

COMPREHENSIVE AYURVEDIC ANALYSIS OF MENOPAUSAL SYNDROME WITH SPECIAL EMPHASIS ON RAJONIVRUTTI***¹Dr. Aboli B. Kurkute, ²Dr. Prashant Patil**

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ABSTRACT

Every stage of a lady's existence is exquisite and ought to be regarded with humility. From the moment she was born, until she reaches adolescence, which enables her to be ready for motherhood, until she finally enters menopause. The Greek words "Menos" (month) and "Pausis" (cessation) are where the word "menopause" originates. Menopause, which lasts for several years of a woman's life and involves biological and psychological changes, is a slow and natural transitional phase between active and inactive ovarian function. Women go through an estrogen-deficient phase during menopause, which causes the different symptoms. Menopause is portrayed in Ayurveda as *Rajonivrutti* and "*Jarapakwa Avastha*" of the body. A set of symptoms known as *Rajonivrutti Janya Lakshana* are brought on by degenerative changes in the body. Ayurveda describes degenerative changes as *Dhatukshaya Lakshana*. Later in life, *Vata Dosha* dominance becomes apparent.

According to Ayurveda, menopausal symptoms are caused by an imbalance between the *Doshas* (*Vata*, *Pitta*, *Kapha*) and *Dhatukshaya*, which happens naturally and gradually as people age. Ayurveda offers a great way to go through menopause safely and joyfully. Ayurveda, the science of life, promotes a comprehensive approach to Menopausal syndrome through dietary and lifestyle changes, using a variety of herbs and minerals, and providing a dependable alternative to conventional treatment. Correcting hormonal imbalance through a

suitable diet, *Samshamana* therapy, internal detoxification (*Panchakarma* therapy), *Rasayana* therapy, and *yoga* therapy are all part of Ayurvedic treatment for menopause.

KEYWORDS: *Rajonivrutti*, Menopausal syndrome, Menopause, Ayurved.

INTRODUCTION

One of nature's primary goals is the spread of the species. "Women has a pivotal role to play" in human reproduction. From the time she was born, until she reaches adolescence and is ready to become a mother, or until she enters menopause. The term "menopause" generally refers to the period of time when ovarian function stops, resulting in permanent amenorrhea, or the cessation of menstruation for a duration of 12 months or a period equal to three prior cycles.^[1] Menopause is a natural occurrence that happens between the ages of mid fourth decade till mid fifth decade of life. During this stage of life, the body experiences a number of hormonal changes that lead to the emergence of a number of symptoms that could interfere with daily activities. Female hormones, such as progesterone and estrogen, protect women during the reproductive years. Menopause causes women to enter an estrogen-deficient stage of life, which speeds up the aging process and increases their susceptibility to psychosomatic issues. The many menopausal symptoms, such as vasomotor symptoms like hot flashes, night sweats, headaches, insomnia, dizziness, etc., are caused by these lower hormone levels. Mood swings, anxiety, depression, irritability, etc. are examples of psychological symptoms. Additional symptoms include diminished libido, dyspareunia, osteoporotic changes, and cardiovascular changes. The incidence and prevalence rate of postmenopausal syndrome is 78% of the population, but only 19.5% of the symptomatic women receive treatment.^[2] There are currently 430 lakhs menopausal women in India, and estimates for present year are 1030 lakhs.^[3] As a result, menopausal health needs to be given even more importance. Menopause is portrayed in Ayurveda as "*Jara Pakva Avastha*" of the body and *Rajonivrutti*. Although the classical Ayurvedic texts do not specifically describe *Rajonivrutti* as a disease, nearly all *Acharyas* mention *Rajonivrutti Kala* without any disagreement. The age of *Rajonivrutti* is stated to be fifty years old in *Acharya Sushruta* and other sources.^[4] Menopause is associated with a stage of life dominated by the *Vata Dosha*. Thus, the dominance of *Vata Dosha* is responsible for menopausal symptoms such as anxiety, insomnia, urinary symptoms, and osteoporotic changes. During this stage, *Pitta Dosha* symptoms like hot flashes and irritability are also observed. *Rajonivrutti Janya Lakshan* is a collection of symptoms caused

by a body's degenerative process. In Ayurveda, degenerative changes are described as *Dhatukshaya Lakshana*.

A CONTEMPORARY ANALYSIS OF MENOPAUSE

Menopause, which typically occurs between the ages of forty-five and fifty, is characterized by a permanent cessation of ovarian function that results in amenorrhea. Ovarian function declines during a climacteric phase. As a result, the ovary secretes no progesterone and no corpus luteum, which results in an ovulatory cycle and irregular menstruation. Amenorrhea is caused by estrogen activity, endometrial atrophy, and the subsequent cessation of graafian follicle formation. As a result, the anterior pituitary gland causes an increase in FSH and LH and a decrease in oestrogen levels.^[5]

ETIOLOGICAL FACTORS OF MENOPAUSE

As the ovaries mature and synthesize fewer reproductive hormones, a natural process known as menopause takes place. Insufficient levels of estrogen, progesterone, testosterone, follicle-stimulating hormone (FSH), and luteinizing hormone (LH) cause the body to go through a number of changes. Menopause can occasionally be brought on by trauma or surgical excision of the ovaries and associated pelvic structures. Induced menopause is frequently caused by Surgical ovarian excision, or bilateral oophorectomy, In women with oestrogen receptor-positive tumors, ovarian ablation, or the shutdown of ovarian function, can be accomplished through hormone therapy, surgery, or radiation techniques, Radiation from the pelvis, Pelvic injuries that cause significant harm or ovarian destruction.

MANIFESTATIONS OF MENOPAUSE

Some manifestations or symptoms in menopausal syndrome are likely to be Flushes of heat, Sleeplessness, Changes in mood, Dryness in the vagina, Vaginitis atrophic, Cystitis, Skin thinning and drying out, Heart palpitations, Diminished libido, Osteoporosis, Depression and Anxiety.

MENOPAUSE DIAGNOSTIC CRITERIA

The diagnostic criteria for menopause include criteria such as Menstruation terminates for a full year during the climacteric period, two symptoms like appearance of "night sweat" and "hot flushes", Vaginal cytology: exhibiting a maturation index of at least 10/85/5 (a sign of low estrogen) and Serum oestradiol: 40 mIU/ml (three readings every week are needed).

TYPICAL THERAPY REGIMEN FOR MENOPAUSE

Treatment plan for menopause has three major factors like Counselling of the lady, use of oral antioxidants and multivitamins followed by use of HRT (hormonal replacement therapy) HRT has wider range of secondary health complications like vaginal bleeding, breast cancer, endometrial cancer etc. There is increased incidence of malignancy and thromboembolic disease.

THE AYURVEDIC PARADIGM OF MENOPAUSE

Based on the principles of Ayurveda, menopausal symptoms are caused by a "discord of the *Dosha* (*Vata*, *Pitta*, *Kapha*), which is characterized as an inherent and progressive repercussion of aging."

RAJONIVRUTTI'S NIDANA (ETIOLOGY): The Ayurvedic texts do not explain the precise causes of *Rajonivrutti*. However, the most likely causes of it are^[6] *Swabhava*, *Jarapakvasharira* because of *Kala*, The *Dhatukshaya*, *Dosha's* impact, *Vayu* and *Abhighata*.

RAJONIVRUTTI PRAKARA (TYPES): In certain ways, *Rajonivrutti*, like *Jaravastha*, etc., is a naturally inherited characteristic in all women. Thus, *Rajonivrutti* can also be separated into two categories as *Rajonivrutti Kalaja* and *Rajonivrutti Akalaja*.

RAJONIVRITTI LAKSHANA (SYMPTOMS): Since the Ayurvedic classics do not specifically mention *Rajonivritti Lakshanas*, the clinical symptoms that *Rajonivritti* patients exhibit are the result of both vitiated *Doshas* and *Dhatukshaya* *Lakshanas*.

Table 1: *Rajonivritti Lakshana* (Symptoms) according to *Dosha's*.

<i>Vata Pradhan Lakshanas</i>	<i>Pitta Pradhan Lakshanas</i>	<i>Kapha Pradhan Lakshanas</i>
<i>Shirahshoola</i> (Headache), <i>Hrid Spandana</i> (Palpitation), <i>Hasta Pada Suti</i> (Numbness), <i>Shabda Asahishnuta</i> (Noise- Intolerance), <i>Bala-Kshaya</i> (Weakness), <i>Adhmana</i> (Distension of abdomen), <i>Vibandha</i> (Constipation), <i>Anidra/Alpanidra</i> (Sleeplessness), <i>Bhrama</i> (Vertigo), <i>Anavasthita Chitatvam</i> (Mood swing), <i>Vaichitya</i> (Loss of concentration), <i>Vishaada</i> (Depression), <i>Chinta</i> (Anxiety), <i>Smritimandhya</i> (Decreased memory), <i>Krichchhra Vyavayata</i> (Loss of libido), <i>Maithunaasahishnuta</i> (Dyspareunia), <i>Vak Sang</i> (Change in voice), <i>Vali</i> (Wrinkling of skin),	Hot flashes (<i>Osha</i>), sweating (<i>Atisveda</i>), irritability (<i>Amarsha</i>), burning sensation (<i>Yoni Daha</i>), foul odor (<i>Yoni Dargandhya</i>), and burning sensation in urine (<i>Mutradaha</i>).	<i>Yoni Kandu</i> (itching), <i>Yoni Srava</i> (vaginal discharge), and <i>Atisthaulaya</i> (weight gain).

Asthivedana (Pain in bones), Katishool (Low backache), Sandhi Vedana (Joint pain), Vamanatvam (Loss of ht.), Angamarda (Body ache), Yoni Vedana (Pain in vagina), Yoni Shushakta (Vaginal dryness), Prabhutamutrata (Frequency), Urge incontinence, Mutrakrichhrata (Pain in micturition).		
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RAJONIVRITTI SAMPRAPTI (AETIOPATHOGENESIS): The *samprapti* most commonly occurs in *Vrudhavasta* due to increased *vata dosha* vitiation. This condition leads to *dhatukshaya* and the disturbance of *manovaha srotas*, primarily affecting the rajas and tamas gunas. Ultimately, this results in *upadhatu kshaya*, particularly *Artava kshaya*, which causes the symptoms mentioned earlier.

RAJONIVRUTTI'S TREATMENT REGIMEN: According to the aforementioned theory, a number of Ayurvedic medications with *Rasayana*, *Vata Shaman*, and *Kapha Vardhan* properties may be useful in treating menopausal syndrome. It is preferable to balance the aggravating or underplaying factors in the early premenopausal stage so that the menopause symptoms will be much less severe or even insignificant. Ayurveda offers a great way to enter menopause safely and joyfully. *Samshamana* therapy, internal detoxification (*Panchakarma* therapy/*Samshodhan* therapy), *Sattvavjaya Chikitsa*, yoga therapy, *Rasayan* therapy, and proper diet are all part of Ayurvedic treatment for menopausal symptoms.

Table 2: Rajonivrutti's Treatment Regimen According to Dosha's.

Dosha Dominance	Vata Pradhan Rajonivrutti's	Pitta Pradhan Rajonivrutti's	Kapha Pradhan Rajonivrutti's
Dietary Regimen	Eat more cool foods, drink more water, and eat more organic foods and sweet, juicy fruits like grapes, pears, plums, mangoes, melons, apples, zucchini, yellow squash, and cucumbers. Make use of spices like fennel, cardamom, and cinnamon. Steer clear of alcohol, hot beverages, and spicy foods.	Eat more cool foods, drink more water, and eat more organic foods and sweet, juicy fruits like grapes, pears, plums, mangoes, melons, apples, zucchini, yellow squash, and cucumbers. Make use of spices like fennel, cardamom, and cinnamon. Steer clear of alcohol, hot beverages, and spicy foods.	Prefer warm, dry, and light food. Eat vegetables, whole grains, fruits, and legumes. Make use of spices like ginger, turmeric, and black pepper. Steer clear of cold foods and beverages, meat, cheese, and sugar. Fasting once a week is beneficial. Before six in the evening, the majority or all of the daily meals should be eaten.
Lifestyle Factors	Sesame, Dashamool and	Chandanadi Oil,	Getting up early in the

	<i>Dhanwantar</i> oil are used for oil massage. To lessen rage, hatred, and resentment, practice meditation and other methods. There is little exercise and sun exposure.	coconut oil are used for oil massage. To lessen rage, hatred, and resentment, practice meditation and other methods. There is little exercise and sun exposure	morning. For massages, linseed oil and mustard oil are frequently suggested.
Beneficial herbs	<i>Garlic</i> (<i>Allium sativum</i>), <i>Guggulu</i> (<i>Commiphora mukul</i>), <i>Ashwagandha</i> (<i>Withania somnifera</i>), <i>Arjuna</i> (<i>Terminalia arjuna</i>), <i>Cardamom</i> (<i>Elettaria cardomam</i>), <i>Sandalwood</i> (<i>Santalum alba</i>), and <i>Zizphus</i> (<i>Ziziphus jujube</i>).	Aloevera, Sandalwood, <i>Arjuna</i> (<i>Terminalia arjuna</i>), <i>Amla</i> (<i>Emblica officinalis</i>), <i>Saffron</i> (<i>Crocus sativus</i>), and Use spices like fennel, cardamom, and cinnamon.	Cinnamon, <i>Nagarmotha</i> (<i>Cyperus rotundus</i>), <i>Haritaki</i> (<i>Terminalia chebula</i>), Mustard (<i>Brassica nigra</i>), and <i>Guggulu</i> (<i>Commiphora mukul</i>).

PANCHAKARMA REGIMEN

Table 3: Panchakarma Regimen and its drugs.

Snehan (Oleation)	Applying medicinal oils, such as <i>Mahanarayan</i> and <i>Bala</i> oils, all over the body.
Swedan (Steaming)	Steaming whole body or local site with <i>Pottali pind sweda</i> and <i>Dashmul</i> decoctions.
Shirodhara (Pouring medicated liquids upon head)	<i>Shirodhara</i> has been shown to be successful in treating mental health symptoms. <i>Takra dhara</i> , <i>Dashmool kwath</i> , and <i>Shirodhara</i> with <i>Shatavari</i> oil can all be beneficial. ^[7]
Nasya (Application of oil via the nasal opening)	Application of oil through nasal opening with medicated oils like <i>Anu tail</i> , <i>Panchendriya vardhan</i> oil.
Uttarbasti (medicated oil administered via the urethral or vaginal opening)	<i>Yastimadhu tail uttarbasti</i> is useful in this condition.
Pichu (medicated vaginal tampons)	<i>Shatdhaut Ghrita</i> and <i>Shatavari Tail</i> .
Basti (Enema)	Particularly <i>Anuvasan Basti</i> , a medicinal enema based on oil.

ADDITIONAL REMEDIES

Yoga Abhyas: Yoga is a unique and age-old holistic way of life that encompasses the physical, mental, moral, and spiritual domains. The Sanskrit word "yoga" means "join or union," and practicing yoga creates this union on all levels of oneself. *Yama*, *Niyam*, *Aasana*, *Pranayama*, *Pratyahar*, *Dharana*, *Dhyana*, and *Samadhi* are the eight limbs of yoga. The most frequently carried out Yoga poses include *Savasana*, *Padhmasana*, *Varjasana* *Pranayama*, *Sheetali Pranayama*, and *Ujjayi Pranayama*; breathing control (*Pranayama*);

and meditation (*Dhyana*). For women going through menopause, yoga therapy is a helpful complementary and integrative supplement. According to available data, yoga therapy will help women during the menopausal transition by lowering their risk of cardiovascular disease, insulin resistance, and loss of bone mineral density as well as improving their psychological health, sleep patterns, and emotional regulation.

Rasayana Chikitsa: *Rasayana* therapy not only keeps a person from aging, but it also makes them feel more youthful. It improves color and complexion, strength and function of the organs of cognition and conation, and lengthens life, memory, and intelligence. All seven *Dhatus* are strengthened by *Rasayana* drugs. *Acharya Charaka* claims that *Rasayana* produces long-lasting memory, talent, youth, a healthy physique, a lustrous, bright complexion, a good voice, strength of body and senses, honesty, respect, and a glowing body.^[8] According to *Acharya Charaka*, "*Rasayana*" is a method of fostering health and vigor that is primarily virilific and vitality-promoting.^[8] According to *Maharshi Sushruta*, "*Rasayana*" is a technique that slows down the aging process, boosts longevity, talent, and vitality, and prepares the body to overcome illness-causing factors.^[9] A lot of medications function as *Rasayana* properly: ***Triphala***, which is made up of *Haritaki* (*Terminalia chebula*), *Vibhitaki* (*Termanalia belerica*), and *Amalaki* (*Embelica officianalis*), is a great *Vayasthapana* (anti-aging agent) and calms all three *Doshas*. *Withana somnifera*, or ***Ashwagandha***, is a potent immune modulator and antioxidant. It increases muscle mass and strength, reduces stress, and effectively manages vasomotor symptoms in menopausal patients (palpitations, hot flashes, and night sweats). *Glycerrhiza glabra*, or ***Yasthimadhu*** is another *Rasayana* medication used to treat menopause. It is a great memory enhancer, immunomodulator, antioxidant, and antidepressant. Life, voice, hair, complexion, strength, and libido are all said to be enhanced by it. traditional anti-aging formulas, such as *Brahma Rasayan* and *Chyavanprasha*.

Medhya Rasyana: Specific *Rasayana* medications that specifically affect the *Medha* and enhance mental capacity are described in Ayurvedic texts. These *Rasayan* are referred to as *Medhya Rasayana*. Four *Medhya Rasayanas*—*Sankhpushpi*, *Mandukaparni*, *Guduchi*, and *Yasthimadhu*—have been described by *Acharya Charak*.^[10] Recent scientific research on these *Medhya Rasayana* medications has revealed that, in addition to improving memory and intelligence, they have varying degrees of anxiolytic and psychotropic activity.

OUTCOMES

All the phases of womanhood is precious and deserves to be embraced with grace. These days, menopausal symptoms are becoming a significant issue, for which a safe and efficient course of treatment is required. "*Swasthsya Swastya Rakshanam* and *Aturasya Vikara Prasamanam*" is the fundamental tenet of Ayurvedic medicine, which holds that prevention is preferable to treatment. Ayurveda offers a unique approach to managing menopausal symptoms. Diet, *Samshana Chikitsa*, *Panchkarma*, *Rasayana*, *Yoga*, *Pranayama*, and others are some of the methods. Vata Dosha disturbances are typically the cause of menopausal symptoms. *Vata Vruddhi* is caused by *Dhatukshay*, and vitiated *Vata Dosha* affects several bodily systems in women. In accordance to the preceding theory, menopausal syndrome can be managed with a variety of Ayurvedic medications that possess the qualities of *Rasayana*, *Vata Shaman*, and *Kapha Vardhan* in addition to *Panchakarma*, *Sadvrutaa*, a balanced diet, yoga, and meditation.

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