

A REVIEW STUDY OF RAJONIVRITTI WSR MENOPOSAI SYNDROME- A LITERARY STUDY**Dr. Suman^{*1}, Dr. Ved Prakash², Dr. Rishu Sharma³, Dr. Nisha Sharma⁴, Dr. Ajay Kumar Sharma⁵**¹P.G. Scholar, P.G. Deptt. of Swasthavritta, SGCAS & Hospital, Tantiya University, Sri Ganganagar, Rajasthan, India.²Assistant Professor, Deptt. of Rog Nidan, SGCAS & Hospital, Tantiya University, Sri Ganganagar, Rajasthan, India³Assistant Professor, Deptt. of Shalaky Tantra, SGCAS & Hospital, Tantiya University, Sri Ganganagar, Rajasthan, India.⁴Medical Officer, Team B, RBSK, Padampur, Dist- Sriganganagar, Rajasthan.⁵Principle & H.O.D. Deptt. of Bal Rog, SGCAS & Hospital, Tantiya University, Shri Ganganagar, Rajasthan, India.***Corresponding Author: Dr. Suman**

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ABSTRACT

Ayurveda is a science of life. Holistic approach of *Ayurveda* is regarded as help for the upliftment of society by providing a disease free and healthy environment. *Ayurvedic* Texts provides no straight reference to *Rajonivritti*. The phase of reproductive life of a woman gradually ends at about of 50 years of life called as menopause. Menopause in life of women comes naturally but with lot of physical and psychological hazards. While there is sense of worthlessness in some women on account of decreased libido others are pained by feeling of loss of womanhood. Menopause is not a disease, but a natural transition in women that occurs at the age of 45-55 years. The menstrual cycle stops and sex hormone levels decrease, including that of estrogen, resulting in the condition called menopause. In *Ayurveda* describe useful, easy life style and Rasayan therapies in concept of *Rajonivritti*.

KEYWORD: *Ayurveda*, *Rajonivritti*, menopause, Rasayan, woman.**INTRODUCTION**

Women always remain subservient to men though older women in India do enjoy a measure of respect as the senior member of the family. Unfortunately this enhanced status does not make it easier for women to talk about or seek help for menopause. Though menopause is a natural event as a part of the normal process of aging, it is turning into a major health problem in recent years in developed as well as developing countries like India. Every woman faces varied physiological and psychological changes during this "*Change of Life*" resulting from hormonal derangement. Sometimes such disturbances attain the stage of disease or syndrome called as "*Menopausal Syndrome*" which is accompanied by various vasomotor, psychological, and genital, locomotors and GIT related symptoms and hence require management. Growing average age of population is associated with increased span of working life hence increased reporting of sicknesses which compromise life style. Menopause Syndrome is prime among them in women of age group of 50 to 55.

Ayurvedic literature has noticed menopause as natural phenomenon in life of women as *Rajonivritti*.^[1] Women with menopause are designated as "*Nishphala*", "*Gatartava*" and it have been recognized as onset of old

age. This phase of life in women is commonly associated with *Vata* and *Kapha Vriddhi* and *Pitta Kshaya* a phenomenon which seems to be responsible for most of the physical and psychological ailments in women.

Need of study

Modern system of medicine stresses on Hormone Replacement Therapy with estrogen related hormones to fight menopause related ailments but educated society as a whole dreads continued use of these sex hormones due to their oncogenic potential. Therefore there is always a need to find out a cost effective safe method to fight menopause related ailments of women.

Ayurveda has potential to bridge this gap and provide effective menopause therapeutics. Be it hot flushes or mood swings or be it insomnia or depression *Ayurveda* has sufficient understanding of symptomatology to provide outcome. Similarly osteopenia, dyslipidaemias, weight gain, etc. can too be effectively managed by *Ayurvedic* therapeutics.

MATERIALS AND METHODS

Different *Ayurvedic* classical books, research papers and journals were referred to fulfill this part, it comprise of

subsection dealing with prevention & management of menopausal syndrome in Ayurveda.

Aims and Objectives

1. To Study the critical review of *Ayurvedic* and Modern literature on Menopausal Syndrome
2. To study the detailed aetiopathogenesis, clinical features and management of menopausal syndrome according to *Ayurvedic* literature and modern science.

Ayurved review- Exclusively in female, the substance, which is formed from Rasdhatu as a part of physiology and comes out through the female genital tract every month for the duration of three days, is termed as Rajah.^[2]

Etymology

The term '*Rajonivritti*' is made up of two different words viz. "*Rajah*" and "*Nivritti*".

Rajah

According to Sanskrit language the root word for "*Rajah*" is given as "jt" which means to give colour to the substance. i.e. ^j jkxs pA**

The word *Rajah* is used synonymously for various substances (*Amarkosha*) like,^[3]

- ❖ *Artava* or *Stripushpa* (Menstrual blood)
- ❖ *Raja Guna* (A type of *Manas dosha*)
- ❖ *Parag* (Pollen grains of flower)
- ❖ *Renu* (Minute dust particles)
- ❖ Synonym of a plant named *Parpata* etc.

Here, in the context of this subject, the meaning of *Rajah* is *Artava* and *Stripushpa* i.e. menstrual blood.

Nivritti

fu \$ o`Ùk~ \$ fDrU~; vizo`fÙk%] mijje%] fojfr%] O;ijfr%] mijfr%] bfr gsepUnz%A Shabdakalpadruma page-900)

The word *Nivritti* is derived from Sanskrit *Varnas* ^fu* and ^o`Ùk*. *Acharya Hemchandra* have coined the synonyms of the word *Nivritti* like *Apravritti*, *Upama*, *Virati*, *Vyparati*, *Uparati* etc. Meaning of these all words can be summarized as below.^[4]

- Accomplishment, Fulfillment
- Completion, End
- Discontinuance of the influence of one rule over another
- Resulting
- Ceasing, desisting, abstaining from
- Inactivity
- Improprity
- Final beatitude

Here, in the present context, the meaning of *Nivritti* is understood as end or ceasing.

Rajonivritti

jT;fr jT;rsMusu ok rL; fuo`frA
jtks L=h iq`iL; fuo`Ù;L;kAA

Thus, the whole term *Rajonivritti* means end of *Artava apravritti* or cessation of menstruation.

Rajonivritti Kala

Rajonivritti Kala is mentioned by almost all *Acharyas* without any controversy.

Rkn~ o`kkZn~ }kn" kknwn~/o±;kfr iâpk"kr%
{k;e~A (Su. Sha. 14/7)
rj'kkZn~ }kn" kkr~ dkys orZekuel`d iqu%A
tjkiDo" kjhjk.kka ;kfr iâpk"kr% {k;e~AA
(Su. Sha. 3/9)

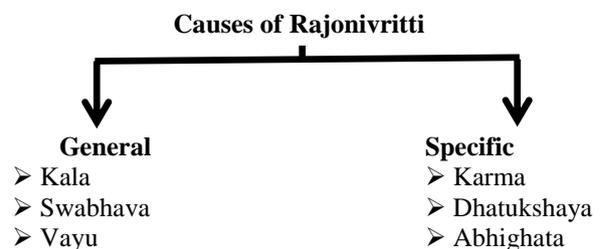
According to *Sushruta* and various other references too (*A.S. Sha. 1/11*, *A.H. Sha 1/7*, *B.P. Pu. 3/1*, 204), 50 years is mentioned as the age of *Rajonivritti*, when the body is fully in grip of senility.^[5]

Acharya Arundatta opines that the age mentioned above is a probable age and not a fixed one. There may be some variation in this regards: *Arundatta* on (*A.H. Sha. 1/7*)^[6]

Nidana of Rajonivritti

As it is already mentioned that *Rajonivritti* is not described in the classics as a separate disease. There is no information available regarding its *Nidana*, *Purvarupa*, *Rupa*, *Samprapti* etc. So, to understand this condition as a disease, certain basic principles have to be considered here.

Concentrating on the probable *Nidanas* (etiological factors) regarding the condition *Rajonivritti*, few factors can be squeezed out. Some of these factors are mentioned by *Acharyas* in the context of "*Rajah utpatti hetus*", too. These factors can be considered as *Rajah nivritti* hetus also.



Types of Rajonivritti

Ayurvedic science has divided all diseases into 4 major types.

Agantu, Sharira, Manas and Swabhavika.^[7]

Rks prqfoZ/kk% vkxUro%] "kkjhjk%] ekulk%]
LokHkkfodkÜosfrAA
(Su. S. 1/24).

Concentrating on 'swabhavika' type; it is described that this type includes all those conditions, which are naturally occurring. *Acharya Sushruta* has mentioned a group of naturally occurring diseases under the heading of *Swabhavabala pravritta* includes *Kshudha* (hunger); *Pipasa* (thirst), *Nidra* (sleep), *Jara* (aging) and *Mrityu* (death).

Similarly *Rajonivritti* also can be divided into two types.

1. *Kalaja rajonivritti*
2. *Akalaja rajonivritti*

Lakshanas of Rajonivritti

Doshaja lakshanas

According to available symptoms, differentiation can be done as *Vataja lakshanas*, *Pittaja lakshanas* and *Kaphaja lakshanas*. As this condition is characterized by generalized *Vata vriddhi*, the *Vataja lakshanas* are more dominantly observed than other two (*Pittaja* and *Kaphaja*) *lakshanas*.

Dhatukshayaja lakshanas

As this condition is a sequel of generalized *Dhatukshayajanya avastha*, the symptoms of *Dhatukshaya* are also observed in the patients of *Rajonivritti*, which can be grouped according to the individual *Dhatukshayaja lakshanas*

Manasika Lakshanas

Krodha, *Shoka*, *Bhaya*, *Dweshya*, *Smritihras*, *Utsahahani*, *Dhairyahani*, *Shirah-Shula*, *Vishada*, *Chinta*, *Medhahras*, *Alpaharsha* and *Preeti*, *Parakra Mahani*.

Ayurvedic management of *Rajonavritti* or menopause can be based on following therapeutic modalities;^[8]

1. *Antahparimarjan Chikitsa*
2. *Bahyaparimarjan Chikitsa*
3. *Satvavajaya Chikitsa*

1. Antahparimarjan Chikitsa of Rajonavritti: Though the *Rajonivritti* is a natural phenomenon and majority of women have neither any complaint nor require any medicine still a significant number of women report with symptomatology which is attributed to menopause or *Rajonivritti*. Naturally some formulations have been regularly tried and prescribed for many of these ailments with fruitful results. Use of Soya-isoflavonoids which is commonly recommended for oestrogen substitution can also be attributed to plant source "Soya". Preparations like *Ashoka churna*, *Ashokarista* too have been proved to have estrogen like activity.^[9] They really help to reduce Hot Flashes.

For falling Bone Mineral Density (BMD) during post-menopausal stage *Ashwagandha* preparations along with calcium preparations like *Shankha Bhasma*, *Praval Bhasma*, *Kapardika Bhasam* too have been established to remineralize the osteopenic bones. Similarly sleep disorders like insomnias or reduced sleep can be

managed by sedative effects of drugs like *Tagra*, *Jatamansi*, *Vacha*, etc based preparations. These preparations also help to reduce the level of anxiety, an important menopause related event.

Constipation is another complaint of post menopausal women. This can commonly be managed by use of *Grahi* drugs or *Mridhu virechan* preparations like *Isbagul husk*, *Trivrit Churna*, *Amaltas majja churna*, *Abhyarista*, *Triphala*, *Haritiki Churna* or by use of drugs like castor oil. High roughage diet where essential component are leafy vegetables is also helpful. Other classical preparations like *Swadistvirechan churna*, *Panchsakar Churna*, etc can also be used.

Increase in body weight and adiposity are often consequential to *rajonivritti*. Besides diet control and physical workups some ayurvedic formulations are of real help. This involves use of *Lashuna* or Garlic based preparations, *Navak Gugglu*, *Vidang*, *Shunthi churna*, etc. Use of other *Gugglu* preparations like *Triphala gugglu*, *Gokharuadi gugglu*, etc is also useful.^[10] These drugs not only help in shedding weight but also reduce harmful lipids in blood which usually rise after menopause. Decreasing memory associated with menopause can be reversed with use of *medhya* drugs like *Brahmi*, *Shankhpushpi*, *Mandookparni*, etc. Similarly for decreased libido drugs like *Shilajeet*, *Satavari*, *Kapikacchu*, etc are of help.

2. Bahyaparimarjan Chikitsa: Application of drugs on body surface also find place in management of *rajonavritti*. Not only drug application even a cold bath of fanning may relieve the hot flushes. Cool compresses of ice pads may also help. Similarly dry and wrinkling skin can be invigorated by regular *abhyanga* with *Tila taila*, Coconut oil, or medicated oils like *Dhanwantar taila*, etc are help ful. Mud therapy also helps. For prolonged benefits *sneha pind sweda* may help. Genital mucous linings also undergo dryness which can be restored with application of *Ghririkumari swarasa* based moistening creams or fat or paraffin based lubricating creams often available in market. To reduce panic attacks, emotional upsets, sleeplessness, anxiety, etc *panchkarma* procedures like *shirodhara*, *shirovasti*, *shiropichu*, *brihan nasya*, etc may help. A course with *vasti chikitsa* helps to fight most of symptomatology associated with *vat vriddhi*. Vague body pins associated with osteopenia are often relieved with local applications of *vat har taila* like *Mahanarayana*, *taila*, *Vishagarbha taila*, etc.

3. Satvavajaya chikitsa: Control of mood and abnormal mental urges and feeling as well as distraction of mind, emotional breakdowns can be managed by *Satvavajaya chikitsa*. Post menopausal women should to regularly practice relaxation *Yogasnas* like *Shavasna*, *Makrasna*, *Yogmudra*, etc.

Modern review

Menopause in life of women comes naturally but with lot of physical and psychological hazards. While there is sense of worthlessness in some women on the account of decreased libido others are pained by feeling of loss of womanhood. Physical symptoms like hot flushes and weight gain may perturb others. Most of women with better health facilities available, now report with hazards associated with menopause though they fail to identify them with their menopause.^[11]

Physiological changes in menopause^[12]

1. HORMONAL – Decreased Oestrogen level
 - Altered Thyroid function
 - Increased Adrenals secretions
 - Increased HG due to non responding ovaries
2. METABOLIC – Decreased Bone Calcium
 - Increased Lipids
3. ANATOMICAL – Genital Atrophy
 - Loss of Mucosal barriers

Pathological changes

Emotional upset resulting in
Depression, Excitability, Irritability, Decreased sleep,
Poor concentration, Decreased memory

What happens at menopause?

Estrogen and Progesterone level decrease

Risk of Fracture and Heart Disease increase

Symptoms Associated with Menopausal Transition

Changes in Menstrual patterns

- Shorter cycles are typical (by 2-7 days)
- Longer cycles are possible
- Irregular bleeding (heavier, lighter, with spotting)

Vasomotor symptoms^[13]

- Hot flash/ hot flushes, Night Sweats, Sleep disturbances

Psychological and mental disturbances-

- Worsening premenstrual syndrome, Depression, Irritability, Mood swings, Loss of concentration, Poor memory

Sexual dysfunction

- Vaginal dryness, Decreased libido, Painful intercourse.

Somatic Symptoms

- Headache, Dizziness, Palpitation, Breast pain, Joint aches and back pain.

Other Symptoms

- Urinary incontinence, Dry, itchy skin, Weight gain.

Menopausal Woman Has Increased Susceptibility to Diseases

1. Infections – Vaginitis, Pyometra, Viral Warts, UTI
2. Malignancies – Cervical, Uterine, Breast
3. Genital prolapses

4. Osteopenia- Pains, Fractures
5. Osteoarthritis due to increased weight, Low BMD.
6. Hernias – Due to lax abd wall

Menopausal Woman Has Increased Proneness To Hypertension, I.H.D., Cholecystitis, Hypothyroidism, Obesity and related disorders

Management

Counseling, Life style modification, Medical treatment options

DISCUSSION

In *Ayurveda*, *Rajonivritti* is not described as a diseased condition. It is considered as a natural phenomenon in every woman observed at the end of reproductive life. Almost all *Acharyas* have described the age of *Rajonivritti* as approximately 50 years without any divergent views. This age of menopause even in current era is still 50.

The reason of *Rajonivritti* occurring at this specific stage of life is simply ever decreasing quantum of *Rasa Dhatu* for nutrition of its *Updhatu* or by product which in females is *Raja. Rajah* is a byproduct of *Rasadhatu* and the function of *Rasadhatu* is better in *Taruna Avastha* (i.e. *Yuvavastha*) but reduces during the *Praudha Avastha* (Late adulthood) and finally resulting into *Rajonivritti* or menopause when a woman is at the threshold of senescence. Temporary *Rajonavritti* or amenorrhea is therefore also seen in younger age if the woman is suffering from *Rasalpata* or mal-nutrition.

Since *Rajonivritti* is a naturally occurring condition in female body; it can be categorized under *Swabhavika Vyadhis* as are *Jara* (aging); *Kshudha* (hunger); *Pipasa* (thirst); *Nidra* (sleep) and *Mrityu* (death) described in the classics. The various symptoms of early stage of *Jaravastha* are observed in *Rajonivritti-janya avastha* also. This is why one of the synonyms of Old woman is "*Gatartava*" or "*Nishphala*". Therefore it can be concluded that *Rajonivritti* is the part of the process of aging, specific to females and it signifies the onset of geriatric age in females. The *Swabhavika Vyadhis* are further classified as *Kalaja* and *Akalaja*. So, naturally occurring condition, *Rajonivritti* although not mentioned separately should be considered of **two types** i.e. *Kalaja rajonivritti* (Menopause) and *Akalaja rajonivritti*.

The majority of the *Lakshanas* of *Rajonivritti* are due to *Vata Vriddhi*, *Kapha Kshaya*, *Ashayapakarsha* of *Pitta* by aggravated *Vata*. In addition *Rajonivritti* is also associated with vitiation of *Manovaha srotas* and *Dhatukshaya*, which all signify approaching old age. *Ayurveda* has proved to be effective in managing and preventing chronic ailments till date. Modern medicine relies more on Hormone Replacement Therapy which has serious potential of side effects like increased incidence of reproductive malignancies and metabolic

ailments. This is why understanding menopause conceptually through *Ayurveda* and coming out with safe therapeutics, for warding off morbid symptomatology of this stage is of great interest. Present trial is a genuine trial for finding effective complementary remedial therapeutic regimen.

Modern Concept

Menopause is a natural biological process and experienced individually by every woman. Menopausal syndrome is the results of the gradual waning in the functions of the ovaries to produce estrogen and progesterone, as a consequence of which, the pituitary gland becomes more active (positive feedback) and produces FSH and LH in greater quantity resulting into various somatic and psychological disturbances. Besides some atrophic changes in body various symptoms of different natures such as Vasomotor, Genitourinary, Gastrointestinal, Loco-motor, Psychosexual, etc. Most of these are due to hormonal imbalance and aging.

The psychological changes and symptoms vary considerably and depend largely on the make-up of an individual and on a woman's previous outlook on the menopause and its significance rather than estrogen deficiency.

CONCLUSION

Ayurvedic Conceptual

- Only few scattered references are available in the classics regarding *Rajonivritti* stage of women, though *Rajonivritti* as a diseased condition is not described in the classics at all.
- *Rajonivritti* is a physiological inevitable phenomenon for every woman, which results due to the *Parihani Avastha* of the body and this stage causes a discomfort either to the mind or body due to changing body physiology and hormonal profile, doshic constitution etc.
- Factors like *Kala*, *Swabhava*, *Vayu*, *Dhatukshaya*, *Karma* or Environment, *Abhighata* etc. seem to be main underlying causative factors of *Rajonivritti*.
- Diminished *Dhatu-sara*: Generalised *Vatavridhi* and Vitiating of *Manovaha Srotas* are the main underlying factors in the evolution of senescence and is directly related to the *Rajonivrittijanya Lakshanas*.
- Due to Specific pathogenesis, *Rajonivritti* in encompasses various *Doshaja*, *Dhatukshaya* and *Manasika Lakshanas* and various anatomical changes in women.
- Classics have considered naturally occurring diseases as *Yapya*. As *Rajonivritti* too, is such type of disease, it should be considered as a "*Yapya*" *vyadhi*.

Modern Concept

- Menopause is a significant landmark for women which marks the closure of menstrual life as well as Reproductive era of a woman.

- Prolonged amenorrhoea at climacteric is the most obvious symptom of menopause. This results from loss of ovarian follicular activity followed by hormonal derangements
- The hormonal disturbances, mainly estrogen deficiency and aging are the main etiological factors behind the event menopause and its consequences.
- Psychological disturbances are more likely to depend upon the individual personality make-up and psychosocial factors rather than estrogen deficiency.

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