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AYURVEDIC CONCEPT OF MENOPAUSAL SYNDROME: RAJONIVRITTI

¹Pallavi Ashok Hiwale and ²Dr.Tinku-Ganesh Prabhu Khalche

¹PG Scholar and ²Associate Professor

^{1&2}Department of Stri-Rog and Prasuti Tantra

Hon. Shri. Annasaheb Dange Ayurved Medical College and Post Graduate Research Center

Ashta, Tal-Waiva, Dis-Sangali. Maharashtra, India

ABSTRACT

Rajonivrutti, is a unique phenomenon to women and a unique experience for every woman, is the ending of a woman's monthly menstrual period and ovulation. Rajonivrutti is not a disease, but it's a natural and inevitable process in every woman's life. Menopause, is an irreversible phase of a every woman's life. In the present situations, in India, the population having crossed the 1 billion marks with 71 million people over 60 years of age group and the number of menopausal women, who have entered Kaalaja Rajonivrutti about 43 million. To add on this, there are many women who have entered into Akaalaja Rajonivrutti due to Hysterectomies. Hysterectomy is the second most major surgical procedure performed on women all over the world, next to cesarean. Rasadhātu and Raktadhātu being processed by dhatwagni, form upadhātu Artava. The age of Menopause has been mentioned as 50 years in classical literatures. However, considering Aartava as menstrual blood, if at all normal functioning of Aartavavaha srotas is arrested even prior to Rajonivrutti kaala, the question arises regarding its further fate-whether it is going to show its impact only on Rasadhātu and Raktadhātu or will it affect Uttarottara Dhatus too, or whether it is going to show an impact on Twak which is having intimate relationship with Rasadhātu.

In Rajonivrutti, lifestyle factors play an important role and positive lifestyle changes can have an extent impact on conditions which involve the immune system and the endocrine system.

Keywords: Menopause, Lifestyle, Panchakarma, Hormone.

INTRODUCTION

Each phase of a every woman's life is beautiful and should be considered as gracious. From the movement when she entered in the world, or when she steps in adolescence which make her capable to prepared to experience motherhood, or finally the transition to menopause is a natural phenomenon occurs at the age of 45-55 years.

Rajonivrutti is one of the important physical milestones in a woman's life. Many women lack concrete information about what is taking place & what are their options regarding a proper diet, nutritional supplements & exercise and simple knowledge & preparation that can enable one to embrace it and move on with grace.

In early menopause, estrogen levels can rapidly decrease, causing symptoms to appear suddenly, more severely and last longer.

Many visible symptoms in the Age between 40-45, Irregular periods for 12 months, Suffering from common symptoms like Hot flashes, Headache, Weight gain, Depression, Insomnia, Mood swings, Fuzzy thinking or fatigue.

Cause of Early Menopause

When many patients learn they are in premature menopause, anxiety related to its causes and its future implications seizes women. However, there is more to menopause than anxiety. Some of the common factors that cause early menopause are: Genes – family history of premature menopause 60% of women more likely to experience it. Also, events that occur in utero life when female's ovaries are developing may result in a smaller number of eggs producing cells which can then shorten a woman's reproductive life span.

Lifestyle Factors associated with Early Menopause:

Poor nutrition, Poverty, Smoking, increases risk of early menopause.

Stress & mental tension leads to early menopause.

Alcohol consumption may contribute to an early entering into the phase of menopause

Medical treatments such as chemotherapy & radiation can initiate menopause earlier than usual.



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Hormonal Issues

Estrogen, progesterone & testosterone levels consistently record a decrease through one's life, a normal feature, but as the age increases, the fluctuations & ratios between these hormones, at times, becomes more extreme. When the body is unable to regulate these shifts in hormone levels, women can experience common symptoms of menopause that include night sweats, hot flashes, food cravings & fatigue.

Menopause is not a disease, but it's a normal condition of life. Hormone replacement therapy (HRT) has become simply hormonal 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 and not a mistake by mother Nature that requires hormone replacement therapy. Maharshi Ayurveda assures us that menopause can be health promoting, spiritually transforming & free of troubles or adverse symptoms.

Experts today are affirming this positive view of menopause, stating that it is a not natural to get weak bones, heart diseases & rapid ageing after menopause. rather, osteoporosis, heart disease & other chronic health problems develop. HRT (Hormone Replacement Therapy), once heavily promoted as the medical solution to these problems is no longer recommended for treatment & prevention.

According to Ayurveda, 45-55 years of age are a critical decade. They provide the foundation on which subsequent health is established. Degree of concern in this decade and consequent life style changes determine the grace of future life and its probability of being without the burden of chronic health problems.

Diagnostic Evaluation of Menopause

Menopause can be diagnosed by age, history of menstrual periods, symptoms, and the results of a pelvic exam. If the symptoms are severe , Additional exams and tests may be needed.

Ayurvedic physicians always observe a woman's posture as the first examination for early signs of osteoporotic compression of the spine as well as her gait, muscle tone, coordination, general nutritional status, flexibility, hearing, eyesight, and emotional status. Some studies show a decrease in the number of anterior horn cells in the spinal cord after the age of fifty, which leads to muscle weakness, atrophy and loss of lean muscle mass.

Menopause is the one of the most important physical condition in a woman's life. Menopausal symptoms can be minimized with a proper diet, nutritional supplements, exercise & simple lifestyle. Proper knowledge shall enable a person to step forward with grace & embrace it.

Ayurvedic concept about Menopause

In ayurveda menopause also called as the rajonivrti. In Ayurveda, menopause is related with ageing. Ageing is a vata predominant store of life. Thus, the symptoms of menopause experienced by some women are similar to the symptoms seen when the vata dosh rises and upsets the normal balance of body.

Treatment of menopause

The type of treatment depends upon the dosha in which woman's menopause symptoms are manifesting. Here it is important to note that health problems at menopause represent imbalances in the body that were already growing in the body and are marked by the stress of shifting hormones.

Vata Dosha Menopause

Symptoms –Nervousness, anxiety, pain, mood swings, vaginal dryness, loss of skin tone, feeling cold, irregular periods, insomnia, mild hot flashes, constipation, palpitation, bloating and joint pain.

Treatment & Diet -increase warm food and drinks. Take regular meals and use spices, fennel and cumin-increase warm food and drinks. Decrease –caffeine and other stimulants, refined sugar cold drinks, cucumber, organic food, use spices and cumin and fennel. Avoid hot spicy foods, hot drinks and alcohol, no eating late at night.

Life Style- Early bed-time, oil massage, using almond and olive oil, meditation, yoga, regular exercise like walking.

Herbs- Anti vata herbs include ashwagandha, arjuna, astragalus, cardamom, comfrey root, garlic, ginseng, guggul, hawthorn berries, sandalwood.



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Pitta Dosha Menopause

Symptoms- Prone to Hot temper, anger, irritability, feeling hot, hot flashes, night sweats, heavy periods, excessive bleeding, urinary tract infections, skin rashes and acne

Treatment & Diet- Increase cooling foods, water intake, sweet juicy fruits (grapes pears, plums, mango, melons, apples), yellow squash cucumber, organic foods Avoid hot spicy food, hot drinks and alcohol, no eating late at night Life style: Go to bed at 10 pm, oil massage using coconut and sesame oil, use meditation & other techniques to reduce anger. Exercise & exposure to sun are limited.

Use Anti-Pitta Herbs: Aloe vera, arjuna, barberry, golden seed, saffron, sandalwood, shatavari.

Kapha type Menopause

Symptoms- Weight gain, lethargy, fluid retention, laziness, depression, lacking motivation, slow digestion Treatment- Prefer light, dry & warm food, consume fruits, whole grown vegetables, use spices such as black pepper, turmeric & ginger. Avoid –Meat, cheese, sugar, cold foods & drinks.

Life style- Get up early (6am), Mustard oil recommended for massage. Use Anti-Kapha Herbs: Bay berry, cayenne, guggulu, motormort, mustard. myrs.

Understanding the difference in types of menopause There are many terms to describe the different stages of the menopause cycle, which make it confusing for women who just want to understand why they are not feeling like themselves. These phases are all physiologically different, but the symptoms can feel similar.

Perimenopause is a transition easily confused with menopause that can last for several years. This phase presents similar symptoms to menopause that gradually increase, including fatigue, irritability, mood swings, and weight gain. The difference is that women in perimenopause continue to have periods, although they may be irregular. When you do not have a period for 12 months, you have entered menopause.

Early menopause occurs in women between the ages of 40 and 45, and occurs naturally, in other words, is not medically or surgically initiated.

Surgical menopause is a result of a hysterectomy, oophorectomy (removal of ovaries,) and other pelvic surgeries. Ablations, procedures to remove the lining of the uterus, can mimic menopause by stopping menstrual periods.

Medical menopause may occur after medical treatments such as chemotherapy, radiation therapy, and during the course of various drug regimens.

Weight Management

Ayurveda offers a program which combines general principles of hygienic living with specific individualized constitutional guidelines. Overweight conditions are effectively addressed by understanding these conditions for what they truly are--an accumulated toxin with both physical and mental roots which are unique for each person. The molecular structure of human fat which deposits in different individuals may be identical, but the unhealthy habits, attitudes, misconceptions, and stored emotional experiences which promulgate obesity are unique and singular. These weight loss measures are presented succinctly in the Ayurvedic Approach To Diet and Weight.

Panchakarma Chikitsa

Panchakarma chikitsa (“treatment”) are physical therapies that thoroughly cleanse and purify the physical and mental impurities from the body and mind. Normally the body has the innate ability to efficiently process and remove these waste materials, include vitiated doshas. However due to ones repeated dietary indiscretions, hormonal changes, poor exercise patterns, lifestyle, and genetic predisposition, the digestive enzymes, metabolic co-factors, hormones, and agnis which regulate the body's internal homeostasis become disorganized. This can lead to the accumulation and spread of toxins throughout the physiology-resulting in disease.

The purpose of the Panchakarma Therapies is to loosen, liquefy, and remove the vitiated substances and doshas from their abnormal sites in peripheral tissues via their natural pathways of elimination.

CONCLUSION

Health problems at menopause represent imbalances in the body that were already in growing in the body and diet plays a key role in balancing hormones during premenopause and in menopause.



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Eat a varied diet high in fruit, vegetables, whole grains and dried beans. It is a rich source of phyto estrogen. Variety and moderation are important because just as too much estrogen is unhealthy after menopause, too much phyto estrogen may also be dangerous.

Ayurveda describes that these stubborn symptoms are due to the built-up wastes and toxins, referred to as “ama” in the body tissue. In this case traditional Ayurvedic detoxification programme “panchakarma” may be needed to clear the body’s channels and gain relief.

Lifestyle management also plays a significant role in the time of menopause. Menopause symptoms are Nature’s wake up call to paying more sincere attention to one’s health.

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