AN AYURVEDIC REVIEW ON RAJONIVRITTI

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ABSTRACT

Ageing is a complex and inevitable process in a woman’s life, which ultimately leads to various age related diseases. It involves multiple biological changes in a woman’s body, for which they are forced to adapt mentally be it from the moment she was born to adolescence in order to be prepared for motherhood or ultimately the transition to menopause. Menopause is a natural phenomenon occurs at the age of 45-55 years. Irregular periods, hot flushes, night sweats etc., are the symptoms of menopause. Ayurveda defines rajonivritti as a phenomenon occurring due to the jara and pakwasharira. In modern management for this with HRT therapy which results in multiple complications in long term use? Ayurveda treatment for perimenopause involves correcting hormonal imbalance with appropriate diet, Samshamana therapy, Panchakarma therapy, Rasayana and Yoga.

Keywords: menopause, rajonivritti, rasayana, HRT

INTRODUCTION

Aging is a complex process in a woman’s life causing gradual lack of adoptive response and various other diseases as time passes. Adolescence and menopause stages are found to be the most crucial ageing process in their life causing various biological and psychological changes in their body. The word ‘Menopause’ comes from the Greek word ‘Menos’ (month) & ‘Pausis’ (cessation). Menopause is a natural phenomenon occurs at the age of 45-55 years. Menopause means permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity¹. Irregular periods, hot flushes, night sweats, vaginal dryness and mood swings all these are symptoms of menopause. Some major health issues in the long run, associated with menopause are osteoporosis and Alzheimer. In Ayurvedic classics, rajonivrittiis not described separately. Rajonivritti kala is mentioned by almost all Acharyas, is around 50 years². Ayurveda mean while considers menopause as a result of the imbalance of tridoshas and dhatukshaya as the body is undergoing a transition from yuvavastha to vriddhavastha (jaraavastha).


**Rajonivrutti Kala (Age of Menopause):**

Rajonivrutti is not described separately in the classic; Rajonivruttikala is mentioned by almost all Aacharya without any controversy. In Ayurveda Menopausal symptoms are regarded as “imbalance of the Dosha (Vata, Pitta, Kapha) which occurs as a natural and gradual consequence of aging.

**TYPES**

Rajonivrutti can be divided into two types: kalarajarajonivrutti and akalajarajonivrutti

**Table 1: Lakshanas of Rajonivrutti**

<table>
<thead>
<tr>
<th>Vataja</th>
<th>Pittaja</th>
<th>Kaphaja</th>
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</thead>
<tbody>
<tr>
<td>Shira Shula</td>
<td>Daha</td>
<td>HridDravatva</td>
</tr>
<tr>
<td>BalaKshaya</td>
<td>Ushananubhuti</td>
<td>Bhrama</td>
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<tr>
<td>Vibandha</td>
<td>Ratiswedha</td>
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<tr>
<td>Anidra</td>
<td>Trisha</td>
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<tr>
<td>Bhrama</td>
<td>Mutradaha</td>
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<tr>
<td>Katishula</td>
<td>Glani</td>
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<tr>
<td>Sandhi Vedana</td>
<td>Yoni Daha</td>
<td></td>
</tr>
<tr>
<td>Angamarda</td>
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</tbody>
</table>

**Nidana of Rajonivrutti:**

The specific reasons for Rajonivrutti are not described in the Ayurvedic texts. But the most probable reasons for it to occur are Swabhava, Jarapakvasharira due to kala, Dhatukshaya, Effect of dosha, Vayu, Abhighata

**MANAGEMENT**

The basic concept of Ayurvedic medicine is “Swasthysaswastyarakshanam and atturasyavikaraprashtamanamcha” prevention is better than cure. Panchakarma therapy is often recommended in early perimenopause stage to keep doshas in balance. Along with this, Samshamana therapy with Agnideepana, Amapachana, Anulomana, Balya drugs are advised. Certain yoga therapies are also done to control hormone levels. The most commonly practiced asanas are Shavasana, Padhmasana, Varjasana and Sheetali Pranayama, Ujjayi pranayama. All these are helpful in menopause treatment. Aacharya Charaka has described “Rasayana” as a means to promote vigour and health which is mainly virilific and promotive of vitality. Some commonly used drugs having rasayana properties are triphala, aswagandha, yashtimadhu, formulations like chayavanaprasha, bhamirasayana etc. Some drugs contain phytoestrogens like shatavari, ashoka which helps in preventing menopausal symptoms in the body. Medhyarasayanas namely Sankhpushpi, Mandukaparni, Guduchi and Yastimadhu are known to control psychological issues and also advice Sattvavjaya Chikitsa-counselling and Reassurance.
DISSCUSSION

In Ayurveda, rajonivritti is not considered a disease condition. As Rajonivritti is a naturally occurring condition in female body; it can be categorized under Swabhavika Vyadhis as that of Jaraavastha. Almost all Acharyas have described the age of Rajonivritti as approximately 50 years. It can be managed by rasayana therapy, yoga, panchakarma and appropriate diet.

CONCLUSION

Menopause can be managed by choosing the drug according to the doshas. Adopting the correct diet, phytoestrogen and life style will help to prevent menopausal syndrome. Concept of Ayurvedic medicine is “Swasthyaswast-yarakshanam and aturasyavikaraprasamanamcha”, so before attaining menopause ie, premenopausal stage itself start yoga, para-yama, diet, panchakarma and rasayana therapy it helps to prevent or reduces the rajonivritti lakshnas and thus attain graceful menopause.

REFERENCES


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