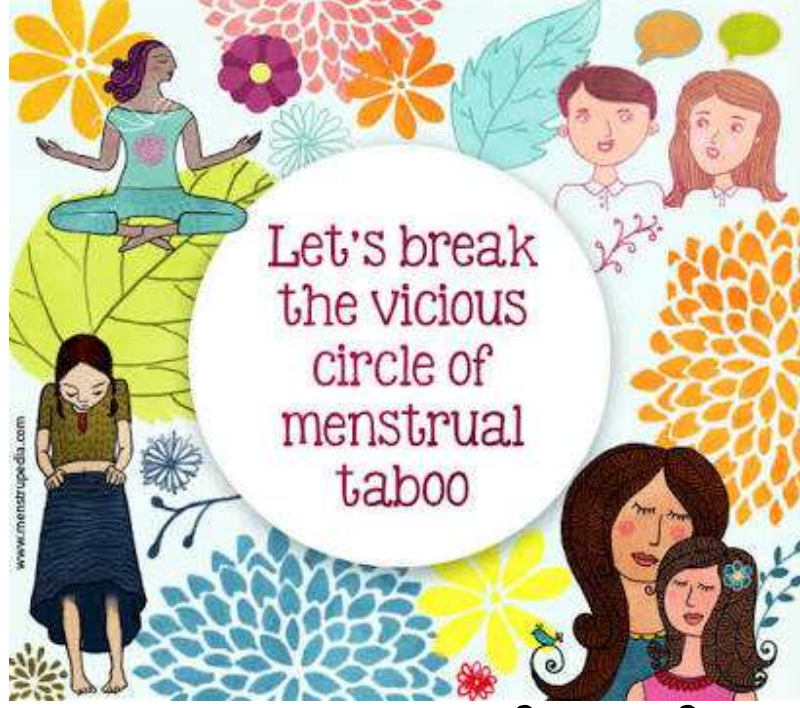


## मासिक पाळी संबंधित सामान्य तक्रारी

- रजःस्राव अधिक किंवा अल्प प्रमाणात असणे
- महिन्यातुन एकापेक्षा अधिक वेळा अंगावरून लाल जाणे.
- रजप्रवृत्ती वेळेस अतिशय पोटात दुखणे, अंगदुखी, चिडचिड, उलटी, मळमळ, स्तनशूल अशी लक्षणे उत्पन्न होणे.
- रजस्रावास घाण वास येणे, गाठी पडणे, बुळबुळीतपणा असणे.
- यापैकी कुठलीही तक्रार असल्यास त्वरीत डॉक्टरांचा सल्ला घ्यावा.

## मासिक पाळी विषयी असणारे गैरसमज

- मासिक पाळी विषयी सार्वजनिक चर्चा करणे चुकीचे आहे.
- या काळात स्त्री हि अस्पृश्य आणि अपवित्र समजली जाते.
- तिला ४ दिवस बाजूला बसविले जाते.
- एकत्र कुटुंब पध्दती, तसेच सर्व काम घरात स्त्रीयांनाच करावे लागते, मासिक पाळीच्या ४ दिवसात स्त्रीला थकवा हा असतोच, म्हणून आराम मिळण्याच्या दृष्टिकोनातून निर्माण झालेली ती प्रथा होती.



## रजःकाळात घ्यावयाची काळजी

- स्त्रियांनी जेवणात दुध, सातु सारखे लघु आणि सुपाच्य पदार्थ घ्यावे.
- जास्तीत जास्त पाणी प्यावे.(फळांचा रस, विविध फळे, नारळ पाणी, सरबते इत्यादि.)
- कल्याणकारक आणि हितकर गोष्टींचे चिंतन करावे.
- चांगले विचार मनात आणावे.
- ब्रम्हचर्य पालन करावे.
- श्रमाची कामे, अधिक हालचाल करू नये.
- अधिक विश्रांती घ्यावी.
- स्त्रियांनी स्थानिक स्वच्छता पाळावी.
- कपड्याची घडी ही दिवसातून २-३ वेळेस बदलावी.
- अंतर्वस्त्र आणि पाळीचे कपडे हे स्वच्छ धुवून उन्हात वाळवून मगच वापरावे.
- शक्यतो सुती कपडे वापरावे.
- सॅनिटरी पॅड वापरण्याकडे भर द्यावा.

## रजःकाळात वर्ज्य असणा-या गोष्टी

**विहार** :- दिवसा झोपणे, धावपळ करणे, अति प्रमाणात हसणे, रडणे, मोठ्याने बोलणे, श्रमाची कामे करणे, मैथुन करणे हे टाळावे.

**आहार** :- गुरु आहार, अतिमात्रेत आहार घेणे टाळावे. रजःकाळातील नियमांचे पालन न केल्यास गर्भधारणा, प्रसूति अपत्य संगोपन ह्या कार्यामध्ये अनेक त-हेच्या व्यथा, पीडा उत्पन्न होतात आणि अनेक स्त्रीरोग उत्पन्न होण्याची शक्यता असते.



**Inauguration of Menstrual Hygiene awareness Programme at Ashtang Ayurved Mahavidyalaya, 2062, Sadashiv Peth, Pune 411030**



**Inauguration of Menstrual Hygiene awareness Programme at Ashtang Ayurved Hospital, 868, Sadashiv Peth, Pune 411030 .**

**Girl studetns from different villages of Pune district participated in the lecture given at Pune District Education Association’s Mhalasakant Vidyalaya, Akurdi on 28/5/2017**



**Lecture session by Dr. Hemlata Jalgaonkar**



**Distribution of Booklet after the session**



**Students engaged in Question & Answer session after the lecture.**



**With PG students who supported in completing the session satisfactorily.**



**Booklet distribution in Ashtang Ayurved Hospital,**

**868, Sadashiv Peth, Pune on 29/5/2017.**





**Booklet distribution at Special OPD in  
Ashtang Ayurved Hospital, 2062, Sadashiv Peth, Pune on 29/5/2017.**



**Booklet Distribution at Hindu Mahila Anath Aashram, Narayan Peth, Pune.**

**Lecture given by Prof. Dr Mrs H.R. Jalgoankar, HOD Streerog & Prasutitantra Dept. at Pune District Hindu Mahila Anatha Aashram, Narayan Peth, Pune.**



**Girls from different parts of Pune City participated in the lecture given at Pune District Hindu Mahila Anatha Aashram, Narayan Peth, Pune.**



**Distribution of leaflets in the Lonawala Local at Pune station.**



**Booklets distributed at DISHA, a NGO at Talegaon, Dist. Pune**



**Booklet distribution during *Suvarna Prashan Sanskar Yojana* at Ashtang Ayurved Hospital, 2062, Sadashiv Peth, Pune on 30/5/2017.**



**Booklet distribution during Suvarna Prashan Sanskar Yojana in Dr. Tarabai Limaye Hospital, Laxmi Road, Pune on 30/5/2017.**



**Booklet distribution during Suvarna Prashan Sanskar Yojana in Ashtang Ayurved Hospital, 868, Sadashiv Peth, Pune on 30/5/2017.**



**Sharing the information of the Programme to visiting Patients by MD students and Intern of Ashtang Ayurved Hospital, Pune**



**Education motivation lecture given by Prof. Dr. Mrs. H.R.Jalgoankar, HOD Streerog & Prasutitantra to Students, Teachers & Non Teaching Staff at Ashtang Ayurved Mahavidyalaya, 2062, Sadashiv Peth, Pune 411030.**



**Question & Answer session by Prof. Dr Mrs H.R.Jalgoankar,  
HOD Streerog & Prasutitantra Dept.**



**Booklets distributed in the Auditorium at Pune Municipal Corporation Pune**





**Booklet distributed at Janprabodhini Prashala, Sadashiv Peth, Pune**



**Presentation given by Dr. Arati Kale, Assistant Professor - Streerog Prasutitantra, Ashtang Ayurved Hospital, at Amrut Kalash Gruharachana Sahakari Society, Karvenagar, Pune**



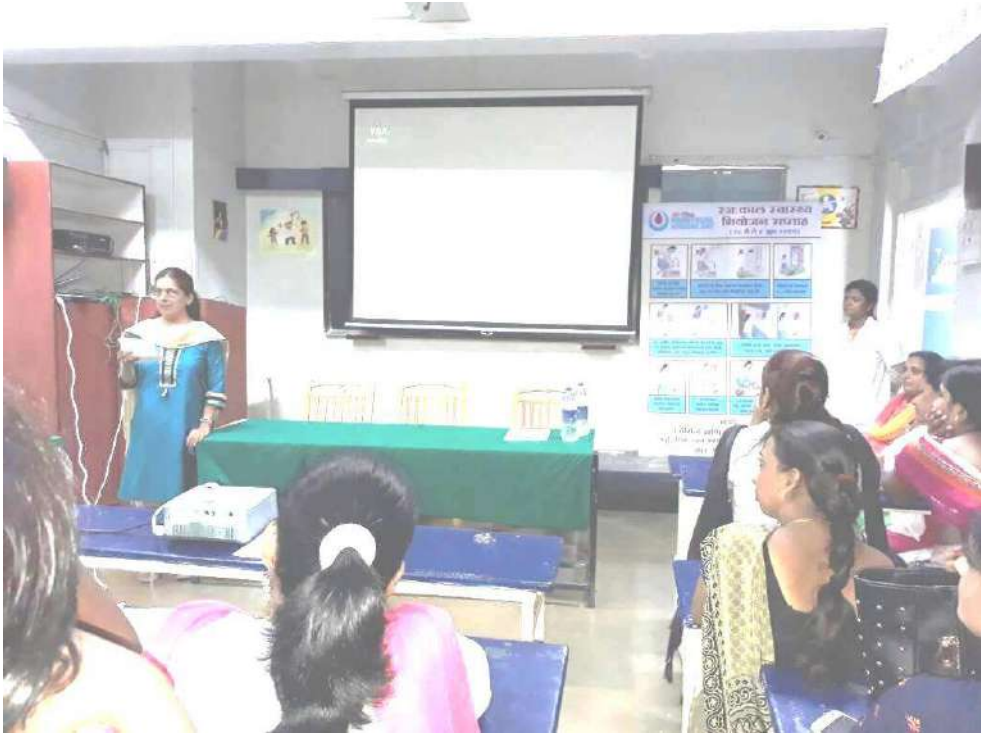
**Lady employees of Buldana Urban Coop Credit Society Ltd, Pune receiving booklet after lecture by Dr. H.R. Jalgaonkar and Dr. Sujata Bahirat  
At Ashtang Ayurved Mahavidyalaya, 2062, Sadashiv Peth, Pune 411030.**



**Inaugurational speech by Prof. Dr. Dilip Bhusari, Principal of Ashtang Ayurved Mahavidyalaya, Pune to lady employees of Buldana Urban Coop Credit Society Ltd, Pune**



**Guidance from Dr. Meera Paranjape, Ex Principal of Ashtang Ayurved Mahavidyalaya, Pune**



**Lecture given by Dr. Sujata Bahirat, Asso. Professor  
Streerog & Prasutitantra Dept. of Ashtang Ayurved Mahavidyalaya, Pune**



**Feedback received from one of the employees.**



**Booklet distributed at the Hostel, Ashtang Ayurved College, Vijayanagar Colony, Pune.**



**Education motivation lecture given by Prof. Dr. Mrs. H.R. Jalgoankar, HOD Streerog & Prasutitantra Dept. for janaprabodhini prashala, Pune.**



**Girls age group between 12 yr and 13 yr were participated in workshop.**



**Question & Answer session taken by Prof. Dr Mrs. H.R.Jalgoankar, HOD Streerog & Prasutitantra Dept.**



**Booklets were distributed among girls participated in workshop.**

**Date- 27.05.2017**

Booklets and pamphlets were designed and printed. Started distribution of pamphlet among the patients of OPD, and various areas of the City such as Akurdi, Kothrud, Sadashiv Peth, Bibwewadi, Sinhagad Road and Narayan Peth.

**Date- 28.05.2017**

Inauguration was done at the hands of Dr. M.H.Paranjape, Secretary, Ayurved Shikshan Mandal, Pune and was attended by Founder Trustee and Ex-Principal Dr.Mrs. Meera .M.Paranjape

1. Flex and Hoarding were displayed at both the Hospital premises.
2. Request letter was prepared for the school authorities and NGO's.
3. Visited following institutions & requested them to allow us to conduct this Programme:-

- i) Adarsh Shikshan Mandali, Pune's School , IT Institute, B.Ed. College - Letter was given to the Chairman Mr.V.N.Chavan .
- ii) Karve Stree Shikshan Sanstha – The letter was given to the Secretary Mr.P.V.Shastrri.
- iii) S.N.D.T. College & School,Pune- The letter was given to the Principal Dr.Jumale.
- iv) Saraswati Vidya Mandir, Karve Road, Pune- The letter was given to the Principal Mr.Dharmadhikari.
- v) Huzurpaga High School for Girls, Laxmi Road, Pune- The letter was given to Principal Mrs.Seema Zodge.
- vi) N.M.V. High School for Girls, Pune- The letter was given to the Principal Mrs. Maklur.
- vii) Vidyabharati Pratishthan- NGO Pune- The letter was given to President Smt.Rajhans

viii) Bharatiya Stree Shakti Jagar-NGO Pune- The letter was given to Mrs.Vaijayanti Dhawale.

ix) 2 hour Workshop was conducted on 28/5/2017 at Pune District Education Association, Akurdi, Pune. Girls from outskirts of Pune District attended the lecture.

x) Received invitation from ASM-Abhinav English Medium School. The school Principal has invited us to conduct a 1.5 hour workshop in the last week of June 2017as currently the school is closed due to summer vacation.

**Date- 29.05.2017**

1. Visited Amrut Kalash Co-Op. Hou. Soc. Ltd. Karvenagar, Pune : The letter was given to secretary and requested them to allow us to conduct this programme.
2. Invitation received from secretary of Amrut Kalash Co-Op. Hou. Soc. Ltd. Karvenagar, Pune to conduct lecture on 02.06.2017 between 6.00 pm to 7.00 pm.

**Date- 30.05.2017**

1. Booklets were distributed during “suvarnaprashan sanskar yojana” sites at –
  - i) Ashtang Ayurved College, 2062, Sadashiv Peth, Pune-30.
  - ii) Ashtang Ayurved Hospital, 868, Sadashiv Peth, Pune-30.
  - iii) Dr. Tarabai Limaye Hospital, Laxmi Road, Pune-30.
  - iv) Dr. Manish Machave Hospital, Kotharud, Pune.
  - v) Ladies Compartment of Local train at Pune station.



**Date- 31.05.2017**

1. Booklets were distributed at pune municipal corporation auditorium
2. Visited following NGO's & requested them to allow us to conduct this programme
  - i) Development initiative for self help & awakening Talegaon Dabhade : - The letter was given to authority Mrs. Gita Phatak
  - ii) Hindu Mahila Anath Astram, 209, Narayan Peth, Pune-30  
The letter was given to authority Mrs. P. R. Tiwari.

**Date - 01.06.2017**

1. Visited Janprabodhani Prashala, Pune : The letter was given to Principal Mr. Milind Naik & requested them to allow us to conduct this programme.
2. Invitation received from Mr. Milind Naik Principal of Janprabodhani Prashala, Pune to conduct lecture on 09.06.2017 between 11.00 am to 12.15 pm.

**Date- 02.06.2017**

1. Educational Motivational lecture conducted for students, interns & ladies staff of Ashtang Ayurved College, 2062, Sadashiv Peth, Pune-30 on 02.06.2017 between 11.00 am to 12.00 pm.
2. Workshop was conducted on 02.06.2017 at Amrut Kalash Co-Op. Hou. Soc. Ltd. Karvenagar, Pune between 6.00 pm to 8.00 pm & booklets were distributed.

**Date - 03.06.2017**

Workshop was conducted for ladies staff of Buldhana Urban Credit Co. Op. Soc., Ltd. Pune at Ashtang Ayurved College, 2062, Sadashiv Peth, Pune between 3.00 pm to 5.00 pm.

**Date - 04.06.2017**

Booklets were distributed to Ashtang Ayurved College Hostel between 9.00 pm to 10.00 pm.

**Date - 05.06.2017**

Educational lecture was conducted at Hindu Mahila Anath Ashram between 12.00 pm to 1.00 pm Girls from outside of Pune city were participated.

**Date - 09.06.2017**

During 28 May 2017 To 04 June 2017 Summer Vacations was going on. We have approached to authorities of different schools & given the invitation letters from our institute to follow the said programme. So we are going to conduct programme as per school invitations.

We are conducting two more workshops on 27 June 2017 & 28 June 2017 at Abhinav School, Pune for 700 girls. Still we are getting invitations from different schools. So we have decided to work throughout the year for the Menstrual Hygiene Awareness.

Dr. Dilip Bhusari  
Principal  
Ashtang Ayurved College, Pune

Dr. Mrs. Hemalata Jalgaonkar  
H.O.D. Streerog & Prasutitantra Dept  
Ashtang Ayurved College, Pune