INTRODUCTION

Menopause is generally defined as the cessation of menses for period of 12 months or a period equivalent to three previous cycles or the time of cessation of ovarian function resulting in permanent amenorhoea. During the period of menopause the women enters an estrogen deficient phase which leads to the various symptoms. This period is generally associated with manifestation of aging process in women. Other symptoms include hot flushes, sweating, mood changes, loss of libido etc. These symptoms affect the quality of life of the female.

Hormone Replacement Therapy (HRT) is the only alternative available for menopausal syndrome in modern medicine. It also has a wide range of side effects on the body of the female.

In Ayurveda the context of menopause is depicted as "Jarapakva avastha" of body and Rajonivrutti. Rajonivrutti janya laksana is a group of symptoms produced by degenerative changes in the body. Degenerative changes are explained in Ayurveda as Dhatukshaya lakshana. Vata dosha dominance is seen in the later stage of life. To combat the degenerative process of the body tissue, Acharyas have described Rasayana Chikitsa. Rasayana includes drugs which promotes longevity and improve the quality of life. Thus an effort is being made here, to study the effect of Rasayana therapy, on Menopausal syndrome, conceptually, based on Available information in Ayurvedic texts and other contemporary resources. The basic Rationale for this study is to establish a reliable platform for further Research on the Said subject.

KEYWORDS: Menopause, Rajonivrutti, Rasayana, Dhatukshaya.
explained in Ayurveda as Dhatukshaya lakshana. To combat the degenerative process of the body tissue Acharyas have described Rasayana Chikitsa. Rasayana includes drugs which promotes longevity and improve the quality of life. Rasayana therapy can be used in the management of menopausal syndrome.

Rationale For Ayurvedic Therapy
Incidence and prevalence rate of postmenopausal syndrome is 78% of population, but only 19.5% of the symptomatic women take treatment. In Modern science, Hormonal replacement therapy (HRT) along with multivitamins and oxidants is only alternative for menopausal syndrome, but it has wider range of secondary health complications like vaginal bleeding, breast cancer, endometrial cancer etc. There is in complications like vaginal bleeding, breast cancer, endometrial cancer etc. There is in

Modern Aspect Of Menopause
Menopause is defined as permanent cessation of ovarian function resulting in permanent amenorrhea, it occurring between age of 45-50 years of average is 47 years. Climacteric is a phase of declining in ovarian function. Therefore no corpus luteum and hence no progesterone is secreted by the ovary leading to anovulatory cycle and thus irregular menstruation occurs. Later graffian follicle formation also stops, estrogen activity and atrophy of endometrium leads to amenorrhoea. Therefore, there is a fall in estrogen level and rebound increase in FSH and LH by anterior pituitary gland.[4]

Menopausal Symptoms
- Hot flushes
- Insomnia
- Mood changes
- Vaginal dryness
- Atrophic vaginitis
- Cystitis
- Drying out and thinning out of skin
- Palpitations
- Loss of libido
- Osteoporosis
- Anxiety/Depression

Management
1. Counseling
2. Antioxidants and multivitamins
3. 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.

Ayurvedic Approach In Menopausal Symptoms
According to Ayurveda, all classics have mentioned the age around 50 years for Rajonivritti. Sushruta Acharya has explained that there is Shareera-shithilta in Vrudha-avastha (old age) and women attains Rajonivritti stage at around 50 years. This age is dominated by Vatadosha, this dominant Vatadosha affects the female body.[5] The dominant Vata dosha specially with Laghu and Ruksha guna results in reduction in Dravata of Rasa dhatu. This further leads to Dhatukshya starting from Rasa dhatu, further respective Uudpahat kshaya takes place. Thus leading to Artava nasha (amenorrhea).

The vitiated Vata dosha also disturbs the other Sharir as well as Manas dosha (Raja and Tama dosha) leading to various psychological disturbances. Thus according to Ayurveda we can make a correlation between the different menopausal symptoms seen in the body.

Various factors can be considered as the causative factors for Rajonivritti.

Dhatukshay
In old age all seven Dhatus[3], undergoes degenerative changes which causes various effects on female body.[4]

1. Rasakshay- In Ras kshay various symptoms can be seen like Shhabda - Asahtva, Hridravata, Shool, Shrama, Shosha, Trusha. (irritability, generalized weakness can be seen).
2. Raktakshay- In old age due to Dhatukshay, Updhatu artav formation also gets suppressed which results in Rajonivritti, Twakrukshata and Sirashaithilya. (dryness of skin, cessation of menses).
3. Mansakshay- Sphigandadishushkata, Toda, Rukshata, Glani, Sandhi Sphutan, Sandhi vedana, Dhamani shaithilya is seen. (loss of tone and elasticity of skin can be seen in that condition).
4. Medokshay- Angarukshata, Shrama, Shosha, krushtha is seen (dryness of skin, weakness, cachexia can be seen).
5. Ashtikshay- Asthi kshay and Sandhi shaithilya occurs in Asthidhatu kshay. (Arthritis and osteoporosis occurs in this condition).
7. Shukrashay- Yonivedana, Shrama, Dourbalya, Panduta, (dyspareunia, loss of libido).

As per Samanya Vishesh Siddhant[6], Dhatukshay is responsible for Vat - Vrudhi. Vayu is responsible for initiation and progress of activity. Vitiated Vata dosha affects various organs, for example due to vitiated Apan vayu symptoms like vaginal prolapse, urinary incontinence, dry vagina occur. Due to Pran and Udan vayu psychological
symptoms like sleep disturbance, mood swings, depression can be seen.

**Samprapti of Rajonivritti** (Menopausal syndrome)

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Vrudhavasta

Increased Vata dosha affects the Manas guna (Raja and Tama)

Dhatukshaya Psychological disturbances

Upadhatu kshya (Artava kshaya)

Menopausal symptoms
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**Management**

- From the above theory we can conclude that various Ayurvedic drugs having properties of *Rasayana, Vata shaman* and *Kapha vardhan* can be helpful in the management of menopausal syndrome. *Rasayana* drugs in Ayurveda not only prevent the aging process, but also strengthens the body. *Rasayana,* also increases life span and memory. Acharya Charaka explains *Rasayana Prayojana* as life promoter, maintains positive health, preserves health, and preserves youth, and cures morbid sleep, drowsiness, physical and mental fatigue, laziness, weakness. It helps in balancing *Tridosha,* produces stability, cures smoothness of muscles, stimulates enzymes responsible for digestion & metabolism and brings about excellence in lusture, complexion and voice.[5]

**Preparations like**

- *Ashwandha ghrita*
- *Shatavari ghrita*
- *Rason kshirpak*
- *Bramhi ghrita*
- *Saraswatarishta*
- *Chyawanprash*

**2. Panchakarma**

- *Snehan* - (Applying medicated oil all over the body) *Bala* oil, *Mahanarayan* oil.
- *Swedan* - (taking steam) using *Dashmul* decoction, *Pottali* pind sweda.
- *Shirodhara* - Shirodhara found to be effective in the management of disturbed psychological symptoms. *Shirodhara* with *Shatavari* oil, *Takra dhara, Dashmool kwath* can be helpful.[12]
- *Uttarbasti* - (medicated oil is instillation through the vaginal or urethral opening) *Yastimadhu* tail.
- *Pichu* - (medicated tampons kept in the vagina) *Shatavari* tail, *Shatdhwat ghrita*.
- *Basti* - specially *Anuvasan Basti* (oil based medicated enema).

**3. Diet**

A balanced vegetarian diet is most important aspect in preventive management of menopause. *Vata shamak* and *Kapha vrdhak* dietary constituents help in preventing effects of *Dhatukshay.* Acharya

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**Available online at:** [http://ijapr.in](http://ijapr.in)
Vaghbhat quotes that who takes Ghee and milk regularly in diet enters menopause late.\textsuperscript{[11]} Black grams, black sesame seed promotes ovarian function, green vegetables are important for mineralization of bones. legumes soya beans are known good source of phytoestrogens.\textsuperscript{[11]} Ghee, milk and milk products, protein and calcium rich diet, phytoestrogen rich food like soya, wheat etc. can be helpful.

4. Yoga, Exercise And Meditation

Yoga, Pranayam, Suryanamaskar, meditation along with Anulom vilom can be beneficial in relieving stress and other psychological symptoms as well as improve the muscle tone. Yoga is helpful to firstly decrease the anxiety, stress, depression of such patients. Along with that, some asana helps in Medo pachan and Ama pachan, resulting in proper formation of Ras dhatu. Yoga controls Pranayau which regulates all Panch vata in human body.

5. Counseling

It is very important to maintain her physical as well as mental status, many psychiatric symptoms occurs during this period. Sadvrutta (Righteous life style) and Swasthvritta (Healthy life style) are key to improve quality of life Counseling regarding stress management and develop positive approach towards menopause can be helpful.

DISCUSSION

Menopause is simply not an estrogen deficiency state but it is associated with large number of symptoms which disturbs women's routine life. Menopause is linked with Vata dosha dominated stage of life. Therefore symptoms in menopausal phase like insomnia, anxiety, urinary symptoms, osteoprotic changes are due to dominance of Vata dosha. Along with that Pitta dosha symptoms like hot flushes, irritability, etc are seen, during this phase. Rajonivrutti janya lakshan is a group of symptoms produced by degenerative process of body tissue. Degenerative changes are explained in Ayurveda as Dhatuksaya lakshana. Sushruta Acharya has explained that there is Shareera-shithilta in Vruda-avastha (old age) and women attains Rajonivritti stage at around 50 years. This age is dominated by Vatadosha, this dominant Vatadosha affects the female body.\textsuperscript{[5]} The dominant Vata dosha specially with Laghu and Ruksha guna results in reduction in Dravata of Rasa dhatu. This further leads to Dhatuksaya starting from Rasa dhatu, further respective Updhatushaya takes place. Thus leading to Artava nasha (amenorrhea).

The vitiated Vata dosha also disturbs the other Sharir as well as Manas dosha (Raja and Tama dosha) leading to various psychological disturbances. Thus according to Ayurveda we can make a correlation between the different menopausal symptoms seen in the body.

To combat the degenerative process of the body tissue Acharyas have described Rasayana Chikitsa. Rasayana includes drugs which promotes longevity and improve the quality of life. Rasayana therapy can be used in the management of menopausal syndrome.

**Mechanism of Samprapti Bhang of Menopausal syndrome**

\textbf{Vrudhavasta}

\begin{align*}
\text{Vata Shamak + Balya+Rasayan Chikitsa} & \quad \text{Yoga+ counseling + Meditation (Sadvrutta palan)} \\
\text{Vaatshamak diet+ Phytoestrogens} & \quad \text{Reduction in Raja, Tama Gun} \\
\text{Vaatshaman, Dhatupreenan, Satvavajay} & \quad \text{Reduction in Physical and Psychological Symptoms} \\
\text{Reduction in Menopausal symptoms} & 
\end{align*}

**CONCLUSION**

Nowadays, symptoms related to menopause are becoming a major problem; for which a safe and effective line of treatment is necessary. In Ayurveda special branch of Rasayana is explained; which is life promoting and deals with the aging problems, to improve health as well as longevity.

Menopausal symptoms generally occur due to disturbed Vata Dosha. Dhatuksa is responsible for
Vat vrudhi and vitiated Vata dosha affects various systems in women's body. From the above theory we can conclude that various Ayurvedic drugs having properties of Rasayana, Vata shaman and Kapha vardhan along with Panchakarma, Sadvratna, balanced diet, Yoga, meditation can be helpful for the management of menopausal syndrome Thus, the development of specialized health care system in this direction can be a major step in this direction.

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