

## AN AYURVEDIC REVIEW ON RAJONIVRITTI

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### ABSTRACT

Ageing is a complex and inevitable process in a woman's life, which ultimately leads to various age related diseases. It involves multiple biological changes in a woman's body, for which they are forced to adapt mentally be it from the moment she was born to adolescence in order to be prepared for motherhood or ultimately the transition to menopause. Menopause is a natural phenomenon occurs at the age of 45-55 years. Irregular periods, hot flushes, night sweats etc., are the symptoms of menopause. Ayurveda defines *rajonivritti* as a phenomenon occurring due to the *jara* and *pakwasharira*. In modern management for this with HRT therapy which results in multiple complications in long term use? Ayurveda treatment for perimenopause involves correcting hormonal imbalance with appropriate diet, *Samshamana* therapy, *Panchakarma* therapy, *Rasayana* and *Yoga*.

**Keywords:** menopause, *rajonivritti*, *rasayana*, HRT

### INTRODUCTION

Aging is a complex process in a woman's life causing gradual lack of adoptive response and various other diseases as time passes. Adolescence and menopause stages are found to be the most crucial ageing process in their life causing various biological and psychological changes in their body. The word 'Menopause' comes from the Greek word 'Menos' (month) & 'Pausis' (cessation). 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>. Irregular periods, hot flushes, night sweats, vaginal dry-

ness and mood swings all these are symptoms of menopause. Some major health issues in the long run, associated with menopause are osteoporosis and Alzheimer. In Ayurvedic classics, *rajonivritti* is not described separately. *Rajonivritti kala* is mentioned by almost all Acharyas, is around 50 years<sup>2</sup>. Ayurveda meanwhile considers menopause as a result of the imbalance of *tridoshas* and *dhatukshaya* as the body is undergoing a transition from *yuvavasthato* to *vriddhavastha* (*jaraavastha*).

**Rajonivritti Kala (Age of Menopause):**

*Rajonivritti* is not described separately in the classic; *Rajonivrittikala* is mentioned by almost all Aacharya without any controversy. In Ayurveda Menopausal symptoms are regarded as “imbalance of the *Dosha (Vata, Pitta, Kapha)* which occurs as a natural and gradual consequence of aging.

**TYPES**

*Rajonivritti* can be divided in to two types: *kalarajonivritti* and *akalarajonivritti*<sup>3</sup>

**Table 1: Lakshanas of Rajonivritti**

<i>Vataja</i>	<i>Pittaja</i>	<i>Kaphaja</i>
<i>Shira Shula</i>	<i>Daha</i>	<i>HridDravatva</i>
<i>BalaKshaya</i>	<i>Ushananubhuti</i>	<i>Bhrama</i>
<i>Vibandha</i>	<i>Ratrisweda</i>	
<i>Anidra</i>	<i>Trisha</i>	
<i>Bhrama</i>	<i>Mutradaha</i>	
<i>Katishula</i>	<i>Glani</i>	
<i>Sandhi Vedana</i>	<i>Yoni Daha</i>	
<i>Angamarda</i>		

**MANAGEMENT**

The basic concept of Ayurvedic medicine is “*Swasthasyastwasthyarakshanam* and *aturasyavikaraprashamanamcha*” prevention is better than cure. *Panchakarma* therapy is often recommended in early perimenopause stage to keep *doshas* in balance. Along with this, *Samshamana* therapy with *Agnideepana*, *Amapachana*, *Anulomana*, *Balya* drugs are advised. Certain yoga therapies are also done to control hormone levels. The most commonly practiced *asanas* are *Shavasana*, *Padhmasana*, *Varjasana* and *Sheetali Pranayama*, *Ujjayi pranayama*. All these are helpful in menopause treatment. Aacharya Charaka has described “*Rasayana*” as a means to promote vigour and health which is

***Kalarajonivritti***:- If *rajonivritti* occurs at its probably age (i.e around 50years of age) it is called as *kalarajonivritti*.

***Akalarajonivritti***:- if *rajonivritti* occurs before or after its probably age (ie around 50 years) it is termed as *akalarajonivritti*

***Nidana of Rajonivritti***

The specific reasons for *Rajonivritti* are not described in the Ayurvedic texts. But the most probable reasons for it to occur are *Swabhava*, *Jarapakvasharira due to kala*, *Dhatukshaya*, *Effect of dosha*, *Vayu*, *Abhighata*

mainly virilific and promotive of vitality<sup>4</sup>. Some commonly used drugs having *rasayana* properties are *triphala*, *aswagandha*<sup>5</sup>, *yashtimadhu*, formulations like *chayavanaprasha*, *brhamirasayana* etc. Some drugs contain phytoestrogens like *shatavari*<sup>6</sup>, *ashoka* which helps in preventing menopausal symptoms in the body. *Medhyarasayanas*<sup>7</sup> namely *Sankhpushpi*, *Mandukaparni*, *Guduchi* and *Yastimadhu* are known to control psychological issues and also advice *Sattvavjaya Chikitsa*-counselling and Reassurance.

## DISCUSSION

In Ayurveda, *rajonivritti* is not considered a disease condition. As *Rajonivritti* is a naturally occurring condition in female body; it can be categorized under *Swabhavika Vyadhis* as that of *Jaraavastha*. Almost all Acharyas have described the age of *Rajonivritti* as approximately 50 years. It can be managed by *rasayana* therapy, *yoga*, *panchakarma* and appropriate diet.

## CONCLUSION

Menopause can be managed by choosing the drug according to the *doshas*. Adopting the correct diet, phytoestrogen and life style will help to prevent menopausal syndrome. Concept of Ayurvedic medicine is “*Swasthasyastwast-yarakshanam* and *aturasyavikaraprashamanamcha*”, so before attaining menopause ie, premenopausal stage itself start *yoga*, *parayama*, *diet*, *panchakarma* and *rasayana* therapy it helps to prevent or reduces the *rajonivritti lakshnas* and thus attain graceful menopause.

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