

STUDY OF RAJONIVRITTI JANYA LAKSHAN IN MENOPAUSAL WOMEN ACCORDING TO AYURVEDA

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ABSTRACT

Every woman faces physiological and psychological changes during her life as a part of hormonal derangement during the age of 40-55 years such changes attain the stage of some symptoms called as “Menopausal Syndrome” which is accompanied by various vasomotor, psychological, genital, locomotors and Gastro Intestinal Tract related symptoms. **Aims:** To explore and understand ayurvedic theories and practices on Menopause. **Material and Methods:** All references are collected from Ayurvedic classics, commentaries and Modern literature. **Conclusion:** According to the Ayurveda MENOPAUSAL SYMPTOMS are studied. Dominant doshas of particular stage of life governs all the functions of body; also these dominating doshas are responsible for maximum number of diseases occurring in Bala, Madhyam and Vriddhawastha. In Jarawastha – Vata vyadhi will be

prevailing in majority. Various Ayurvedic drugs having properties of Rasayana, Vata Shaman and Kapha Vardhan. A customized lifestyle modification strategy is an essential component in a woman’s approach to ameliorating the symptoms of menopause. This lifestyle choice includes nutrition, exercise, stress reduction, weight management and proper herbal supplementation.

KEYWORDS: Perimenopause, menopause transition, rajonivritti.

INTRODUCTION

Menopause is not a disease but a natural process in a woman's life. Menopause is one of the important physical milestones in a woman's life.

Menopause is defined as the permanent cessation of menstruation at the end of reproductive life resulting from the loss of ovarian follicular activity. The age of menopause ranges between 40 to 55 years, average 50 years. The clinical diagnosis is confirmed following stoppage of menstruation (amenorrhea) for twelve consecutive months without any other pathology.

Hormonal replacement therapy (HRT) has become simply hormone therapy (HT) in recognition of the fact that replacing estrogen is not natural & brings dangerous side effects. For over 5000 years, Ayurveda has acknowledged menopause as a natural transition. Maharshi in Ayurveda assures us that menopause can be health promoting, spiritually transforming & free of troubles or adverse symptoms.

Perimenopause is a period around menopause presenting with vasomotor symptoms such as hot flash, urogenital atrophy, osteoporosis and fracture cardiovascular disease, psychological changes as mood disturbance, insomnia, anxiety, memory loss, irritability, and dementia and cognitive decline. Few years prior to menopause, along with depletion of the ovarian follicles, the follicles become resistant to pituitary gonadotropins. As a result, effective folliculogenesis impaired with diminished estradiol production. There is a significant fall in the serum level of estradiol from 50- 300 pg/mL before menopause to 10-20 pg/mL after menopause.

➤ Menopause is also called as RAJONIVRITTI in the Ayurveda.

In Ayurvedic Classics, this phenomenon is taken in a different way and not as a serious health problem. Acharya Sushrut mentioned that menopause deals with Jarapakva Avastha of the body. In Ayurveda Acharyas termed it as a normal physiology occurring due to Vata predominance and Dhatukshya during old age.

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

Rajah- According the Sanskrit language the root word for 'Rajah' is given which means to give colour to the substances. The word 'Rajah' is used as synonym for various substances

like- Artava or Stribahirpuspha (Menstrual blood), Raja Guna (A type of Manas dosa), Renu (Minute dust particle) here the meaning of 'Rajah' is Artava and Stribahirpuspha.

Nivritti: Acharya Hemchandra quoted the synonym of 'Nivritti' like Apravriti, Uparama, Virakti and Uparati. Meaning of all these words can be summarized as cessation. Thus the whole word 'Rajonivritti' means end of Artava Pravritti or Cessation of Menstruation.

RAJONIVRITTI KAL

तद्वर्षाद्वादशात् काले वर्तमानमसृक् पुनः ।

जरापववशरीराणां याति पञ्चाशतः क्षयम् ॥ सु शा 3/11 ॥

तद् वर्षाद् द्वादशादूर्ध्व यातिपञ्चाशतः क्षयम्। (सु०सं०सू० 14/6)

वत्सराद् द्वादशादूर्ध्व यातिपञ्चाशतः क्षयम्। (अ० ह० शा० 1/7)

Rajonivritti kal is mentioned by almost all Acharya's without any controversy. According to the Acharya sushrut 50 years is mentioned as the age of rajonivritti when the body is fully in grip of senility. Acharya Vagbhatta evum Bhavmishra also mentioned the same age of rajodarshan and Rajonivritti.

Acc to Kashyapa

अर्वागपि यदाहार विशेषादारोग्याच्च पूर्ण भवत इति परिषत् ॥ (का० सं० जाति० 4/70)

Kashyapa mentioned that age of menarche or menopause depends on nutrition & the health status of an individual.

Acc to Yogratnakara

वृद्धा तत्परतो ज्ञेया सुखतोत्सववर्जिता ॥ (यो० २० स्त्रीयोग ची० 10/20)

Yogratnakara mentioned that women at age of 32-50 years is k/a Adhirudha & after 50 years, she is termed as Vriddha & at this age, coitus is contraindicated.

PERIMENOPAUESAL TRANSITION-The years prior to menopause (range from 4-8 yrs) that encompass the change from normal ovulatory cycles to cessation of menses are known as the perimenopausal transition.

The **post menopausal** period is associated with significant increase in the incidence of age related medical conditions like cardiovascular disease and osteoporosis.

AIMS AND OBJECTIVES

To understand the concept of menopause according to the Ayurveda.

MATERIAL AND METHODS

All references are collected from Ayurvedic classics, commentaries and Modern Literature.

Management

Ayurveda has excellent solution for a safe and happy transition into menopause. Ayurvedic treatment for Menopausal Symptoms involves correcting Dosha imbalance with appropriate diet.

Ayurveda is a great treasure of precious concept like rasayana which can be very well utilised to combat with this burning issue.

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः । प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम् ॥७॥

वाक्सिद्धिं प्रणतिं कान्तिं लभते ना रसायनात् लाभोपायो हि शस्तानां रसादीनां रसायनम् ॥८॥

ch0 chi0 1/8)

Further Acharya Charak has specifically mentioned that use of rasayana delays senescence or old age.

Food to help menopause symptoms – may be phytoestrogens, flavonoids, antioxidants, Anti-cholesterol agents, anti-cancer substances, vitamins, minerals etc.

DISCUSSION

Life span of every individual is divided into three stages as Bala, Madhya and Vriddha in our classics. For women, Acharya Bhavamishra and Acharya Harita have again sub classified the life span since childhood till old age. These sub divisions indicate the puberty, beginning and end of reproductive period.

Kapha, Pitta and Vata dosha dominate Bala, Madhya and Vriddhawastha respectively. Ojas, Bala, Veerya, Indriyas, and Dhatu paripurnata are important factors for sustaining vitality. Acharya Sushruta mentions that these factors attain Sampurnata till 40 years of age and after that till 70 years of life span of a person, the symptoms of Rajonivritti arise mainly due to jarawastha. hence it is evident that Rajonivritti should be dealt on the line of jarachikitsa and the first line of treatment of jara is rasayan chikitsa.

CONCLUSION

Dominant doshas of particular stage of life governs all the functions of body; also these dominating doshas are responsible for maximum number of diseases occurring in Bala, Madhyam and Vriddhawastha. For e.g. in Balyavastha - Kaphaja Vyadhi, in Madhyamawastha – Pittaj vikara and in Jarawastha – Vata vyadhi will be prevailing in majority.

Any change involving the reproductive function in a women will seriously affect her physical and mental well being. A women starts her youth from menarche and it eventually ceases with the menopausal stage. Therefore, with the ending of her youth she feels that her importance in the family and society has been finished, resulting the mental weakness like anxiety, depression, sleep disturbances, fatigue etc.

From the above theory we can conclude that various Ayurvedic drugs having properties of Rasayana, Vata Shaman and Kapha Vardhan along with Panchakarma, Sadvrutaa, balanced diet, Yoga, meditation can be helpful for the Management of menopausal syndrome.

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