

LIFESTYLE MODIFICATION IN RAJANIVRITTI

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ABSTRACT

Menarche and menopause are two important landmarks in a woman's life. Menarche marks the onset of the reproductive life of a woman. Right from here, a woman undergoes a number of changes both physically and mentally and finally attains a stage of complete cessation of menstruation i.e. menopause. Menopause is a physiological phenomenon and thus restoring health in this phase is important. During this phase various changes are seen starting from physiological changes like depression, sleep disturbances etc., somatic changes like hot flushes, constipation etc., organic changes like cardiac disorders, endometrial carcinoma etc. all these changes can be prevented by adopting various diet and regimen mentioned in Ayurveda. In this study we have tried to throw light on the lifestyle modification in *Rajanivritti*.

Keywords: *Menarche, Menopause, Rajanivritti, Ayurveda*

INTRODUCTION

Creation, Existence and Destruction are natural phenomenon which comes in an order. These situations occur in each and every person's life and one cannot avoid these conditions. Some specific stages are seen in women's life-Pre-puberty Puberty, menstruation, climacteric stage and Menopause. Puberty is that stage in which a woman gets something new as the capacity of reproduction, which gradually turns into a phase called Premenopause which is a period of 3-4 years before menopause and followed by 1 year of amenorrhoea. Pre-menopause is associated with mild ovarian hormonal deficiency leading to anovulation and menstrual disorders, especially menorrhagia. Menopause is defined as the time of cessation of ovarian function resulting in permanent amenorrhoea. It takes 12 months of amenorrhoea to confirm that menopause has set in and therefore it is a retrospective diag-

nosis. Climacteric is the phase of waning ovarian activity and may begin 2-3 years before menopause and continue for 2-5 years after it. It is thus a phase of adjustment between the active and inactive ovarian function and occupies several years of a woman's life and it involves physical, sexual and psychological adjustments.¹

AIM OF THE STUDY:

1. To study the physical and mental changes during the menopausal period on general health and day to day life.
2. To focus on the lifestyle modification as per Ayurveda in accordance with this phase of menopause (*Rajanivritti*).

MATERIAL & METHOD:

This is a conceptual literary research on menopausal syndrome (*Rajanivritti*) and lifestyle modification in this context to combat the crisis.

DESCRIPTION:

Menopause is defined as the per-

manent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs. It is also the end of womanhood i.e. child bearing. In many women the transition from the childbearing phase to that of menopause is not smooth. It is associated with large number of symptoms and signs,

तद् वर्षाद् द्वादशात् काले वर्तमानमसृक् पुनः।

जरापक्वशरीराणां याति पञ्चाशतः क्षयम्।। (Su./Sha/3/11)

वत्सराद् द्वादशादूर्ध्वं याति पञ्चाशतः क्षयम्। (As.Hri/Shal/1/7)

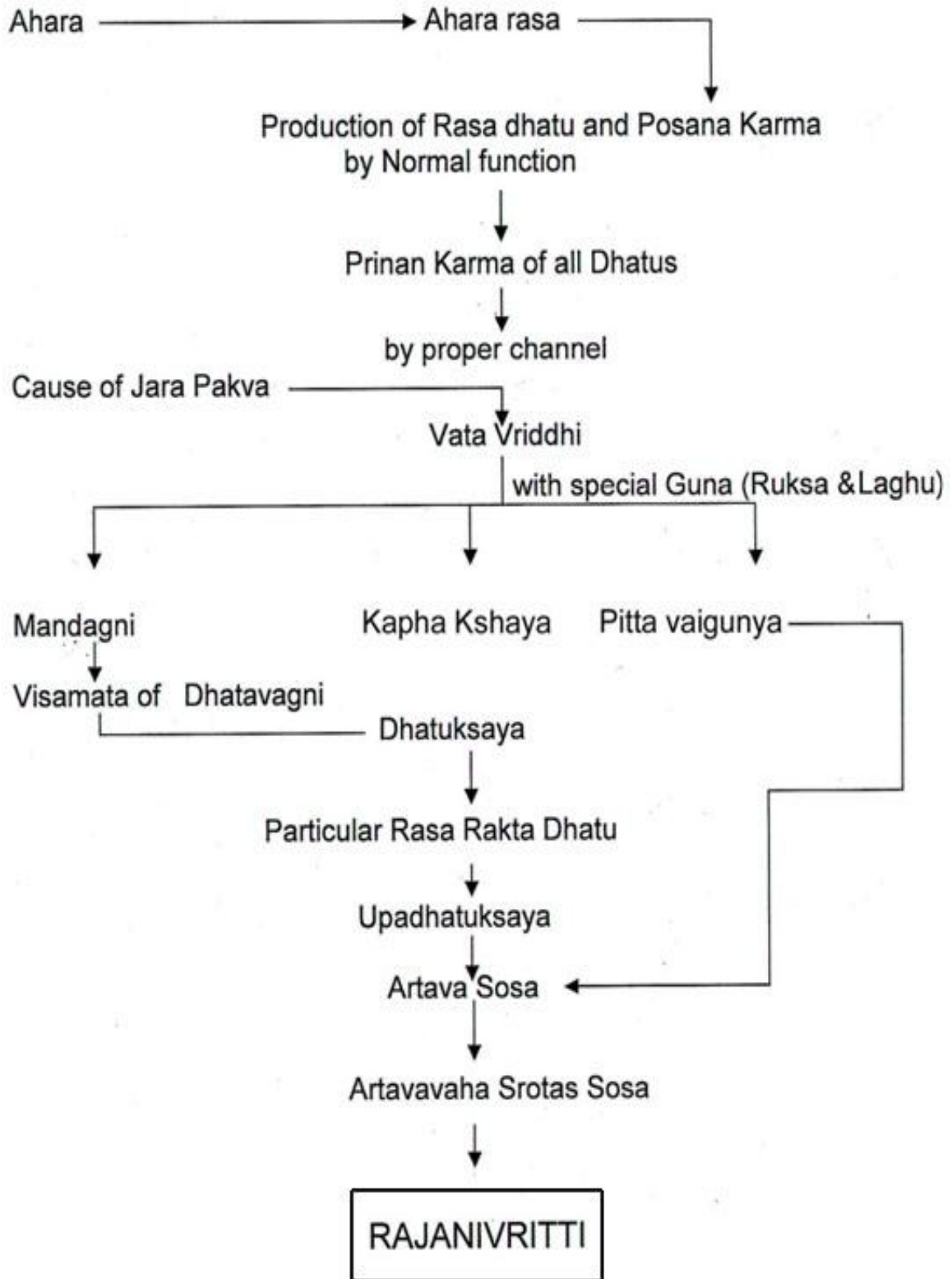
12 and 50 years is the age of menarche and menopause respectively as mentioned by Sushruta. Vagbhat and Bhavamishra also opine the same. Sushruta has specified ageing as the cause of menopause.

which can cause distress at times, thereby bringing with it host of new problems – personal, psychological, sexual and social problems that require adaption.²

Menopause ensues gradually at around the age of 45 to 50 years. Sushruta and Vagbhata have described two age of menopause as 50 years.

The process of *Rajanivritti* is not mentioned in any Ayurvedic classics. However, the process of *Rajanivritti* may be thought to be as under:

Physiological Process of Rajanivritti



HORMONE LEVELS IN A MENOPAUSAL WOMAN³

Oestradiol(E2)	5-25 pg/ml
Oestrone(E1)	20-70 pg/ml
FSH	>40 ml U/ml
Androgen	0.3-1.0 ng/ml
Testosterone	0.1-0.5 ng/ml
LH	50-100 ml U /ml
Androstenedione	800 pg/ml

There is 50% reduction in androgen production and 66% reduction in oestrogen at menopause. Low oestrogen level exerts bone and cardioprotrophic effect and may predispose to osteoporosis and ischaemic heart disease.

PREMENOPAUSAL SYMPTOMS⁴**EARLY SYMPTOMS**

1. Vasomotor: Hot flushes, Night sweats, Palpitation, Head aches
2. Psychological: Mood swings, Depression, Dementia, Anxiety, Decreased libido
3. Urogenital: Dry vagina, Urinary incontinence, Dyspareunia

LATE SYMPTOMS

Sarcopenia, Ichaemic heart disorder, Malignancies eg. Carcinoma of the endometrium

This transition period, Perimenopause has the above mentioned clinical features which can be relieved by adopting various diets and regime mentioned in our Ayurvedic classics.

Ahara rasayan (Diet):

Consuming regularly *Ghrita*, *Kshira* and other articles of diet which increase *kapha* (building musculo-skeletal tissues) are known to postpone menopause. Black gram (*Masha*) [source of -lipoic acid], black sesame seed (*Til*) and *guda* [good source of iron] promote ovarian function. Green vegetables are useful for mineralization of bones chick peas, legumes, green grams, soya beans are known to be good source of phytoestrogens. Use of green

grams (sprouted)for improving the musculo-skeletal strength and is digestible.⁵

ACHARA RASAYAN:

Avoidance of alcohol, positive changes in mindset, character & activities, attainment of qualities, fortitude, truthfulness, charitable nature, forgiveness, service mind, absence of greed.⁶

ADOPTION OF SWASTHAVRITTA:

1. Adequate sleep
2. Meditation or *Dhyana*
3. *Yogasanas* like *Padmasana*, *Vajrasana*, *Pranayam* etc.⁷

CONCLUSION

Menopausal syndrome (*Rajanivritti*) which is otherwise a physiological phase in every woman's life sometimes results to be troublesome and causes great distress hampering their health and daily activities. Here we have tried to throw some light on various diet and regimen mentioned in our Ayurvedic classics to combat the crisis in premenopausal syndrome. Ayurveda is more a preventive science. Thus, by various approaches mentioned in our classics such as following *Achara Rasayan*, *Yoga* and its various forms along with adoption of *Dinacharya* and *Ritucharya* it has been found helpful in promotion & preservation of both physical as well as mental health in menopause (*Rajanivritti*).

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