



A REVIEW ON AYURVEDIC MANAGEMENT OF POSTMENOPAUSAL SYNDROME (RAJONIVRITTI LAKSHANAS)

Prana Singh¹, Chandan Singh², Manoj Kumar Adlakha³, Aditya Dev⁴

¹P.G. Scholar, Dept. of Dravyaguna Vigyan, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, 342037., India

²Professor, Head of the Department, Dept. of Dravyaguna Vigyan, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, 342037., India

³Associate Professor, Dept. of Dravyaguna Vigyan, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, Rajasthan, 342037., India

⁴M.D., Dept. of Panchakarma, Chaudhary Brahm Prakash Ayurved Charak Sansthan Khera Dabar, New Delhi-110073, India

Corresponding Author: pranaduhoon@gmail.com

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ABSTRACT

Rajonivruttijanya Lakshana is a group of symptoms produced by degenerative changes. It requires a major healthcare initiative to improve the quality of life of women after Menopause. Post-Menopausal Symptoms are Hot flushes, Fatigue, Disturbed Sleep, Dyspareunia, Vaginal dryness, Leucorrhoea, Decrease Sexual desire, Depression, Skin wrinkling, Anxiety, Mood swing, dementia, inability to concentrate, Osteoporosis etc. Ayurvedic treatment of Menopause focuses on strengthening and rejuvenating the reproductive system and whole body. Management of *Rajonivruttijanya Lakshana* through *Rasayan Chikitsa*, *Abhangya*, *Basti*, *Shirodhara* supplement of *Phytoestrogens*, *Bruhaniya*, *Balya* and *Vayasthapan* drugs along with maintenance of mental health with the help of *Yoga*, *Asanas*, meditation and with *Ahara* and *Vihara* helps menopausal females to change annoying men-

opause to healthy and happy menopause. Avoid the provocative causes of *Vata dosha* as there is natural vitiation of *vata dosha* with advancing age.

Keywords: *Rajonivritti Lakshanas*, Postmenopausal Syndrome, Panchakarma, Ayurvedic medicinal plants.

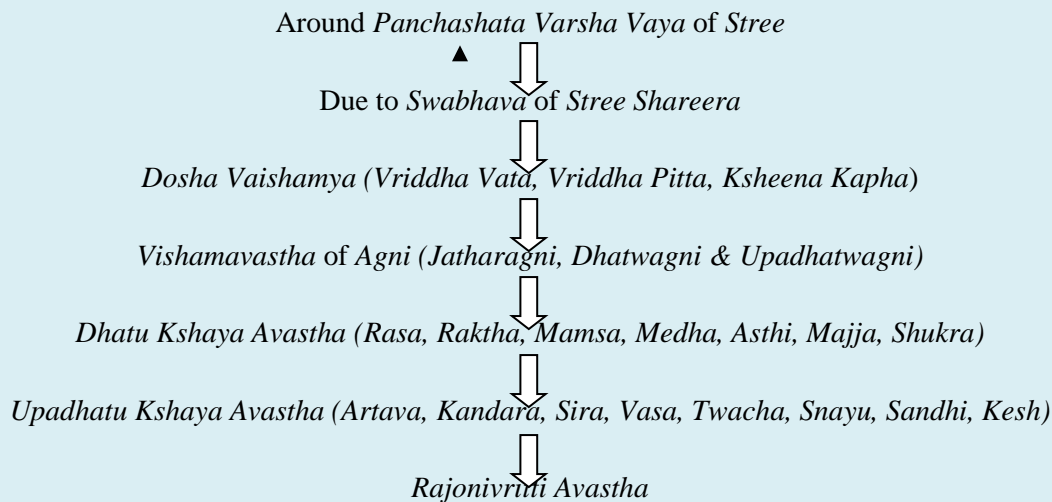
INTRODUCTION

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity¹. The word 'Menopause' comes from the Greek word 'Menos' (month) & 'Pausis' (cessation)² Menopause is a natural phenomenon that occurs at the age of 45-55 years³. Menopause refers to the age of final cessation of Menstruation while climacteric means the period at which the woman gradually changes from the reproductive life into one of the senescence⁴. Acharya Sushruta and Acharya Vagbhata have described the age of Meno-

pause (*Rajonivritti*) as 50 years⁵. *Rajonivrittijanya lakshana* is a group of symptoms produced by degenerative changes. It requires a major healthcare initiative to improve the quality of life of women after Menopause.

Material & Method- Bruhattryi, Laghutrayi and Nighntus of Ayurveda classics. Modern text related to Postmenopausal Syndrome & other relevant scientific literature along with Internet material and research papers.

SAMPRAPTI (PATHOGENESIS) OF RAJONIVRITTI⁶-



MENOPAUSAL SYMPTOMS⁷-

- **Vasomotor Symptoms**-Hot flushes, Palpitation, Fatigue, Weakness, Disturbed Sleep, Night sweats.
- **Genital and Urinary Symptoms**- Dyspareunia
- **Vaginal Symptoms**-Vaginal dryness, Leucorrhoea, Pruritus, Dyspareunia, Vaginal infections.
- **Sexual Dysfunction**- Decrease Sexual desire, Depression,

- **Skin And Hair**- Skin wrinkling, loss of elasticity of the skin, skin thinning, loss of pubic and axillary hair, slightly balding
- **Psychological Changes** - Anxiety, headache, insomnia, irritability, dysphasia, Depression, Mood swing, dementia, inability to concentrate
- Osteoporosis, Fracture, Back pain

AYURVEDIC PRINCIPLES OF MANAGEMENT OF RAJONIVRITTI LAKSHANAS

In Ayurvedic classics, menopause finds its mention by name only as part of normal physiology and natural ageing. Ayurvedic treatment of Menopause focuses on strengthening and rejuvenating the reproductive system and whole body.

1. Ahara rasayana (diet)-

➤ Ahara Vidhi Visheshayatana (Rules of proper dietary intake) save from Akalaj Vradhhavastha (untimely degenerative changes), and other troublesome outcomes related to ageing.

2. Achara rasayana (lifestyle)-

- Observing Dincharya (daily regimen),
- Observing Ratricharya (night regimen),
- Observing Ritucharya (seasonal regimen),
- Following the rules of Swasthavritta and sadvritta (code of conduct for personal, social, and preventive medicine),
- Tryopastambha (diet, sleep, and coitus).

By following these post-menopausal women can maintain their health.

3. Dravya rasayan (Drug therapy)- Two types of treatment are described by Acharya Charaka.

a. **Samshodhana Chikitsa /Panchakarma** – Regular removal of aggravated Dosha to keep dosha in balance.

By regular use of Abhyang, Nasya (Pratimarsha), Karna tail, padabhyang, Matra basti etc, the body remains strong. Therefore, regular use of Panchakarma is very beneficial^{8,9}.

• Abhyanga-

Abhyanga is said to be Jarahar, Shramhar, Vatahar, Drishtiprasadakar, Pushtikar, Ayushyakar, Swapnakar, Kleshahhtwa, Kapha Vata Nirodhan,^{10,11} Abhyanga means to put oil on the body. It helps to prevent and arrest the ageing process by rejuvenations¹². Abhyanga followed by light Swedana helps to pacify Vata and improves circulation

• Shirodhara-

In this procedure Medicated oil, ghee, milk, butter-milk, decoction, ikshuras etc. are poured in continuous straight over head¹³. It is useful in premature greying of hairs, fatigue, sleeplessness, stress, and

psychological disorders. Shirodhara particularly is very effective in hot flashes and psychological disorders like mood swings, anxiety, and depression etc. Shirodhara gives strength to the Body. If it is done with tail or ghee, then very beneficial in Vata Roga's. Skin became soft and healthy¹⁴.

Basti-

Basti (medicated enema) is the primary line of treatment for Vata Vyadhis¹⁵. Matra Basti is useful in menopausal females as less quantity of Sneha is used and Matra Basti can be given daily¹⁶.

Yoni Pichu, Yoni Dhoopana and Yoni Prakshalana (vaginal douching) are Beneficial in vaginal atrophy, vaginal dryness, and dyspareunia etc.

b. **Samshaman Chikitsa-** (palliative therapies) is indicated for the patient not fit for Samshodhan and is also used after Samshodhan Chikitsa¹⁷.

It includes -

- **Ahara (wholesome food)-** Daily consumption of ghee, milk, which increase kapha can delay the onset of menopause¹⁸ Ghrita pacifies Vata and Pitta and improves the general condition of the body and acts as a rejuvenator of the body. Ghrita is Yogavahi, pitta shamaka, Balya (strengthening), Agnivardhaka (promoting digestion), Madhura, Saumya (agreeable), Sheeta Virya (cooling in effect), Shulahara (pain relieving), Jwar-hara (antipyretic), Vrishya (aphrodisiac) and Vayasthapaka (age stabilizer).

- **Vihar (wholesome activities)** - Tolerance of adharniya vega (unsuppressible urges) and intolerance of dharaniya vega, diva Swapan (day sleeping) and ratri jagaran (night wakefulness), daily coitus Without Vaajikarana (aphrodisiacs), overindulgence in alcohol drinking, excessive physical work, unrestrained mental and emotional fluctuations, etc. should be avoided.

- **Aushadha (medicinal plants)¹⁹ -**

- **Vayasthapak Aushadha (Age stabilizer drugs)** According to Ayurvedic classification, drugs of this group may possess age sustaining and health promotive properties. They are

- Amrita/ Guduchi (*Tinospora cordifolia*),
- Abhaya/ Haritiki (*Terminalia chebula*),

- *Dhatri/ Amalki (Emblica officinale)*,
- *Rasna (Pluchea lanceolata)*,
- *Shweta (Clitoria ternatea)*,
- *Jeewanti (Leptadenia reticulata)*,
- *Shatavari/Atirasa (Asparagus racemosus)*,
- *Mandookparni (Centella asiatica)*,
- *Shalparni (Desmodium giganticum)* and
- *Punarnava (Boerhaavia diffusa)*.
- **Jeevaneeya Aushadha²⁰**-

Drugs of this group may promote longevity and optimize all the vital constituents and functions in the body. As the original herbs are rare to find, substitute herbs are used nowadays.

- *Madhuyasthi (Glycyrrhiza glabra)*
- **Balya Mahakashaya²¹ (improving strength)**- they are
- *Aindri (Citrullus colocynthis Schrad.)*
- *Rishabhi (or Rishabhaka) (Manilkara hexandra)*,
- *Atirasa (Asparagus racemosus)*,
- *Rishyaprokta (Teramnus labials)*,
- *Payasya (Impomoea paniculata)*,
- *Ashwagandha (Withania somnifera)*,
- *Sthira (Desmodium gangeticum)*,
- *Katukarohini (Picrorhiza kurroa)*,
- *Bala (Sida cordifolia)* and
- *Atibala (Abutilon indicum)*.

- **Supplementations of Phytoestrogens²²**- When used in a proper way these are beneficial in the management of menopause. Flax Seeds, Soybeans, Dates, Dried Apricots, Sesame Seeds, Garlic, Peaches, Berries, Wheat Bran, Tofu, Cauliflower, Cabbage, Shatavari, Shatapushpa, Guduchi etc. are rich sources of phytoestrogens. These are also useful in reducing menopausal signs and symptoms.

- **Rasayan Chikitsa (rejuvenation therapy)**

It nourishes bodily tissues through micro-nutrition, thus helping in the regeneration, revival, and revitalization of *Dhatu*.

- **Yoga and meditation-**

Yoga is useful for controlling mental problems to stress. *Pranayam* and *Dhyan* can be effectively used

in menopausal females. The following *Asanas* are beneficial in Post-Menopausal Women.

1. *Halasana*
2. *Sarvangasana*
3. *Vipritkarni*
4. *Vajrasana*
5. *Bhadrasana*
6. *Suryanamaskar asana*
7. *Ardhamatyendra asana*
8. *Gomukhaasana*
9. *Padmasana*

By practising the above *asanas* regularly, there is a decrease in numbness etc *Vataj* symptoms and digestion improves²³.

DISCUSSION

Rajonivritti janya lakshana is a group of symptoms produced by degenerative changes. The objective of the present study entitled, "Ayurvedic Management of Post-menopausal Syndrome (*rajonivritti lakshanas*)" were searched and analyzed. Ayurvedic management of Menopausal Syndrome is very much effective with no untoward side effects, it is cost-effective and increase longevity. *Ahara Rasayana*, *Achara Rasayana* and *Dravya Rasayana* are keys to the happy life. *Ahara Rasayana* is all about a good and healthy diet, which can help to ease the symptoms of such conditions. To live a happy life after Menopause including some natural foods in the diet can help ease the post-Menopausal symptoms. Spicy and Fried foods can trigger the symptoms. One should consume food that is rich in natural phytoestrogens e.g., Soybean Products, Foods that have a soothing property like coconut water, elaichi etc. will be a good option in symptoms like Hot Flushes. *Achara Rasayana* means following the rules of Eating, Sleeping, and Social Behavior Etc. daily routine activities. Ayurveda aims to provide complete Mental, Physical and Spiritual health to the individual. *Achara Rasayana* is all about adopting ethical elements. *Dravya Rasayana* is a Drug that has a strengthening effect on all the seven that. These Drugs not only prevent ageing changes but also increase the life span, memory, health, performance of

organs and youthfulness. *Panchakarma* procedures have *vayosthapana* (Anti-ageing) effect on the body. *Panchakarma* helps to prevent and arrest the ageing process by rejuvenations. Yoga is useful for controlling mental problems to stress. *Pranayam* and *Dhyan* can be effectively used in menopausal females. *Yoga* keeps the Nervous system balanced and maintains the strength of the body. *yogasana* improves blood circulation in the body. Thus, *Yoga* and Meditation improved a lot in the psychological and physical health of Post-Menopausal Women.

CONCLUSION

Menopause is not a disease, but it is the phase where *Dhatukshaya* starts and *Vata Dosha* turn out to be Predominant *Dosha*. Management of vitiated *Vata* and *Dhatukshaya* through *Rasayana chikitsa*, *Abhyanga*, *Basti*, *Shirodhara* supplement of *Phytoestrogens*, *Bruhaniya*, *Balya* and *Vayasthapan* drugs along with maintenance of mental health with the help of *Yoga* and meditation helps menopausal females to change annoying menopause to healthy and happy menopause. Avoid the provocative causes of *Vata dosha* as there is natural vitiation of *vata dosha* with advancing age.

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