

## THE EFFECT OF AAHAR IN RAJONIVRITTIJANYA LAKSHAN - A CONCEPTUAL STUDY

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### ABSTRACT

*Rajonivritti* is not described separately as a pathological condition or severe health problem in *Ayurvedic* classics. The ancient *Acharya's* term it as a normal physiology. Menopause or *Rajonivritti* means "cessation of monthly menses" or "end of *Artava Pravritti*", at the end of reproductive life due to ovarian follicular inactivity. According to modern and *Ayurveda* average age of menopause is 50years. Every woman faces this "change of life" at a part of hormonal derangement. Some such disturbances attain the stage of disease or syndrome called as "menopausal syndrome" which is accompanied by various vasomotor (Hot flushes, Night sweat, Headache), psychological (anxiety, depression), urogenital symptoms (Urinary incontinence, Vaginal dryness), osteoporosis & fracture and cardiovascular effects. Therefore, it is essential to explain the *Aahar* effect in *Rajonivrittijanya lakhshana*. If woman takes smoking, it raises adrenal hormone and it creates unstable blood sugar and slowed the production of oestrogen and progesterone. Alcohol can act as a trigger for hot flushes and night sweats because Alcohol raises internal body temperature. In modern science HRT therapy is used for menopausal syndrome but its manifest high risk of Cancer. So, if the use of *Aahar* describe in *Ayurveda* like Soybean, Black-gram and Lentils because it is good source of phytoestrogens (Isoflavone) and it's plays vital role in Oestrogenic therapy. Flaxseed, Whole grain, Legume, Vegetables and Fruits are good source of lignan, so it is balancing the oestrogen levels. *Ghirit* is a good source of omega-3 fatty acids and it can be reduced inflammation which may help relieve joint pain. Cow-milk is good source of protein and calcium, so it's maintained bone mass and serves as a source of energy repairs muscle tissues.

**Keywords:** *Rajonivritti*, Menopausal Syndrome, Effect of *Aahar* in Menopausal Syndrome.

### INTRODUCTION

Ageing is a complex process in a woman's life causing gradual lack of adoptive response and various other diseases as time passes. Menopause stage is to be most crucial ageing process in their life causing various biological and psychological changes in their body.

The word menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity.<sup>1</sup> In *Ayurveda* *Rajonivrittijanya Lakshan* is regarded as Imbalance of *Dosha* (*vata*, *pitta*, *kapha*) which occurs as a natural or

gradual consequence of ageing. Ayurveda mean while considers menopause as a result of the imbalance of *Tridoshas* and *Dhatu* as the body is undergoing a transition from *Yuvavastha* to *Jaraavastha*. According to Ayurveda, *Rajonivritti* isn't described separately as a pathological condition or severe health problem. But *Rajonivrittikala* is mentioned by all *Acharyas* without any controversy. *Acharya Sushruth* said that menarche is age of 12 years and menopause is age of 50yrs.<sup>2</sup> According to modern the age of menopause ranges between 45-55years, average being 50yrs and it is not related to age of menarche or age at last pregnancy. It is also not related to number of pregnancies, lactation, use of oral pill, socio-economic condition, race, height or weight. However, cigarette smoking and severe malnutrition may cause early menopause.<sup>3</sup>

#### Cause of Menopause

1. Menopause is because by the nature declining function of the ovaries, which gradually produces lower and lower levels the hormones oestrogen, progesterone, and testosterone.
2. Other causes include surgery that removes both ovaries and some type of chemotherapy

#### Ayurvedic View for Menopause<sup>4</sup>

In Ayurvedic classics Ménopause condition is termed as “*Rajonivritti*”. The whole term *Rajonivritti* means end of *Artava Pravritti* or cessation of menstruation. *Rajonivritti* is classified under *Swavabhavika Vyadhi* In *Ayurveda* the context of menopause is depicted as “*Jarapakwa Avastha*” of body and *Rajonivritti*. *Rajonivrittijanya lakshan* is a group of symptoms produced by degenerative changes in the body. According to *Acharya Sushruta* and various other references, 50 years is mentioned as the age of *Rajonivritti*. Menopause is linked with *Vata dosha* dominated stage of life. Therefore, symptoms in

menopausal phase like insomnia, anxiety, urinary symptoms, osteoporotic changes are due to dominance of *Vata dosha*. Along with that *Pitta dosha* symptoms like hot flushes, irritability, etc. are seen, during this phase. *Rajonivrittijanya lakshan* is a group of symptoms produced by degenerative process of body tissue. Degenerative changes are explained in Ayurveda as *Dhatukshaya lakshan*.

***Dhatukshaya***<sup>5,6</sup>: In old age all seven Dhatus undergoes degenerative changes which causes various effects on female body.

***Rasakshaya*** - In *Rasa kshaya* various symptoms can be seen like *Shabda - Asahtva, Hridravata, Shool, Shrama, Shosha, Trusha*. (irritability, generalized weakness can be seen).

***Raktakshaya*** - In old age due to *Dhatukshaya, Updhatu Artav* formation also gets suppressed which results in *Rajonivritti, Twakrukshata* and *Sirashaithilyata*. (dryness of skin, cessation of menses).

***Mansakshaya*** - *Sphikgandadishushkata, Toda, Rukshata, Glani, Sandhi Sphutan, Sandhi vedana, Dhamani shaithilya* is seen. (loss of tone and elasticity of skin can be seen in that condition).

***Medokshaya*** - *Angarukshata, Shrama, Shosha, krushta* is seen (dryness of skin, weakness, cachexia can be seen).

***Ashtikshaya*** - *Asthi kshay* and *Sandhi shaithilya* occurs in *Asthidhatu kshay*. (Arthritis and osteoporosis occur in this condition).

***Majjakshaya*** - *Asthi soushirya, Asthi toda, Dourbalya, Bhrama, Tamah darshan, Sandhi Shunyatva* (mood swing and depression occurs sometimes).

***Shukrashay***- *Yonivedana, Shrama, Dourbalya, Panduta*, (dyspareunia, loss of libido).

#### PATHOPHYSIOLOGY

During climacteric, ovarian activity declines

Initially, ovulation fails, no corpus luteum forms and no progesterone is secreted by the ovary

Later graffian follicle fails to develop, estrogenic activity decreases leading to amenorrhea

Increased secretion of FSH and LH by anterior pituitary (due to negative feedback mechanism)

### ***Rajonivrittijanya Lakshan***<sup>7</sup>

Every woman faces this “change of life” at a part of hormonal derangement. Some such disturbances attain the stage of disease or syndrome called as “Menopausal Syndrome” which is accompanied by various symptoms:

#### **1. Vasomotor Symptoms**

- Caused by noradrenalin, which disturbs the thermoregulatory system.
- Oestrogen deficiency reduces hypothalamic endorphins, which release more norepinephrine and serotonin.
- This leads to inappropriate heat loss mechanism.
  - Hot flush, Night sweats, Sleep disturbances

#### **2. Menstrual Changes**

- Shorter cycles (common), Irregular bleeding

#### **3. Psychological** (due to defect in neurotransmitter like Adrenaline & serotonin)

- Irritability, Mood swings, Poor memory, Depression

#### **4. Sexual Dysfunction**

- Vaginal dryness, Dyspareunia

#### **5. Urinary**

- Recurrent urinary tract infection, Dysuria

#### **6. Other Symptoms**

- Osteoporosis and fracture (due to oestrogen had positive effect on osteoblast & negative effect on osteoclast)
- Cardiovascular effects like - Ischaemic heart disease, Coronary artery disease etc.

#### **Management**<sup>8</sup>

In modern science Hormone Replacement Therapy (HRT) is used for menopausal woman to overcome the short time and long-term consequences of oestrogen deficiency but it manifests high risk of endometrial cancer, breast cancer, coronary heart disease, dementia, lipid metabolism and Alzheimer.

Dietary articles consisting of Soybean, Black-gram, Lentils, Flaxseed, Whole grain, Legume, Vegetables, Fruits, Ghee and Cow milk.

#### **Phytoestrogens:** -

Soybean, Black gram, Lentils are good sources of phytoestrogens (Isoflavone). It is play vital role in Oestrogenic therapy. Flaxseed, Whole grain, Legume

is good source of ligan. Its balance the level of Oestrogen.

If oestrogen level are high in fibroadenosis, then phytoestrogen compete with oestrogen receptors as they have weak oestrogenic activity, thus producing beneficial anti-estrogenic effect on body. They also increase level of Sex Hormone Binding Globin (SHBG) which gives protection against breast cancer & coronary heart disease. But when the oestrogen level is low in menopausal condition their effect becomes more estrogenic.

Phytoestrogen appears to reduce the vasomotor symptoms, osteoporosis and cardiovascular diseases in menopausal woman.

#### **Nutritious Diet:** -

Ghee is now considered to be a good source of Omega-3 fatty acids. Omega-3 fatty acids can reduce inflammation which may help relieve joint pain and stiffness related to menopause arthritis and it's increases bone mineral content & produces healthier stronger bones.

Cow milk is a good source of protein, calcium & vitamin-B. Its build healthy bones and teeth; maintain bone mass and serves as a source of energy repairs muscle tissue.

Vegetarian diet helps mineralization of bone. A balance vegetarian diet is the most important aspect of the preventive management of menopause.

#### **Vitamin D:-**

Supplements of vitamin D<sub>3</sub> (1500-2000IU/day, like-Dairy products, orange juice, cereals etc.) along with calcium can reduce osteoporosis and fractures. Exposure to sunlight enhances synthesis of cholecalciferol (vitamin D<sub>3</sub>) in the skin.

#### **Cessation of Smoking and Alcohol:-**

If woman takes smoking, it raises adrenal hormone and it creates unstable blood sugar and slowed the production of oestrogen and progesterone. Alcohol can act as a trigger for hot flushes and night sweats because Alcohol raises internal body temperature. So avoid smoking and alcohol because it will be helpful for prevention in menopausal symptoms.

## DISCUSSION

Menopausal syndrome is gaining importance in clinical practice as a continuous exponential surge has been noted over years. Menopausal syndrome is group of symptoms which involves vasomotor symptoms, psychological changes, osteoporosis and fracture etc. Being an alarming problem, it needs an effective and safe treatment. In modern science, Hormone Replacement Therapy (HRT) is one and only alternative for this health risk by which one can get great achievement in facing the disease, but it has a wider range of secondary health complications like vaginal bleeding, breast cancer, endometrial cancer, etc. On the other hand, this therapy is not effective in the psychological manifestation of this stage. They manage them by the long-term use of sedative, hypnotic and anxiolytic drugs, which may lead to various side effects like drowsiness, loss of memory, allergic reaction, drug dependent, etc. Therefore, there is a wide scope of research to find out safe and cost-effective management for *Rajonivrittijanya Lakshana*. It is well proved, that this health risk can be managed with effective *Aahar*. Hence, in this study, certain phytoestrogen *Aahar*, which are very well proved for their psychotropic effects. The *Aahar* like soybean, black gram, flaxseed, Ghee, milk, whole grain, etc. is the best natural sources of phytoestrogen which are plant substance with similar activity to oestrogen, do appear to have some beneficial effects on both menopausal symptoms.

## CONCLUSION

*Rajonivritti* isn't described separately as a pathological condition or severe health problem in Ayurvedic classics. The ancient *Acharya's* term it as a normal physiology. The logic behind the age of *Rajodarshan* and *Rajonivritti* is that *Raja* is product of *Rasadhatu* which function better in *Tarunavasta* and its function reduces in *Praudhavastha*. *Rajonivritti* is a physiological process but when it causes discomfort either to mind or body. It attains *Vyadhisvarupa* and becomes a disease status which requires medical interference. Adopting the correct diet, phytoestrogen and lifestyle will help to prevent menopausal

syndrome. Aim of Ayurveda is “*Swasthasyaswastyarakshanam and Aturasyavikaraprasamanamcha*”, so before attaining menopause i.e. Premenopausal stage itself start *Aahar*. It helps to prevent or reduces the *Rajonivrittijanya lakshan* and thus attain graceful menopause.

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