

**Impact
Factor
4.574**

ISSN 2349-638x

Peer Reviewed And Indexed

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Journal

VOL-V

ISSUE-VIII

Aug.

2018

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Rajonivritti : Change of Life

(Conceptual study)

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Abstract

Today, in the era of information and technology Women have a multidimensional attitude and enjoy special place in the society by reaching all kind of heights by their spectacular physical and mental performance in almost all possible fields. Woman faces Different Problems at different age group the most suffering age group is forty-plus due to change in reproductive life, While during permanent cessation of menstruation called as menopause, Sometimes such disturbances attain the stage of disease or syndrome called as "Menopausal Syndrome, which is accompanied by various vasomotor, psychological, genital, locomotors and GIT related symptoms.

The Jaravastha and Rajonivrittijanyaavastha, both are naturally occurring conditions, under the influence of Kala and Swabhava. Both are seen with the advancement of the age and both of these conditions mainly represent Kshayavastha (Declining condition). Rajonivritti can be considered as one of the initial symptoms of aging manifest as the end of female reproductive life. The acharyas termed Rajonivritti as a normal physiology occurring at the age near about 50 years due to Vata predominance and Dhatukshaya. Every woman faces varies physiological and psychological changes during this "change of life" as a part of hormonal derangement.

Introduction

Rajonivritti is not described separately as a pathological condition or severe health problem in Ayurvedic classics. The ancient acharyas termed it as a normal physiology.

The term 'Rajonivritti' is made up of two different words viz. "Rajah" and "Nivritti".

According to Sushruta and various other references too, (A.S. Sha. 1/11; A.H.Sha. 1/7; B.P. Pu. 3/1, 204), 50 years is mentioned as the age of Rajonivritti,

Sushruta contributed ageing and diseases as the cause for the menopause. According to jara rog chikitsasutrarasayana is the only way to combat symptoms associated with jara.

Nidana of Rajonivritti

As it is already mentioned that Rajonivritti is not described in the classics as a separate disease there is no information available regarding its Nidana, Purvarupa, Rupa, Samprapti. To understand this condition as a disease, certain basic principles have to be considered here.

- Kala
- Vayu (Apan and Vyan)
- Dhatukshaya
- Swabhava
- Karma or Environment
- Rajastrav

Doshaja Lakshanas of Rajonivritti

VatajaLakshanas	PittajaLakshanas	KaphajaLakshanas
<ul style="list-style-type: none"> • Shirah Shula • HridSpandanadhikya • Hasta-Pada Supti • ShabdaAsahisnuta • BalaKshaya • Adhmana • Atopa • Vibandha • Anidra / Alpanidra • Bhrama • Katishula • Sandhi Vedana 	<ul style="list-style-type: none"> • Ushnanubhuti • Daha • Swedadhikyata • Rattrisweda • Trisha • Mutradaha • Glani • Yonidaha 	<ul style="list-style-type: none"> • Hriddravatva • Bhrama • Raukshaya • Angamarda

Dhatukshayaja Lakshanas

Rasakshaya :Shabdasahtva ,Hriddravatva , Shula , Shrama , Shosha , Trisha
RaktaKshaya:Twakarukshata , Sira shaithilya
MamsaKshaya :Sphik-GandadiShushkata , Toda , Rukshata, Glani , Sandhisphutana , Sandhi
 VedanaDhamaniShaithilya
MedaKshaya :AngaRukshata (i.e. vaginal dryness) , Shrama , Shosha , Krushata
Asthikshaya :Asthitoda , Danta-Nakha-KeshaRoma (Rukshata / Shatana) , Sandhishaitilya
MajjaKshaya :AsthiSaushirya , Asthitoda , Daurbalya , Bhrama , Tamodarshana
Shukrakshaya : Yoni vedana , Shrama , Daurbalya , Panduta

Manasika Lakshanas

Krodha ,Shoka, Bhaya, Dwesha, Smriti hras, Utsahahani, Dairya Hani, Shirah Shula, Vishada ,ChintaMedhahras, Alpa Harsha and Priti, Parakramahani.

These symptoms are very troublesome to the patients as well as for physician. Some times that disturbed the whole family happiness of the patients. So, it is very necessary to treat these symptoms with proper medical help as well as counseling and family support too.

Menopause

The term Menopause is made up of two words viz.'Meno' and 'Pause'

Meno = month = Related to menses

Pause = Pausis = Stopping, Cessation.

Thus the word Menopause refers permanent cessation of menstruation.

Definition

Menopause is defined as the permanent cessation of menstruation at the end of reproductive life resulting from the loss of Ovarian follicular activity. The clinical diagnosis is confirmed following stoppage of menstruation for twelve consecutive months, without any other pathology.

Menopause is generally occurring between age of 40 - 45 years of average is 47 years.

Endocrinology : Climacteric is phase of weaning ovarian activity and may begin 2 - 3 years of menopause and continue for 2 - 5 years of after it. During the phase there occurs decline in ovarian activity. In starting ovulation fails, therefore no corpus luteum and hence no progesterone is secreted by the ovary. Therefore, menopause is often preceded by anovulatory and irregular menstrual cycle.

After some time graffianfollicle formation also stops, estrogen activity and finally atrophy of endometrium leads to amenorrhoea. As the result of fall in estrogen level, there is rebound increase of FSH and LH by ant pituitary gland.

Menopausal Symptoms

Disturbance in menstrual pattern

- (1) Abrupt cessation of menstruation
- (2) Gradual decrease in both amount & duration
- (3) Irregular with or without excessive bleeding.

Important symptoms & the health concerns of menopause are

- 1) **Vasomotor** Hotflushes, excessive sweating, night sweats, and waking episodes in early morning, cold hands and feet etc
- 2) **Genital And Sexual** Decrease libido, Dyspareunia
- 3) **Urinary** Dysuria, Urgency, Recurrent urinary tract infection' Supra pubic discomfort, Stress incontinence, Urge incontinence, Urethral caruncle etc.
- 4) **Psychological** Depression, Anxiety, Excitability, Irritability, Tension, Nervousness, Dizziness or giddiness, Mood swings or Emotional instabilities, crying, Dysphoria, Loss of confidence, Crying, Loss of confidence, Crying spells, Worry needlessly, Attacks of panic, Difficulty in concentrating, palpitations, Loss of interest in most things, feeling unhappy, Fatigue, Headache, Paraesthesiae of the hands and feet, Noises of the ears etc.
- 5) **Gestro – Intestinal** Dyspepsia, Intestinal distension; Constipation and Flatulence associated with colonic spasm
- 6) **Locomotor** Osteoarthritis, Fibrositis and Myositis, Backache, Vertebral disc lesions, Arthralgia, Myalgia, etc.
- 7) **Others** Skin aging: Certain physical changes like redistribution of fat deposition and loss of elastic tissue of the skin with wrinkling, Re-pigmentation of the skin etc. ,Painful and tender breasts (chronic mastitis),

Symptoms with long onset

1) **Cardiovascular** Palpitations, Coronary heart disease, Atherosclerosis, Disturbed lipid metabolism, Functional arrhythmias, Hypertension, Stroke, Precordial pain etc.

2) **Osteoporosis**

Diagnosis of Menopause

- (1) Cessation of menstruation for consecutive 12 months.
- (2) Appearance of subtle menopausal symptoms like 'hot flushes' or 'night sweats' etc.
- (3) Serum estradiol level is < 20 pg/ml and
- (4) Serum FSH and LH is > 40 ml U/ml
- (5) Vaginal cytology

Management of Menopausal Syndrome

General: Counselling, Nutritious Diet, Exercise

Non-hormonal: Ca. Supplementation, Vitamin D. Sedative and Hypnotics, Biphosphonates, Flouride, Calcitonin , SERMs , Thiazides

Hormonal (HRT)

- Local preparations : Creams,Passaries, Rings
- Systemic Formulation : Oral drugs, Transdermal Patches, Implants
- Estrogen alone

- Estrogen + cyclic progesterone
- Continuous estrogen + progesterone
- Selective estrogen receptor modulator (SERM) gonadomimetic, such as Tibolone which contain Estrogen, Progesterone, & an androgen

HRT is beneficial in both symptomatic and symptom free cases of menopause unless there is any contraindication to the therapy. The possible benefits include prevention or control of vasomotor symptoms, insomnia, genital atrophy, coronary artery diseases, osteoporosis etc., Though HRT is viewed as specific treatment for Menopausal Syndrome, the potential risks of estrogen for postmenopausal women must be considered because of sensitivity of some tissues to estrogen. The evidences suggest that the risks of HRT seem to be age and dose-related which are Endometrial hyperplasia, Endometrial cancer, Breast cancer, Gall bladder disease, Thrombophlebitis, Hypertension

Ayurvedic Management Of Rajonivrutti lakshan

- **Aachar Rasayana** - It related to lifestyle management, by following Dinacharya&Ritucharya along with taking measures to relieve stress- strain aging process can be delayed & symptoms associated with menopause can be minimized.

Exercise: The activities that are beneficial are running, jogging, weight training, aerobics, stair climbing

- **Aahara Rasayans** (food as drug) –Daily consumption of ghee, milk, which increase kapha can delay the onset of menopause.

‘Ghritaksheeradinityasumuditasukaphatmasu|
Aartavamtishthatichiramviparitasvato- anyatha|’

(AshtangSamgraha, Sharir 1/69)

Ghee has a special role in improving sukradhatu. Ghee is now considered to be a good source of omega-3 fatty acids

Black til : good source of zinc and contains antioxidant property.

Isoflavones in soy products are estrogen like compounds that bind to estrogen receptors, consumption of whole soy foods Soy milk, Tofu, Soy nuts

Chickpeas, Bengal grams & black grams are good source of phytoestrogens.

- **Dravyarasayana** (Drug therapy) –

In Ayurveda for menopausal syndrome we used drugs which are vatapitashamak, rasayana, hrudya, ojovardhaka, vatanulomak, deepaniya, balya and brimhana. Many of the rasayana herbs are capable of strengthening the immune system,

Herbs for Vataj lakshan : Ashok, Lodhra, Musta, Ashwagandha, Shatavari, Yashtimadhu, Nagbala, Jeerak, Guduchi, Vidari

Herbs for Pittaj lakshan : Shatavari, Lodhra, Sariva, Ashok, Raktachandan, Gokshur, Bramhi, Mandukparni, Prishniparni, Vangbhasma,

Herbs for Kaphaj lakshan : Ashok, Musta, MahatPanchmul, Guduchi, Guggul, Shankhpushpi, Satapushpi, Swetchandan, Jatamansi, Arjun,

YOGASANAS Useful in Menopause

Utthitvivekasan, Samcharan – ardha-halasan + aswini mudra, Shavasan, Tadaasan, Padsanchalan, Sandhisanchalan, Bramhmudra, Uttanpadasan, Bhujangasan, Naukasan, Shalbhasan, Kapalbhathi, Shudhikriya, Nadishodhan, Pranayam

Summary:

Now a days, the Sequel of Menopause is turning out in a major health problem for women and Gynecologists too. Hormonal imbalance produced by this condition, is the base for various Physical as well as Psychological manifestations.

The Ayurvedic aspect gives detail information regarding Etymology and Definition of Rajonivritti followed by Age of Rajonivritti, Lakshanas of Rajonivritti, The Modern aspect of Disease Review explains the points, Etymology and Definition of menopause, Age of Menopause, Physical and Psychological Changes during Menopause, Symptoms of Menopausal Syndrome, Diagnosis of Menopause, Management of Menopausal Syndrome.

Various studies are carried out to make menopausal transition comfortable so that woman can enjoy her life without any obstructions.

Conclusion:

Rajonivritti is a physiological inevitable phenomenon for every woman which results due to JarapakvaAvastha of the body and when this stage causes a discomfort either to the mind or body due to today's fast life, strain, tension, stress, hurry - worry etc., it attains "Vyadhisvarupa".

Diminished Dhatu-sara :Generalised Vatavridhi and Vitiation of ManovahaSrotas are the main underlying factors in the evolution of senescence and is directly related to the RajonivrittijanyaLakshanas. Rasayana therapy is the choice of treatment of aging as well as the Rajonivrittijanyalakshanas to prevent the long term effects of decrement of Dhatuguna.

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ISSN 2349-638X

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