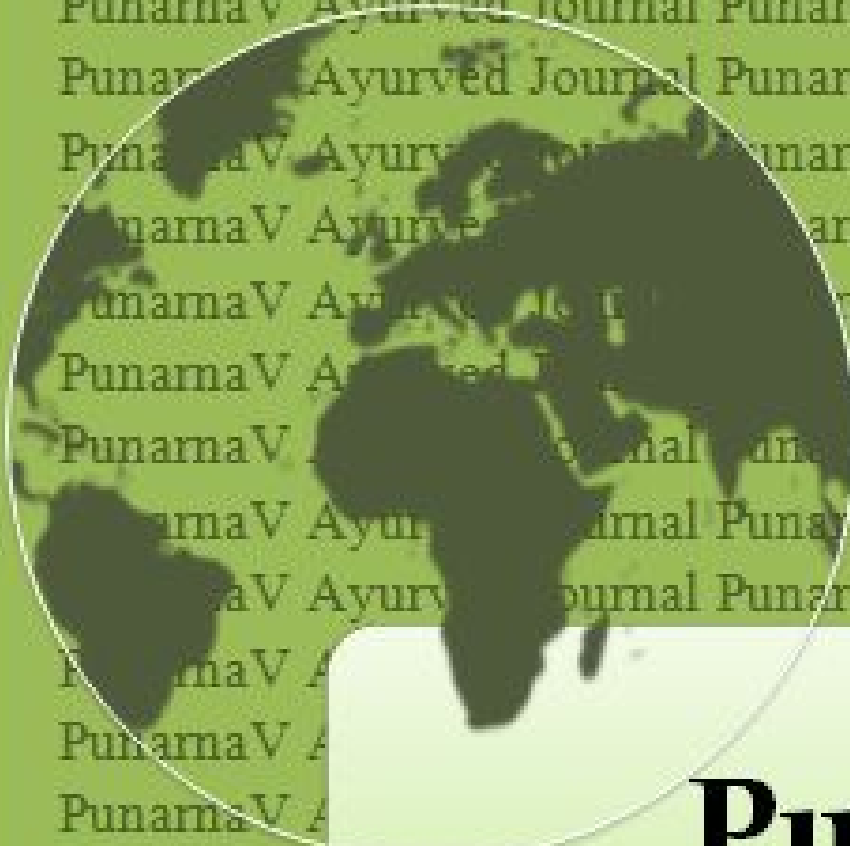


**MONTH: MAR: APR -2016**

**VOLUME: 4, ISSUE: 2**

**ISSN: 2348-1846**



# **Punarna V**

**TITLE**

**A REVIEW ON RAJONIVRITTI (MENOPAUSE)**

**ARCHANA VERMA <sup>1</sup>, SUNIL KUMAR YADAV <sup>2</sup>**

**AN INTERNATIONAL PEER REVIEWED AYURVED JOURNAL  
ON LINE BI-MONTHLY AYURVED JOURNAL**

**[www.punarnav.com](http://www.punarnav.com)**

**Email: [explore@punarnav.com](mailto:explore@punarnav.com), [punarnav.ayu@gmail.com](mailto:punarnav.ayu@gmail.com)**

**A REVIEW ON RAJONIVRITTI (MENOPAUSE)**ARCHANA VERMA <sup>1</sup>, SUNIL KUMAR YADAV <sup>2</sup>

<sup>1</sup> P. G. SCHOLARS, <sup>2</sup> ASSISTANT PROFESSOR DEPARTMENT OF SHARIR RACHANA, NATIONAL INSTITUTE OF AYURVEDA, JAIPUR, RAJASTHAN,INDIA.

**ABSTRACT:**

Women's health is a topic of concern in the medical field, as women are an important factor in the reproduction of healthy progeny. The environmental factors, fast changing life styles and various addictions (drug abuse) as well as excess use of drugs (like steroids) have endangered their health. In *Ayurveda*, menopause is called *Rajonivritti*. It means the menstrual flow stops forever. As this is a natural phenomenon, it is not considered as a disorder in *Ayurveda*. *Rajonivritti* is a consequence of *Vridhdha (Jara) Awastha*. *Rajonivritti lakshanas* not elaborately described in *Ayurvedic* text. However, three *doshas* are imbalanced during menopause. Symptoms of menopause can be correlated to changes in *dosha* dynamics.

In modern science, there is no proper solution for this, only HRT (Hormonal Replacement Therapies) are there that lead to very much side effects in female body. So, by using *Ayurvedic* approach like *Nidanparivarjana*, *Dosha Shaman* and *Shodhana*, *Rasayana* intake, *Medhya dravyas*, *Achara Rasayana*, *Dinacharya* and *Ritucharya*, some particular Yoga, all these play important role in prevention and management of Menopause symptoms that is *Rajonivritti*.

**KEY WORDS:** *Artavavaha srotasa*, Menopause, *Rajonivritti*.

## INTRODUCTION

**CORRESPONDENT:  
DR. ARCHANA VERMA  
MD SCHOLAR  
DEPARTMENT OF  
SHARIR RACHANA,  
NATIONAL INSTITUTE OF  
AYURVEDA, JAIPUR,  
RAJASTHAN, INDIA**

Women faces many problems of different age groups and most suffering age group is forty plus due to changes in reproductive life. There is a big change of permanent cessation of menstruation that leads to physical and mental distress called as Menopause. Every woman faces various physiological and psychological changes during this phase of life as a result of hormonal disturbance. In some cases such disturbances leads to the stage of disease or syndrome called as "Menopausal Syndrome" which is accompanied by various vasomotor, psychological, genital, locomotors and GIT related symptoms.

According to *Ayurveda*, Menopause is not a serious health problem. It is termed as a normal physiology occurring at the age near about 50 years due to *Vata* predominance and *Dhatukshaya*. As *Sushruta* mentioned that Menopause deals with *Jarapakvavastha* of the body.

जरापक्व शरीराणां याति पञ्चाशतः क्षयम्। (सु०शा० 3/11)

## MEANING OF RAJONIVRITTI (MENOPAUSE)

According to *Ayurveda* *Rajonivritti* is a *Swabhavika prakriya* like *Kshudha*(hunger), *Pipasa*(thirst) and *Nidra*(sleep) etc. occurring in female body in later stage of life due to *Jaravastha* indicating the changes in her life style.

The term "*Rajonivritti*" is made up of two different words that are "*Rajah*" and "*Nivritti*". Meaning of *Rajah* is *Artava* and *Streepushpa* i.e. menstrual blood. Meaning of *Nivritti* is understood as end or ceasing. *Rajonivritti* means end of *Artava pravritti* or cessation of menstruation.

According to modern science the term Menopause is made up of two different words that are "Meno" and "Pause". Meaning of Meno is months i.e. related to menses. Meaning of Pause is Pausis i.e. related to stopping, cessation. So meaning of word Menopause is permanent cessation of menstruation.

Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. It is the point of time when last and final menstruation occurs. The clinical diagnosis is confirmed following stoppage of menstruation (amenorrhea) for twelve

consecutive months without any other pathology.

### AGE OF RAJONIVRITTI (MENOPAUSE)

Though *Rajonivritti* as a diseased condition is not described separately in classics, it is mentioned by almost all *Acharyas* without any controversy. Few direct references are available regarding it, like-

तद्वर्षाद्द्विदशदूर्ध्वं याति पञ्चाशतः क्षयम्।

(सु०सू० १४/६)

*Rajas* commences to flow (from the vagina in women) after the age of twelve years and diminishes by the age of fifty.

तद्वर्षाद्द्विदशत् काले वर्तमानमसृक् पुनः।

जरापक्वशरीराणां याति पञ्चाशतः क्षयम्॥ (सु०शा०

३/११)

Menstrual blood flows out from the twelfth year of age and stops at the age of fifty years in the body which has become ripe by old age.

According to modern the age of menopause ranges between 45-55 years, average being 50 years.

### 1. NIDAN

- Some factors are mentioned by *Acharyas* in context of “*Rajah utpatti hetu*”, these factors can be considered as *Rajah nivritti hetu* also:-

1. *Kala*

4. *Karma/Environment*

2. *Swabhava*

5. *Dhatukshaya*

3. *Vayu*

6. *Abhigata*

- Hormonal factors effecting menopause:-

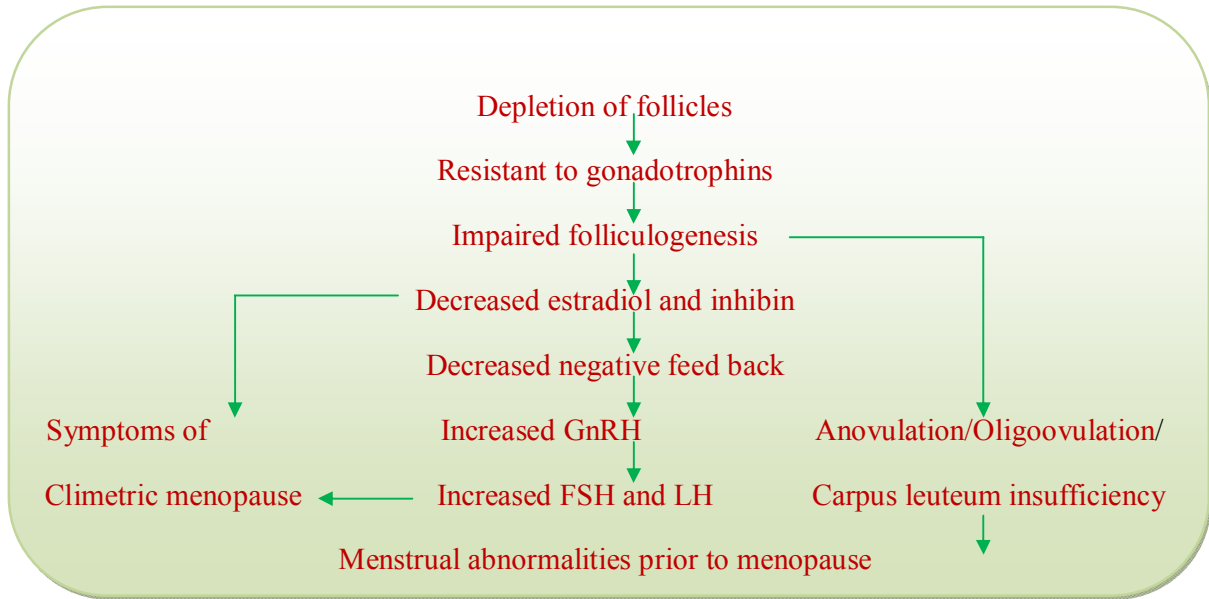
1. Oestrogen

2. Androgens

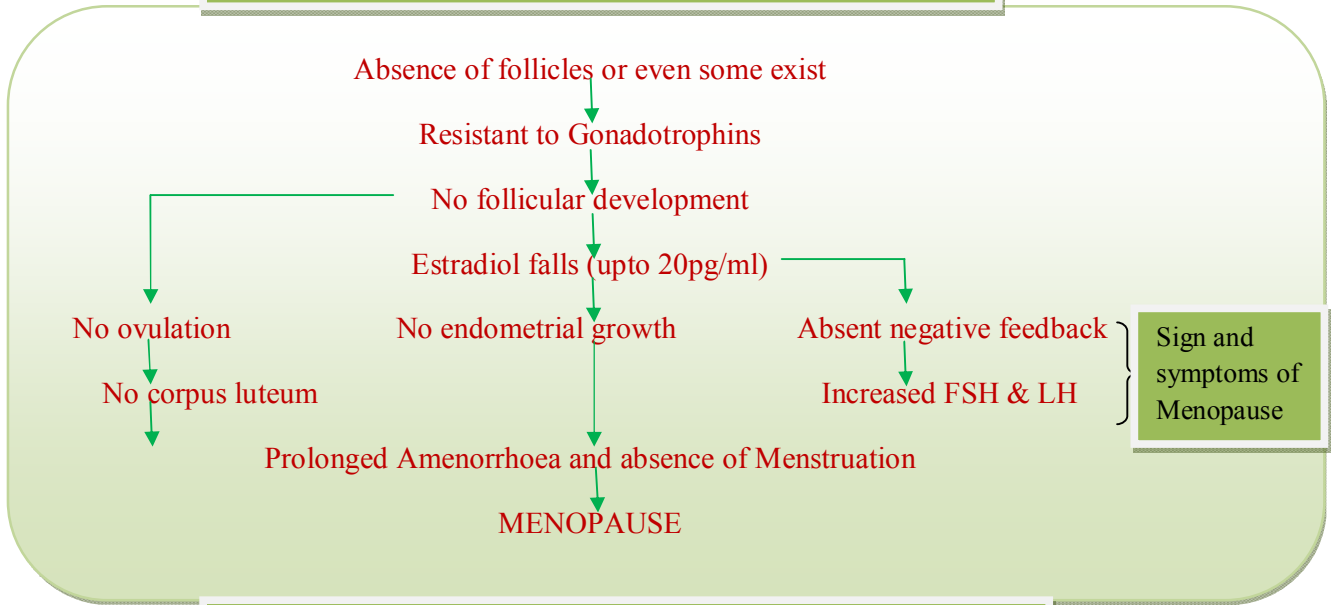
3. Progesterone

4. Gonadotrophins





ENDOCRINOLOGY FEW YEARS PRIOR TO MENOPAUSE



ENDOCRINOLOGY AFTER ESTABLISHMENT OF

**2. LAKSHANA:-**

- 1. Doshaja
- 2. Dhatukshayaja
- 3. Manasika

**DOSHAJA LAKSHANA OF RAJONIVRITTI**

VATAJA LAKSHANA	PITTAJA LAKSHANA	KAPHAJA LAKSHANA
<ul style="list-style-type: none"> <li>• Shirah Shula</li> <li>• Hrid Spandanadhikya</li> <li>• Hasta-Pada-Supti</li> <li>• Shabda Asahishnuta</li> <li>• Bala Kshaya</li> <li>• Adhmana</li> <li>• Atopa</li> <li>• Vibandha</li> <li>• Anidra/Alpanidra</li> <li>• Bhrama</li> <li>• Katishula</li> <li>• Sandhi Vedana</li> </ul>	<ul style="list-style-type: none"> <li>• Ushnanubhuti</li> <li>• Daha</li> <li>• Swedadhikyata</li> <li>• Ratrisweda</li> <li>• Trisha</li> <li>• Mutradaha</li> <li>• Glani</li> <li>• Yonidaha</li> </ul>	<ul style="list-style-type: none"> <li>• Hrid dravata</li> <li>• Bhrama</li> <li>• Raukshaya</li> <li>• Angamarda</li> </ul>

**DHATUKSHAYAJA LAKSHANA OF RAJONIVRITTI**

Rasakshayaja	Raktakshayaja	Mansakshayaja	Medakshayaja	Asthiakshayaja	Majjakshayaja	Shukrakshayaja
Shabdahasatva	Twaka Rukshata	Sphika-Gandadi Shushkata	Anga rukshata	Asthitoda	Asthi Saushirya	Yoni vedana
Hriddravatva	Sira shaithilya	Toda	Shrama	Danta-Nakha- Keshha-Roma (Rukshata/ Shatana)	Asthi Toda	Shrama
Shula		Rukshata	Shosha		Daurbalya	Daurbalya
Shrama		Glani	Krishtha		Daurbalya	Panduta
Shosha		Sandhisphutana	Sandhishunyata		Bhrama	
Trishna		Sandhi vedana			Tamodarshana	
		Dhamani Shaithilya				

MANASIKA LAKSHANA OF RAJONIVRITTI-

- Krodha
- Shirah Shoola
- Shoka
- Vishada
- Bhaya
- Chinta
- Dwesha
- Medhahrasa
- Smritihrasa
- Utsaha hani

- *Parakrama hani*
- *Dhriti hani*
- *Alpa harsha evam priti*

### CLINICAL FEATURES

The important symptom and health concerns of menopause are :-

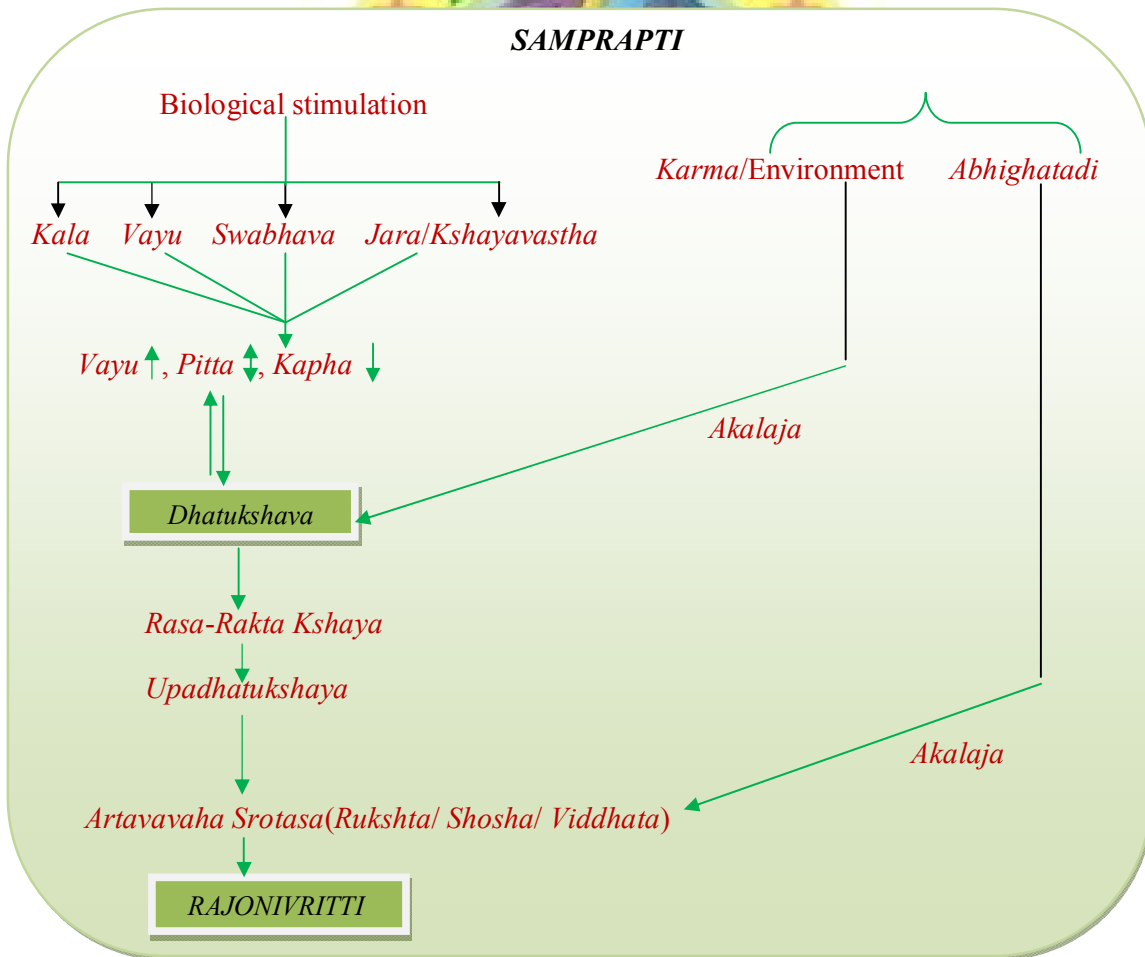
1. VASOMOTOR-hot flushes
2. UROGENITAL ATROPHY- Dyspareunia
3. OSTEOPOROSIS & FRACTURE
4. SEXUAL DYSFUNCTION
5. DEMENTIA & COGNITIVE DECLINE

6. THINNING, LOSS OF ELESTICITY AND WRINKLING OF SKIN

7. LOSS OF PUBIC & AXILLARY HAIR & SLIGHT BALDING

8. PSYCHOLOGICAL CHANGES:- Anxiety, headache, depression, mood swings

9. CARDIOVASCULAR & CEREBROVASCULAR EFFECTS:- Vascular atherosclerotic changes, vasoconstriction & thrombus formation. Risk of ischemic heart disease, coronary artery disease and strokes are increased.



#### 4. TYPES OF RAJONIVRITTI

1. Kalaja

2. Akalaja

#### TYPES OF MENOPAUSE

1. Spontaneous

2. Artificial

#### 5. ANATOMICAL CHANGES IN BODY AFTER MENOPAUSE

Although in 50% of woman the effect of menopause is temporarily delayed by a trickle of oestrogen from the adrenal gland, the female body including genitalia reacts to weaning ovarian function by atrophy, inactivity and retrogression.

- Ovaries- shrink in size, become wrinkled and white. There is thinning of the cortex with increase in medullary components. There is abundance of stromal cells which have got secretory activity.
- Fallopian tubes- show feature of atrophy. The muscle coat becomes thinner, the cilia disappear and plicae become less prominent.
- The uterus- becomes smaller and the ratio between the body and the cervix reverts to the 1:1 ratio. The endometrium becomes thin and atrophic. The cervical secretions become scanty.
- The vagina- becomes narrower due to gradual loss of elasticity. The vaginal epithelium becomes thin. The rugae progressively flatten. Vaginal pH becomes alkaline.
- The vulva- shows features of atrophy. The labia become flattened and pubic hair becomes scantier. The end result is a narrow introitus.
- Breast fat- is reabsorbed and the glands atrophy. The nipples decrease in size. Ultimately, the breasts become flat and pendulous.
- Bladder and urethra- undergo similar changes to those of vagina. The epithelium becomes thin and is more prone to damage and infection. There may be dysuria, frequency, urge or even stress incontinence.
- Loss of muscle tone- leads to pelvic relaxation, uterine descent and anatomic changes in the urethra and neck of bladder. The pelvic cellular tissues become scanty and the ligaments supporting the uterus and vagina lose their tone. As such pre-existing weakness gets aggravated.



### DIAGNOSIS OF MENOPAUSE

1. Cessation of menstruation for consecutive 12 months during climetric.
2. Appearance of menopausal symptoms 'Hot flushes' & 'Night sweats'.
3. Vaginal cytology – showing maturation index of at least 10/85/5 (features of low oestrogen)
4. Serum oestradiol: <20 Pg/ml
5. Serum FSH & LH: >40 ml U/ml (three values at weeks interval required)

### CHIKITSA

- Management of *Rajonivritti* according to *Ayurveda*
  1. Balancing *Doshas*- according to symptoms advice is to be given.
  2. Balanced diet- an important to balance *Doshas* and hormones.
  3. *Apana vata chikitsa*- as *Apana vata* governs genitor-urinary-tract.
  4. *Panchakarma*- It is a detoxification programme to clean body's channels to treat serious symptoms like hot flushes, mood swings, sleep disturbance etc. i.e. due to deeper imbalance.
  5. *Nidana parivarjanam*- avoids aggravating factors of symptoms.
  6. *Dhatukshaya chikitsa*
  7. *Rasayana* therapy- It is a treatment of *Swabhavika roga*, *Jara roga*, *Manas roga* etc.
  8. Symptomatic treatment
  9. To avoid social factors that causes stress by following *Ritucharya*, *Dinacharya*, *Sadvritta* etc.
- Management of Menopausal Syndrome
  1. General counseling
  2. Avoid trigger factors for symptoms.
  3. Advice related to diet, exercise, and other advices for good health.
  4. Non-Hormonal therapy including Ca and Vitamin-D supplements, Fluorides, Calcitonin, Phytoestrogens etc.
  5. Hormonal replacement therapy.

- Ashtanga Samgraha - Shashilekha Commentary of Indu, Vol. 01 to 03, Central Council for Research in Ayurveda and Siddha, New Delhi, 1991.
- Asthanga Hridaya - with the commentaries Sarvangasundara of Arundatta and Ayurveda Rasayana of Hemadri Edited by Pandit Hari Sadasiva Shastri Paradakara. Bhisagacharya, Chaukhamba Surbharti Prakashan, Varanasi.
- Charaka Samhita - Ayurved Dipika Commentary of Chakrapanidatta, Edited by Vaidya Jadavaji Trikamji Acharya, Chaukhamba Surbharti Prakashan, Varanasi.
- Charaka Samhita - Commentary by Dr. Bramhananda Tripathi, Chaukhamba Surbharti Prakashan, Varanasi.
- Charaka Samhita - Vidyotini Hindi Commentary by Pt. Kashiram Shastri, Chaukhamba Surbharti Prakashan, Varanasi.
- Sushruta Samhita - Kaviraj Ambikadutta Shastri (Part I, II) Chaukhamba Sanskrit Sansthana, Varanasi, Ninth Edition, 1995.
- Sushruta Samhita - Nibandhasamgraha commentary of Shri Dalhanacharya. Edited by Jadavji Trikamji Acharya, Chaukhamba Surbharti Prakashan, Varanasi, 1994.
- Text book of Gynaecology by D. C. Dutta, Third Edition, New Central Book Agency Limited, Calcutta.
- Taber's cyclopedic medical dictionary, Edition 17.
- Shaw's Text book of Gynaecology by Howkins and Bourne, B. I. Churchill Livingstone Pvt. Ltd., New Delhi.
- Thesis on "The role of nasya (with Medhya drug) in the Rajo-Nivritti-Janya Lakshana w.s.r to menopausal syndrome." By Patel Devangi in 2004 at IPGT & RA, Jamnagar.

