INTRODUCTION

Creation, Existence and Destruction are natural phenomenon which comes in an order. These situations occur in each and every person’s life and one cannot avoid these conditions. Some specific stages are seen in women’s life-Pre-puberty Puberty, menstruation, climacteric stage and Menopause. Puberty is that stage in which a woman gets something new as the capacity of reproduction, which gradually turns into a phase called Premenopause which is a period of 3-4 years before menopause and followed by 1 year of amenorrhoea. Pre-menopause is associated with mild ovarian hormonal deficiency leading to anovulation and menstrual disorders, especially menorrhagia. Menopause is defined as the time of cessation of ovarian function resulting in permanent amenorrhea. It takes 12 months of amenorrhoea to confirm that menopause has set in and therefore it is a retrospective diagnosis. Climacteric is the phase of waning ovarian activity and may begin 2-3 years before menopause and continue for 2-5 years after it. It is thus a phase of adjustment between the active and inactive ovarian function and occupies several years of a woman’s life and it involves physical, sexual and psychological adjustments.¹

AIM OF THE STUDY:
1. To study the physical and mental changes during the menopausal period on general health and day to day life.
2. To focus on the lifestyle modification as per Ayurveda in accordance with this phase of menopause (Rajanivritti).

MATERIAL & METHOD:

This is a conceptual literary research on menopausal syndrome (Rajanivritti) and lifestyle modification in this context to combat the crisis.

DESCRIPTION:

Menopause is defined as the per-
manent 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. It is also the end of womanhood i.e. child bearing. In many women the transition from the childbearing phase to that of menopause is not smooth. It is associated with large number of symptoms and signs, which can cause distress at times, thereby bringing with it host of new problems – personal, psychological, sexual and social problems that require adaption.²

Menopause ensues gradually at around the age of 45 to 50 years. Sushruta and Vagbhata have described two age of menopause as 50 years. ¹² and 50 years is the age of menarche and menopause respectively as mentioned by Sushruta. Vagbhat and Bhamishra also opine the same. Sushruta has specified ageing as the cause of menopause.

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The process of Rajanivritti is not mentioned in any Ayurvedic classics. However, the process of Rajanivritti may be thought to be as under:
Physiological Process of Rajanivritti

Ahara → Ahara rasa

Production of Rasa dhatu and Posana Karma by Normal function

Prinan Karma of all Dhatus

by proper channel

Cause of Jara Pakva

Vata Vriddhi with special Guna (Ruksa & Laghu)

Mandagni

Visamata of Dhatavagni

Kapha Kshaya

Pitta vaigunya

Dhatuksaya

Particular Rasa Rakta Dhatu

Upadhatuksaya

Artava Sosa

Artavavaha Srotas Sosa

RAJANIVRITTI
HORMONE LEVELS IN A MENOPAUSAL WOMAN³

<table>
<thead>
<tr>
<th>Hormone</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oestradiol (E2)</td>
<td>5-25 pg/ml</td>
</tr>
<tr>
<td>Oestrone (E1)</td>
<td>20-70 pg/ml</td>
</tr>
<tr>
<td>FSH</td>
<td>&gt;40 ml U/ml</td>
</tr>
<tr>
<td>Androgen</td>
<td>0.3-1.0 ng/ml</td>
</tr>
<tr>
<td>Testosterone</td>
<td>0.1-0.5 ng/ml</td>
</tr>
<tr>
<td>LH</td>
<td>50-100 ml U/ml</td>
</tr>
<tr>
<td>Androstenedione</td>
<td>800 pg/ml</td>
</tr>
</tbody>
</table>

There is 50% reduction in androgen production and 66% reduction in oestrogen at menopause. Low oestrogen level exerts bone and cardiotrophic effect and may predispose to osteoporosis and ischaemic heart disease.

PREMENOPAUSAL SYMPTOMS⁴

EARLY SYMPTOMS
1. Vasomotor: Hot flushes, Night sweats, Palpitation, Head aches
2. Psychological: Mood swings, Depression, Dementia, Anxiety, Decreased libido
3. Urogenital: Dry vagina, Urinary incontinence, Dyspareunia

LATE SYMPTOMS
Sarcopenia, Ichaemic heart disorder, Malignancies eg. Carcinoma of the endometrium

This transition period, Perimenopause has the above mentioned clinical features which can be relieved by adopting various diets and regime mentioned in our Ayurvedic classics.

Ahara rasayan (Diet): Consuming regularly Ghrita, Kshira and other articles of diet which increase kapha (building musculo-skeletal tissues) are known to postpone menopause. Black gram (Masha) [source of α-lipoic acid], black sesame seed (Til) and guda [good source of iron] promote ovarian function. Green vegetables are useful for mineralization of bones chick peas, legumes, green grams, soya beans are known to be good source of phytoestrogens. Use of green grams (sprouted) for improving the musculo-skeletal strength and is digestable.⁵

ACHARA RASAYAN:
Avoidance of alcohol, positive changes in mindset, character & activities, attainment of qualities, fortitude, truthfulness, charitable nature, forgiveness, service mind, absence of greed.⁶

ADOPTION OF SWASTHAVRITTA:
1. Adequate sleep
2. Meditation or Dhyana
3. Yogasanas like Padmasana, Vajrasana, Pranayam etc.⁷

CONCLUSION
Menopausal syndrome (Rajanivritti) which is otherwise a physiological phase in every woman’s life sometimes results to be troublesome and causes great distress hampering their health and daily activities. Here we have tried to throw some light on various diet and regimen mentioned in our Ayurvedic classics to combat the crisis in premenopausal syndrome. Ayurveda is more a preventive science. Thus, by various approaches mentioned in our classics such as following Achara Rasayan, Yoga and its various forms along with adoption of Dinacharya and Ritucharya it has been found helpful in promotion & preservation of both physical as well as mental health in menopause (Rajanivritti).
REFERENCES
5. Agnivesha, Charak Samhita (part-III) by- Dr. L.K.Dwivedi, Dr. B.K. Dwivedi, Dr. P.K. Goswami, (Chakrapani tika) Choukhambha Publication.
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CORRESPONDING AUTHOR
Dr. Sonali Ganguly
PG Scholar,
Deptt. Of Prasuti Tantra & Stree Roga
Govt. Ayurvedic College, Jalukbari
Guwahati-14, Assam, India
Email: sganguly888@gmail.com

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