

**AN AYURVEDIC OVERVIEW OF RAJONIVRUTTI W.S.R. TO MENOPAUSAL SYNDROME: A CONCEPTUAL APPROACH****Dr. Ishwari Patil<sup>1</sup>, Dr. ARV Murty<sup>2</sup>, Dr. Asharani<sup>3</sup> and Dr. Yogeshwari<sup>4</sup>**<sup>1</sup>Assistant Professor, Department of Prasuti Tantra and Stri Roga, N.K.Jabshetty AMC Bidar.<sup>2</sup>Principal, Dean & Medical Superintendent, N.K.Jabshetty AMC Bidar.<sup>3</sup>Assistant Professor Department of Panchakarma, N.K.Jabshetty AMC Bidar.<sup>4</sup>Associate Professor, Department of Panchakarma, N.K.Jabshetty AMC Bidar.**\*Corresponding Author: Dr. Ishwari Patil**

Assistant Professor, Department of Prasuti Tantra and Stri Roga, N.K.Jabshetty AMC Bidar.

Article Received on 04/02/2022

Article Revised on 24/02/2022

Article Accepted on 14/03/2022

**ABSTRACT**

Amenorrhoea of 12 months from the occurrence of last menstrual period defines menopause. Menopausal syndrome is characterized by physical, psychological, neurological and uro-genital symptoms. The figure of women close to menopause or having menopause is increasing nowadays and a majority of the women are living with larger part of their life in postmenopausal phase. The major health concerns after menopause are urogenital atrophic changes, osteoporosis, cardiovascular disorders, dementia and Alzheimer's disease. Treatment includes Hormone Replacement Therapy which has complications like breast malignancy, endometrial malignancy, abnormal genital bleeding, active thromboembolic disease and active liver or gallbladder disease. Hence there is a necessity for ultimate and better management during the menopausal phase to improve the life superiority of individuals. Ayurveda the science of life advocates a holistic treatment of Menopausal syndrome by modification of diet & life style, utilizing various herbs and minerals and offers a reliable option to the convention treatment. Ayurveda has excellent solution for a safe & happy transition into menopause. Ayurveda, the science of life, advocates a holistic treatment of Menopausal syndrome by modification of diet & life style, utilizing various herbs and minerals and offers a reliable option to the convention treatment. Ayurvedic treatment for menopause involves correcting hormonal imbalance with appropriate diet, Samshaman therapy, internal detoxification (Panchakarma therapy), Rasayan therapy and Yoga therapy.

**KEYWORD:** Menopause, role of hormones, Rajonivruttilakshana, ayurvedic management.**INTRODUCTION**

Menopause is a natural phenomenon occurs at the age of 45-55 years. Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity.<sup>[1]</sup> This phase also marks the end of natural fertility in a woman.

Irregular periods, hot flushes, night sweats, vaginal dryness, mood swings, hair loss, digestive disturbance, cystitis vaginitis anxiety, depression, vaginal dryness, excessive sweating, irregular periods, hot flushes, fatigue. Joint pain, tachycardia, tension, Headache, Vaginal atrophy, Irritability, Insomnia, Palpation, loss of interest in most of the thing, loss of memory, Bladder incontinence, Feeling unhappy, excitability, crying, nervousness all these are typical symptoms of menopause.<sup>[2,2a]</sup>

Osteoporosis, heart disease and Alzheimer's disease (progressive loss of memory and concentration) are the long-term hazards of menopause.<sup>[3]</sup> The group of signs

and symptoms associated with the phase of menopause are termed as menopausal syndrome.

Menopause has become an inevitable phenomenon in a woman's life and many years are spent in the postmenopausal phase. In this millennium, a woman perceives menopause as an opportunity to concentrate on new activities and bring out the best in her. Consequently, treatment of this transitional phase has now gained more importance than ever before.

**Ayurvedic View**

In Ayurveda, Menopause condition is termed as 'Rejonivrutti' and menopausal syndrome as Rajonivrutti bandhahavyadhis. In Ayurveda, Menopausal symptoms are regarded as imbalance of the Dosha and Dhatus which occurs as a natural & gradual consequence of aging.

In Ayurveda, this phenomenon taken in a different way and it is not as a serious health problem. Menopause deals

with Jarapakvaavastha of the body<sup>4</sup> Rajonivritti is classified under Swavabhavikavyadhi occurring at the end of Praudhawastha and beginning of Jarawastha where vata starts overpowering pitta dosha<sup>5</sup> and causes gradual decline of all dhatus.

#### Rajonivritti Kala:-(Age Of Menopause)

Though Rajonivritti is a diseased condition it is not described separately in the classics, Rajonivrittikalais mentioned by Sushruta and various other references too. 50 years is mentioned as the age of Rajonivritti. Acharya Arundatta opines that the age mentioned above is a probable age and not a fixed one. As Ayurveda has given more importance to Ahara and Vihara in the maintenance of health<sup>6</sup> these factors too, should be considered for this fluctuation.

As it is already mentioned that Rajonivritti is not described in the classics as a separate disease there is no information available regarding its Nidanapanchaka, to understand this Condition as a disease, certain Basic principles have to be considered here. Some of these factors are mentioned by Acharya in the context of "Rajahutpattihetus", too. These factors can be considered as Rajahutpattihetus also. Besides this, some very specific factors also can be considered as the causative factors for Rajonivritti which all are enlisted below.

#### 1. Kala<sup>7</sup>, 2. Swabhava<sup>8</sup>, 3. Vayu<sup>9</sup>, 4. Dhatukshaya<sup>10</sup> Types of Rajonivritti

Ayurvedic science has divided all diseases into 4 major types. Agantu, Sharira, Manas and Swabhavika<sup>11</sup> A group of naturally occurring diseases under the heading of swabhavabalapravritta includes Kshudha (Hunger); Pipasa (Thirst), Nidra (Sleep), Jara (Aging) and Mrityu (Death).<sup>12</sup> Although these diseases are naturally occurring diseases, but sometimes they are being acquired also, which is described as "Doshaja". So, they are further divided into two types viz. Kalakrita and Akalakrita.<sup>13</sup> In the same manner, Rajonivritti too is a naturally occurring condition in every woman as that of Jaravastha etc. Swabhavika Vyadhis. So Rajonivritti also can be divided into two types.

1) Kalaja Rajonivritti

2) Akalaja Rajonivritti

1) Kalaja Rajonivritti: If Rajonivritti occurs at its probable age (i.e. around 50 years of age) it is called as Kalaja Rajonivritti. The timely Rajonivritti occurs only when the protective measurements of health care being practiced.<sup>14,16</sup> This condition is Yasya by Rasayana etc.

2) Akalaja Rajonivritti: If Rajonivritti occurs before or after its probable age (i.e. around 50 years) it is termed as Akalaja Rajonivritti. Akalaja Rajonivritti takes place due to absence of the protective measurements of health care. According to Acharya Dalhana, they should be treated on the basis of nature of illness (Roga) surfaced due to pathology of Rajonivritti and on the basis of dosha involved in it.<sup>15,16</sup> This Akalaja Rajonivritti is more likely treatable than Kalaja Rajonivritti.

#### Lakshanas of Rajonivritti<sup>17</sup>

As there is no direct reference available regarding lakshanas of rajonivritti in the Ayurvedic classics, the clinical symptoms manifested by the patients of rajonivritti have to be considered and can be grouped under following Ayurvedic parameters.

(A) Doshajalakshanas. (B) Manasikalakshanas.

(A) Doshajalakshanas

As this condition is characterized by generalized vatavridhi, the Vatajalakshanas are more dominantly observed than other two (Pittaja and Kaphaja) lakshanas

1. Vatadoshatype menopausal symptoms include Sandhi Vedana, Anidra/Alpanidra, Bala Kshaya, Bhrama, Katishula
2. Pittadoshatype menopausal symptoms Yonidaha, Mutradaha, Trisha Daha
3. Swedadhikyata
4. Kaphadoshatype menopausal symptoms include Angamarda, Bhrama,

Raukshaya

(B) Manasikalakshanas

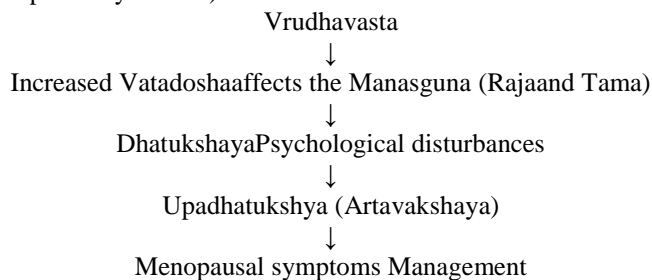
In Rajonivritti, Psychological symptoms also commonly observed due to vitiation of Manovahasrotasthese are- Krodha, Shoka, Bhaya, Dwesha, Smritihras, Shirah Shula, Chinta, Medhahras.

These symptoms are very troublesome to the patients as well as for physician. Some times that disturbed the whole family happiness of the patients. So, it is very necessary to treat these symptoms with proper medical help as well as counseling and family support too.

#### Probable Samprapti of Rajonivritti

As the pathogenesis of the rajonivritti is not elaborately described in Ayurvedic text. First of all classics have quoted the age around 50 years as the probable age for rajonivritti. This age limit is dominated by "Vatadosha" and obviously it easily is getting vitiated during this time.<sup>18</sup> This dominant vatadosha will have effect all over the female body including all anatomical as well as physiological factors by virtue of its i.e. "laghuta" and "rukshata". At the age about 50 years, the decline process starts in female body due to jaravastha as a natural process.

Sampraptiof Rajonivritti (Menopausal syndrome)<sup>[19]</sup>



**1 Medicines-** Ayurvedic drugs having properties of Rasayana, Vata shaman and Kapha vardhan can be helpful in the management of menopausal syndrome. A Rasayan drug in Ayurveda not only prevents the aging process, but also strengthens the body.

### Rasayana also increases life span and memory

Acharya Charaka explains Rasayana Prayojana as life promoter, maintains positive health, preserves health, and preserves youth, and cures morbid sleep, drowsiness, physical and mental fatigue, laziness, weakness. It helps in balancing Tridosha, produces stability, cures smoothness of muscles, stimulates enzymes responsible for digestion & metabolism and brings about excellence in lustre, complexion and voice.<sup>[20]</sup>

### 2 Panchakarma<sup>[21]</sup>

Snehana- (Applying medicated oil all over the body) Bal oil, Mahanarayana oil. Swedan- (taking steam) using Dashmul decoction, Pottalipind sweda.

Shirodhara- Shirodhara found to be effective in the management of disturbed psychological symptoms. Shirodhara with Shatavari oil, Takradhara, Dashmool kwath can be helpful.

- Nasya- Panchendriyavardhan oil, Anutail.
- Uttarbasti- (medicated oil is instillation through the vaginal or urethral opening) Yastimadhutail.
- Pichu- (medicated tampons kept in the vagina) Shatavaritail, Shatdhautghrita.
- Basti- especially Anuvasan Basti (oil based medicated enema).

### 3 Diet

A balanced vegetarian diet is most important aspect in preventive management of menopause. Vata shamak and Kapha vardhak dietary constituents help in preventing effects of Dhatukshaya. Vagbhat quotes that who takes Ghee and milk regularly in diet enters menopause late. Black grams, black sesame seed promotes ovarian

function, green vegetables are important for mineralization of bones. Legumes soya beans are known good source of phyto-estrogens. Ghee, milk and milk products, protein and calcium rich diet, phyto-estrogen rich food like soya, wheat etc. can be helpful.<sup>[22]</sup>

### 4 Yoga, Exercise And Meditation<sup>[23]</sup>

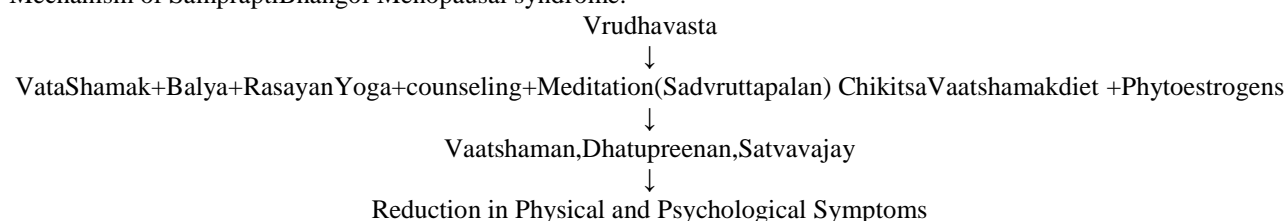
Yoga, Pranayam, Suryanamaskar, Anulomvilom can be beneficial in relieving stress and other psychological symptoms as well as improve the muscle tone. Yoga is helpful to firstly decrease the anxiety, stress, depression of such patients. Along with that, some asana helps in Medopachan and Amapachan, resulting in proper formation of Ras dhatu. Yoga controls Pranvayu which regulates all Panchvata in human body.

**5 Counseling** It is very important to maintain her physical as well as mental status, many psychiatric symptoms occur during this period. Sadvritta (Righteous life style) and Swasth vritta (Healthy life style) is key to improve quality of life counseling regarding stress

## DISCUSSION

Rajonivrutti janyalakshani is a group of symptoms produced by degenerative process of body tissue. Degenerative changes are explained in Ayurveda as Dhatukshaya lakshana. Sushruta Acharya has explained that there is Shareera-shithiltain Vrudha-avastha (old age) and women attain Rajonivrittistage at around 50 years. This age is dominated by Vatadosha, this dominant Vatadosha affects the female body. The dominant Vatadosha specially with Laghu and Rukshaguna results in reduction in Dravata of Rasadhatu. This further leads to Dhatukshaya starting from Rasadhatu, further respective Updhatukshaya takes place. Thus leading to Artavanasha (amenorrhea). The vitiated Vatadosha also disturbs the other Sharira as well as Manas dosha (Raja and Tamadosha) leading to various psychological disturbances.

Mechanism of Samprapti Bhang of Menopausal syndrome.<sup>[24]</sup>



↓  
Reduction in Menopausal symptoms

## CONCLUSION

Menopause is simply not an estrogen deficiency state but it is associated with large number of symptoms which disturbs women's routine life. Menopause is linked with Vata-dosh dominated stage of life. Therefore symptoms in menopausal phase like insomnia, anxiety, urinary symptoms, and osteoporotic changes are due to dominance of Vata-dosh. Along with that Pitta and Kapha-dosh symptoms seen, during this phase.

Ayurvedic diet, yoga, meditation, panchakarma procedures which are exceptionally well proved for their psychological and cognitive better effects as a special line of therapy.

## REFERENCES

1. D.C Dutta, Hiralal Konar, Text Book of Gynaecology New Central Book Agency Pvt Ltd, Kolkata updated 6TH Edition, 2013; 6: 56
2. V.G. Padubidri, Shirish N. Daftary, Howkins & Bourne Shaw's Textbook of Gynaecology Elsevier a division of Reed Elsevier India Private Ltd 15TH Edition, 2011; 5: 63-66.
3. D.C. Dutta, Hiralal Konar, Text Book of Gynaecology New Central Book Agency Pvt Ltd, Kolkata updated 6TH Edition, 2013; 6: 57-58.
4. V.G. Padubidri, Shirish N. Daftary, Howkins & Bourne Shaw's Textbook of Gynaecology Elsevier a division of Reed Elsevier India Private Ltd 15TH Edition, 2011; 5: 65-66.
5. Kaviraj Ambikadatta Shastri, Sushrut Samhita Choukhamba Sanskrit Santhan Varanasi edition reprint, 2014; 3/11: 298.
6. Kaviraj Gupta edited by Vaidya Yadunanda Upadhaya Asthanga Hrdaya of Vagbhata Vidyotini Hindi Commentary Choukhamba Prakashana Varanasi reprint, 2007; 1/9(6).
7. Usha Madam Prof Dr V.N.K. Usha Streevijyan Choukhamba Sanskrit Prakashana Delhi Reprinted, Rajonivritti (menopause), 2011; 53-54.
8. Kaviraj Gupta edited by Vaidya Yadunanda Upadhaya Asthanga Hrdaya of Vagbhata Vidyotini Hindi Commentary Choukhamba Prakashana Varanasi reprint, 2007; 1/21: 172.
9. A. Shree P. Lalchandra Shastri Vaidya Asthanga Sangraha Vagbhata Acharya Sarvangasundari Vaidyanatha Ayurveda Bhavan Nagpur publication, 1989; 1/21: 10.
10. Kashiraj Pandey Shastri, Gorakhanath Chaturvedi, Charaka Samhita of Agnivesh revised by Charaka and Dhruv Bala elaborated Vidyotini Hindi Commentary Choukhamba Vishvabharati Prakashana Varanasi year, 2019; 12/8: 219.
11. Dr. Shribhaskar Govindji Ghanekar Sushrut Samhita Choukhamba Sanskrit Bhavan Varanasi edition reprint, 2002; 3/11, 298.
12. R.H. Phadnis N. Meheskar concept of Rajonivritti (menopause) according to Ayurveda w.s.r to menopause Ayurved, 2016; 4(2): 69-74.
13. Yadavji Trikamji Acharya, Sushrut Samhita with Nibandhsangraha commentary of Sri Dalhana Acharya, Choukhamba Orientalia, Varanasi, Eighth edition, 2005; Su.1/24: 6.
14. Yadavji Trikamji Acharya, Sushrut Samhita with Nibandhsangraha commentary of Sri Dalhana Acharya, Choukhamba Orientalia, Varanasi, Eighth edition, 2005; Su.1/26: 7.
15. Yadavji Trikamji Acharya, Sushrut Samhita with Nibandhsangraha commentary of Sri Dalhana Acharya, Choukhamba Orientalia, Varanasi, Eighth edition, 2005; Su.24/8: 109.
16. Yadavji Trikamji Acharya, Sushrut Samhita with Nibandhsangraha commentary of Sri Dalhana Acharya, Choukhamba Orientalia, Varanasi, Eighth edition, 2005; Su.28/8: 130.
17. Yadavji Trikamji Acharya, Sushrut Samhita with Nibandhsangraha commentary of Sri Dalhana Acharya, Choukhamba Orientalia, Varanasi, Eighth edition, 2005; Su.24/7: 108.
18. R.H. Phadnis, N. Meheskar, concept of Rajonivritti (menopause) according to Ayurveda w.s.r to menopause Ayurved, 2016; 4(2): 69-74.
19. Dr. Heena Khanna, Dr. Surekha Dewaikar, Menopause – An Ayurvedic Review, World Journal of Pharmaceutical Research, 2015; 5(3): 416-427.
20. Usha Madam Prof Dr V.N.K. Usha Streevijyan Choukhamba Sanskrit Prakashana Delhi Reprinted, Rajonivritti (menopause), 2011; 54.
21. Dr. Prasada N. Kulkarni, Review of Useful Panchakarma Modalities for Psychological Problems in Menopausal Syndrome International Journal of Innovative Science and Research Technology, 2019; 6(9): 710-713.
22. Amrita Mishra, Rajashree V., An Ayurvedic and contemporary overview of menopause A conceptual Approach. International Journal of Ayurveda and Pharma Research, 2018; 6(2): 34-38. <http://menopausejournal.com>.