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“BEYOND HRT -MANAGEMENT OF RAJONIVRUTTIJANYA LAKSHANAS (POSTMENOPAUSAL SYNDROME) BY RASAYANA THERAPY”

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ABSTRACT:

Each phase of women's life is beautiful and should be considered as gracious. In women's reproductive life, Menarche and Menopause are the two important landmarks. The word Menopause arise from the Greek word 'Menos' (i.e. Month) and 'Pausis' (i.e. Cessation). Menopause is gradual & natural transitional zone of adjustment in Women's life where loss of ovarian follicular activity is characterized endocrinologically by alteration of hormonal levels, biologically by decline in fertility and clinically by variation in menses and experience a variety of symptoms. For decades, HRT has been therapy of choice. But there are many adverse effects like increased risk of DVT, Pulmonary embolism, Breast and Endometrial cancer, flatulence, headache, etc. So, safe alternatives for HRT required. There is no direct reference found in *Ayurveda* regarding Menopause but it is correlated with '*Rajonivrutti*' or '*Jara Pakwaavastha*' in which degenerative changes are seen. So, *Rasayanadrugs* are found helpful in *Rajonivruttijanya Lakshanas* as they promote regeneration of *Dhatus*, mental wellbeing, intelligence, immunity and longevity.

Key words:

Menopausal syndrome, *Rajonivrutti lakshanas*, *Rasayana* Therapy, HRT

INTRODUCTION:

In our society, woman has important role to play. Right from the moment when she steps in adolescence which makes her capable to be prepared to experience motherhood or finally the transition into menopause.

Ayurvedic Aspect of Menopause^[1]-

In *Ayurveda*, Menopause is depicted as 'Jara Pakwa Avastha' of the body and *Rajonivrutti* in which degenerative changes are seen. In *Ayurveda*, these degenerative changes are explained as *Dhatukshaya Lakshanas*. All *Acharyas* mentioned *Rajonivrutti Kala* without any controversy. According to *Acharya Sushruta* and various other references, 50 years is mentioned as the age of *Rajonivrutti*^[2].

Nidana of Rajonivrutti^[1]:

The specific reasons for *Rajonivrutti* are not described in the *Ayurvedic* texts. But the most probable reasons for it to occur are

1. *Swabhava*
2. *Jarapakvasharira due to Kala*
3. *Dhatukshaya*
4. *Effect of Dosh*
5. *Vayu*
6. *Abhighata*

Types of Rajonivrutti^[1]:

Rajonivrutti is a naturally occurring condition in *Jaravastha*. So, it is included

in *Swabhavika Vyadhies*. It can be divided into two types:

- 1) *Kalaja Rajonivrutti*
 - 2) *Akalaja Rajonivrutti*
- Samprapti of Rajonivrutti*^[1] –

Vrudhavastha



Increased *Vata Dosh*



↓ Affects the *Manas Guna (Raja & Tam)*

+

Dhatukshay



Psychological disturbance



Updhatukshay (Artavkshay) ↓



Menopausal symptoms

Lakshanas of Rajonivrutti^[1]:

Rajonivrutti Lakshanas are associated with imbalance of *Vata, Pitta* and *Kapha dosha*.

Vataja Lakshana:

- *Hrid Spandana* (Palpitation), *Hasta Pada Supti* (Numbness),
- *Shabda Asahishnuta* (Noise Intolerance), *Bala-Kshaya* (Weakness),
- *Adhmana* (Distension of abdomen), *Vibandha* (Constipation),
- *Anidra/Alpanidra* (Sleeplessness),
- *Anavasthita Chitatvam* (Mood swing), *Vaichitya* (Loss of concentration), *Vishaada* (Depression), *Chinta* (Anxiety), *Smritimandhya* (Decreased memory),

- *KrichchhraVyavayata*(Loss of libido),
Maithunaasahishnuta(Dyspareunia),
- *Vak Sang* (Change in voice), *Vali*
(Wrinkling of skin),
- *Asthivedana*(Pain in bones),*Katishool*(Low backache), *Sandhi Vedana* (Joint pain),
- *Yoni Vedana* (Pain in vagina), *Yoni Shushakta* (Vaginal dryness),
- *Prabhutamutrata*(increased frequency of micturition), *Mutrakrichrata*(Pain in micturition).

Pittaja Lakshana:

- *Osha*(Hot flushes), *Atisveda*(Sweating),
- *Amarsha*(Irritability),
- *Yoni Daha* (Burning sensation), *Yoni Daurgandhya*(Foul smelling)
- *Mutradaha*(Burning sensation in Urine)

Kaphaja Lakshana:

- *Atisthaulaya*(Weight gain),
- *Yoni Kandu* (Itching), *Yoni Srava*(Vaginal discharge)

Management^{[1]:}

From above study, we conclude that, drugs having properties of *Rasayana*, *Vata Shamana* and *Kapha Vardana* can be used in management.

Ayurvedic treatment includes -

- Correction of Imbalance *Dosha*
- Appropriate diet & lifestyle
- *Rasayana* Therapy
- *Samshamana* Therapy
- *Samshodhana* Therapy (*Panchakarma*)

- *Sattvavajay Chikitsa*
- *Yoga* Therapy

Modern Aspect of Menopause -

Menopause is a permanent cessation of menstruation at the end of reproductive life due to loss of ovarian follicular activity. Cessation of menstruation at the end of reproductive stage of life are not only highlights of menopause but has strong influence on women's health. Clinical diagnosis is confirmed following stoppage of menstruation for 12 consecutive months without any other pathology. The age of menopause ranges between 45-55 yrs, average being 51 years^[3].

Menopausal Symptoms^{[4]:}

1) <u>Menstrual Changes:</u> -Shorter cycles (common) -Irregular bleeding.	4) <u>Sexual Dysfunction:</u> -Vaginal dryness -Dyspareunia -Decreased libido -Itching vulva
2) <u>Vasomotor symptoms:</u> -Hot flashes -Upper body sweating -Anxiety -Lack of sleep	5) <u>Urinary:</u> -Incontinence /Frequency / Urgency -Dysuria -Recurrent UTI
3) <u>Psychological:</u> -Irritability	6) <u>Other:</u> -Backache

-Mood swing	-Joint ache
-Poor memory	-Weight gain
-Depression	-Palpitation

Diagnosis of Menopause^[5]:

- Cessation of menstruation for consecutive 12 months during climacteric.
- Average age of menopause: 51.3 years
- Appearance of menopausal symptoms 'hot flash' and 'night sweats'
- Vaginal cytology-10/85/5 (features of low Estrogen).
- Levels of AMH very low.
- Increasing symptom of urogenital atrophy
- Serum estradiol: <20 pg/mL.
- Serum FSH and LH: >40 mIU/mL (three values at weeks interval required).

Treatment^[5]:

It is divided in two types –

1)Non hormonal

2)Hormonal

1.Non-Hormonal Treatment-

- Life style modification, Cessation of smoking & alcohol
- Nutritious diet, Supplementary Calcium, Vit D
- Exercise
- Vit E
- Phytoestrogens

- SERM'S (Selective Estrogen Receptor Modulators)
- Biphosphonates, Romasozumab, Calcitonic etc to prevent osteoporosis

2.Hormone therapy-

The principal hormone used in HT is Estrogen. This is ideal for a woman who had her uterus removed (Hysterectomy) already. But in a woman with an intact uterus, only estrogen therapy leads to Endometrial Hyperplasia & even Endometrial Carcinoma. Addition of progestins can prevent this problem.

Considering the risks, hormone therapy should be used with the lowest effective dose and for a shortest period of time. Low dose oral conjugated estrogen 0.3 mg daily is effective and has got minimal side effects. Dose interval may be modified as daily for initial 2-3 months then it may be changed to every other day for another 2-3 months and then every third day for the next 2-3 months.It may be stopped thereafter if symptoms are controlled.

Risks of Hormone Therapy:

- 1) Endometrial Cancer
- 2) Breast Cancer
- 3) Colorectal Cancer
- 4) VTE (Venous Thromboembolic) disease
- 5) Coronary Heart disease
- 6)Stroke
- 7)Lipid Metabolism

8)Type 2 Diabetes

9)Dementia, Alzheimer

AIMS AND OBJECTIVES-

Aim:

To explore & establish the benefits of *Rasayana* Therapy in the management of *Rajonivruttijanya Lakshanas* beyond HRT

Objectives:

- (1) To understand *Rajonivruttijanya Lakshanas* in detail.
- (2) To understand Post menopausal syndrome in detail.
- (3) To evaluate Role of *Rasayana* therapy in *Rajonivrutti* or in degenerative stage.
- (4) To establish the correlation between the postmenopausal syndrome and *RajonivruttiLakshanas*.

DISCUSSION^[6]:

Rasayana Chikitsa (Rejuvenation therapy) is a unique concept of *Ayurveda* which provides comprehensive physiologic and metabolic restoration for aging. The word '*Rasa*' in '*Rasayana*' has multiple references; it refers to the *Rasa Dhatu* in the context of *RasadiSapta Dhatu* (body tissue) and to the pharmacodynamic properties of a drug in the context of *Rasa Guna* etc. '*Ayana*' means circulation, i.e. capable of nourishing *Rasa*. Acting through a complex and comprehensive mechanism of *rasa- samvahan* (circulation of nutrients), it nourishes bodily tissue

through micro nutrition, thus helping in regeneration, revival and revitalization of *Dhatu*.

According to *Ayurvedic* view,*Rasayana* may act at 3 different levels ^[6]-

- 1)At the level of *Agni* - by promoting digestion and metabolism
- 2) At the level of *Srotas* - by promoting tissue micro-circulation and tissue perfusion
- 3) At the level of *Rasa* itself by acting as direct *AushadhaRasayana*^[6] -

Acting at the level of ' <i>Rasa</i> '	<i>Draksha</i> (<i>Vitis Vinifera</i> Linn) <i>Shatavari</i> (<i>AsparagusRecemosus</i>) <i>Salparni</i> (<i>Desmodiumgangeticum</i>) Milk	They act by enriching the nutritional value of circulating plasma
Acting at the level of ' <i>Agni</i> ' (i.e. digestion)	<i>Pippali</i> (<i>Piper longum</i> Linn) <i>Haritaki</i> (<i>Terminalia Chebula</i>) <i>Chitraka</i> (<i>Plumbago zyleneica</i>)	They improve digestion, absorption and metabolism and has some

		anabolic effect
Acting at the level of 'Srotams i' (i.e. micro circulation)	<i>Guggul</i> (Commiphora Mukul) <i>Pippali</i> (Piper longum Linn) <i>Rasona</i> (Allium Cepa)	They activate micro-circulation channels to improve tissue health & their quality

- *Atirasa* (*Asparagus racemosus*),
 - *Mandookparni*(*Centella asiatica*),
 - *Sthira* (*Desmodiumgiganticum*)
 - *Punarnava* (*Boerhaviadiffusa*).
- JeevaneeyaAushadha*^[8] (Vitalizers/restorative drugs):

The drugs in *Jeevaniyaganashows* excellent result in hot flushes. It is better in psychological symptoms mainly include *Anavasthitachitavam* (mood swings), *Vaichitya*(loss of concentration), *Vishada* (depression)etc.

- *Jeevak*substitute taken is *Vidarikand*(*Pueraria tuberosa*),
- *Rishbhak*substitute taken is *Vidarikand* (*Pueraria tuberosa*),

VayasthapakAushadha^[7](Age stabilizer drugs):

These drugs improve vasomotor symptoms mainly *Osha* (hot flashes), *Atisweda*(night sweats); physical symptoms such as *Sandhi vedana* (joint pain), *Adhmana*(distension of abdomen), *Vibandh* (constipation), *Anidra/Alpanidra*(sleeplessness) and micturition problem. There is better relief on psychological symptoms and moderate relief in sexual symptoms.

- *Amrita/ Guduchi* (*Tinospora cordifolia*),
- *Abhaya/ Haritiki* (*Terminalia chebula*),
- *Dhatri/ Amalki*(*Embllica officinale*),
- *Yukta* (*Pluchea lanceolata*),
- *Shweta* (*Clitoriaternatea*),
- *Jeevanti* (*Leptadenia reticulata*),

- *Meda* Substitute taken is *Shatawarimool* (roots of *Asparagus racemosus*).

- *Mahameda* substitute taken is *Shatawarimool* (roots of *Asparagus racemosus*),

- *Kakoli* substitute taken is *Aswagandhamool* (*Withaniasomnifera*),

- *Ksheerkakolisubstitute* taken is *Aswagandhamool* (*Withaniasomnifera*),

- *Mugdaparni* (*Phaseolus trilobus*),
- *Mashparni*(*Teramnus labialis*)

- *Jivanti*(*Leptadenia reticulata*),

- *Madhuka* (*Glycyrrhiza glabra*),

- *Riddhi* Substitute taken is *Varahikand*(*Diascoreabulbifera*),

▪ □ *Vridhhi* Substitute taken is *Varahikand* (Diascoreabulbifera

Rasayana Kalpa/Formulations^[9]-

1) *HaritakiRasayana*

2) *AmalkiRasayana*

3) *PippaliRasayana*

4) *ShilajatuRasayana*.

5) *BhallatakaRasayana*

6) *TriphalaRasayana*

7) *Vardhamana PippaliRasayana*

Rasayana formulations act as potent antioxidants, neuroendocrine immunomodulators, rejuvenators, and nutritional supplements. They improve strength, muscle mass and relieve stress. In *Rajonivruttijanya Lakshana*, these are effective in physical and emotional wellbeing.

Medhya Rasayana^[6]:

Acharya Charaka has explained four *Medhya Rasayanas* namely - *Shankhpushpi, Mandukparni,*

Guduchi and *Yashtimadhu*. These medications improve the ability to acquire (*Dhi*), retain (*Dhriti*) and remember information (*smriti*). They act like anxiolytic and restore intelligence and memory. They are used to prevent and cure mental disorder and health in *Rajonivruttijanya Lakshanas*.

Ahara Rasayana^[10]:

In *Jarapakwa Avastha*, *Agnimandya* & *Ama* accumulation in body leads to

Dhatukshaya, also vitiation of *Vata dosha*.

So, *Dhatuposhakaahara* is important in this phase. *Laghu* (light), *Dipaniya* and *Santarpaka* (nutritive) diet is also recommended. This results in maintenance of compactness and strength in body. Packaged, Canned, Frozen, Processed food habits should be avoided.

Aachara Rasayana^[11] (Social and personal code of conduct)-

It is non-pharmacological approach by which one can acquire the *Rasayana* effect. It includes Social & personal behaviour and *Sattvik Ahara*. One should maintain cleanliness of body, mind, maintain inner peace, control his senses and practice to be free from *Ahamkara* (ego). It reduces psychological symptoms in *Rajonivrutti*.

CONCLUSION:

Now a days, symptoms related to *Rajonivrutti* are becoming a major problem; for which effective & safe treatment is required. *Rasayana* therapy can be proved efficacious in Menopausal stage providing symptomatic as well as preventive cure. It is required to give information to people and aware them for *Rasayana* Therapy and its use in *Rajonivruttijanya Lakshanas* and also there are many opportunities to work on it.

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