

A STUDY OF RAJONIVRUTTI LAKSHNAS WSR MENOPAUSAL SYNDROME: A REVIEW

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ABSTRACT

Women's Reproductive life ends at 50 yrs of her life. Collaboratively called as *Menopause*. *Rajonivruttijanya lakshn* is a Huge subject that leads to Debilitation of female reproductive system functions give rise to *Dhatukshyjanya lakshnas*. After 45-50 yrs, *vata Dosha* prominence more in body. Drugs having *Rasayana*, *pachana*, *Balya*, *Deepniya*, *Dhatuvardhak* properties. As Ayurveda, The Ancient Science, brings panoramic approach Towards Menopausal syndrome by Qualification of Lifestyle and Nutritious Diet. It is crucial to understand the Menopause and associated symptoms like Anxiety, Hot Flushes, Osteoporotic Changes, Insomnia, Mood Swings. Urinary symptoms In modern, Hormone Replacement Therapy is the only choice but it has many side effects so there is need to overcome that Hormonal Imbalance by *Rasayana* Therapy and Appropriate Diet with Mental peace. *Menopause*^[1] is not treated like a Disease. It is a Natural Thing and can be taken simply as age Advances

KEYWORDS: Menopause, *Rasayana*, *Ayurveda*, Women.

Nidana

As *Rajonivritti*^[2] is not described in the ayurveda classics as a separate disease. There is no detailed information available regarding its *Nidana*, *Purvarupa*, *Rupa*, *Samprapti* etc. So, to understand this condition as a disease, certain basic principles of ayurveda have to be considered. Concentrating 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 hetas*", 100. These factors can be considered as *Rajah nivritti* hetus also, Causes of *Rajonivritti* can be a vast phenomenon.

MATERIALS AND METHODS

This section includes a chapter dealing with prevention and management of menopausal syndrome^[3] in Ayurveda, as well as references to several Ayurvedic classical works, research articles, and journals. And so on.

AIMS AND OBJECTIVES

1. To Conduct a comprehensive assessment of Ayurvedic and modern literature on menopause.
2. To find out a better alternative of hormone replacement therapy in treating menopause symptoms, according to Ayurveda with Ayurveda herbs and therapies. *Samprapti* According to Ayurveda Samhita's *Rajonivritti* is not a disease it is *Jarajanay vikara* that means age generated phenomenon in women by the age of 50 years. So, *rajonivritti* or menopause can be considered as *swabhavika vyadhi* as *ure jamlaging*), *kshutha hanger*), *pipasathirst*), *nidratsleep*), *mritayu*(death) described in *samhitas*^[4] For understanding the reason behind *rajonivritti* and what happens because of ageing we have to understand the basic principles of Ayurveda ie *dosha-stithi* according to different *avastha* or *kala* In *Balya avastha* there is dominance of *Kapha dosha*.

In *Yuva avastha* there is dominance of *Pitta dosha*.

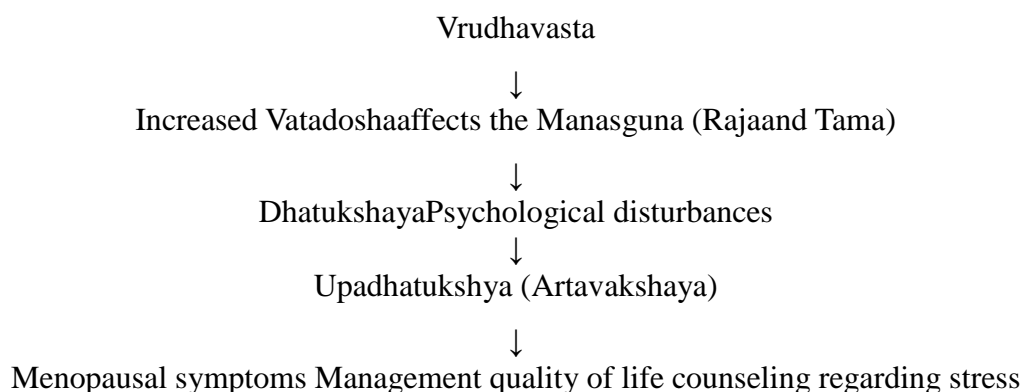
Pathogenesis

Vataj	Pittaj	Kaphaj
Shirshoola	Daha	Hridravata
Balakshay	Ratrisweda	Bhrama
Anidra	Trisha	Angmard
Sandhishoola	Glani	Alasya
Parvashool	Yonidaha	

Modern Concept

Menopause is a natural biological process that each woman goes through on her own. Menopausal syndrome is caused by the ovaries ability to generate oestrogen and progesterone gradually declining, as a result of which the pituitary gland becomes more active (positive feedback) and produces more FSH^[5] and LH, resulting in various physical and psychological disorders. Apart from some atrophic alterations in the body, many symptoms of various types, such as Vasomotor, Genitourinary, Gastrointestinal. Locomotor, Psychosexual, and so on. Hormonal imbalance and ageing are to blame for the majority of them. Psychological changes and symptoms vary widely and are mostly determined by an individual's genetic makeup as well as a woman's past attitude toward menopause and its consequences.

Sampraptiof Rajonivritti (Menopausal syndrome)



DISCUSSION

Rajonivrutti janyalakshana is a group of symptoms produced by degenerative process of body tissue. Degenerative changes are explained in Ayurveda as Dhatukshaya lakshana. Sushruta Acharya has explained that there is Shareera-shithilata in Vrudha-avastha (old age) and women attain Rajonivrittistage at around 50 years. This age is dominated by Vatadosha, this dominant Vatadosha affects the female body. The dominant Vatadosha specially with Laghu and Rukshaguna results in reduction in Dravata of Rasadhatu. This further leads to Dhatukshaya starting from Rasadhatu, further respective Updhatukshaya takes place. Thus leading to Artavanasha (amenorrhea). The vitiated Vatadosha also disturbs the other Sharira as well as Manasdosha (Raja and Tamadosha) leading to various.

CONCLUSION

In Ayurveda, *Rajonivritti* is considered as a natural phenomenon in women's happening at the end of reproductive life and at the age of 50 years.^[6] Menopausal transition and menopause

cause imbalance of hormones in the body which further leads to various symptoms that affects the woman's day to day life. So, to maintain this imbalance of hormones doshas and rasa dhatu kshava a proper balanced diet with regular exercise and yogasana is advised. Ayurveda gives better approach at understanding *rojonivriti* along with number of herbal medicines and therapies which are effective

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