

Menopause and Oja Vikruti – Ojakshay
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Abstract –

Men and women reach old age with different prospect of older age. Ageing is challenge for women with increasing life expectancy, women spend one third of her lifetime under postmenopausal period. In women reproductive period is controlled by *pitta-dosha* and in *vridha awastha*, where *rajonivrutti* is major event, *vata* is leading dosha. According to modern, oestrogen governs reproductive period and its deficiency causes menopause.

According to modern, changes in level of hormones makes puberty and menopause, where as in ayurvedic, changes in status of *Dosha* and *Dhatu* and *Ojas* makes onset of *Raja* and *Rajonivrutti*. *Rajonivrutti* is marker of ageing of women.

Keywords –

Rajonivrutti, Menopausal Syndrome, Rakt Mokshan, Dosha, Dhatu, Ojakshay, Menopause

Introduction –

Each phase of women's life is beautiful and should be considered as gracious.

Lifespan of women is divided into three stages – *Bala*, *Madhya* and *Vridha*. In women, her *madhyavastha* has again sub-divided in *Vrudhi*, *Youvan*, *Sampurnata* and *Hani*.^[1]

Kapha, *Pitta* and *Vata* *Dosha* dominate *Bala*, *Madhya* and *Vridhawashta* respectively *Ojas*, *Bala*, *Veerya*, *Indriya* and *Dhatu* *paripurnata* are important factors for sustaining vitality. *Acharya Sushruta* mentioned that these factors attain *Sampurnata* till 40 years of age and after that till 70 age their qualities goes on decline.^[2]

According to *Ayurveda*, *Rajonivrutti* is called to menopause as per modern menopausal symptoms and signs are described as *Rajonivrutti Janya Lakshan*. Degenerative changes are explained in *Ayurveda* as *Dhatukshaya Lakshan*. To combat the degenerative process of body tissue *Acharya* has described '*Rasayana Chikitsa*'. *Rasayana* includes drugs with promotes longevity and improves the quality of life.

Aims and Objectives –

To establish the effect of *Ayurvedic* drugs and *Ojakshay* treatment on Postmenopausal syndrome.

Ayurveda has excellent solution for a safe and happy transition into menopause. According to modern treatment of menopause is Hormonal Replacement Therapy (HRT).

But, Ayurveda, the science of life, advocates the holistic treatment of menopausal syndrome by modification of diet and lifestyle utilizing various herbs and minerals. Ayurvedic treatment for menopause involves correction of hormonal imbalance with appropriate diet, *Sanshaman* Therapy, *Panchakarma* Therapy, *Rasayan* Therapy, *Yoga* and *Ojakshay Chikitsa*.

Material and Method –

Ayurvedic literature related to *Rajonivrutti* and *Ojakshay* and *Ojavikruti* are searched. Other research, journals, books related to Post-Menopausal Syndrome and *Rajonivrutti* are also explored to collect the matter.

Books related to pharmacology of Ayurvedic drugs and related research papers are also searched.

Discussion and Observation –

The word menopause come from Greek word ‘*Menos*’ meaning month and ‘*Pausis*’ meaning cessation.

Menopause is defined as time of cessation of ovarian function resulting in permanent cessation of menses or permanent amenorrhoea. [3]

Climacteric is phase of declining in ovarian function. Therefore, no corpus luteum and no progesterone is secreted by the ovary leading to anovulatory cycle and thus irregular menstruation occurs. Later, Graafian follicle formation stops and atrophy of endometrium leads to amenorrhoea. Therefore, there is fall in

estrogen level and rebound increased in FSH and LH by anterior pituitary gland. [4]

Menopausal Symptoms –

- Hot Flushes
- Sweating
- Headaches
- Psychological Disturbances
- Cancer Phobia
- Dyspareunia, Decreased Libido
- Pseudocyesis
- Irritability
- Depression and Tiredness
- Lack of concentration and loss of memory
- Urinary stress incontinence.

Menopausal women with chronic *estrogen* deficiency are liable to develop arthritis, atherosclerosis, hypertension, stroke, skin changes, Alzheimer’s disease, *Anocolonic* cancer, tooth decay, prolapse genital tract.

Management –

1. Counselling.
2. Antioxidants and Multivitamins.
3. Hormonal Replacement Therapy (HRT)

Not all women require Hormonal Replacement Therapy. Besides, HRT does not suit all and it may cause complication and may be harmful.

Who needs HRT –

- Symptomatic women who suffer from estrogen deficiency.
- High risk cases for menopausal complications – CVD, Osteoporosis and Alzheimer’s disease and colonic cancer.
- Premature menopause, Menopause caused by Radiotherapy and Chemotherapy.

- Gonadal Dysgenesis in adolescent women demanding HRT as prophylaxis.

Uses of HRT –

- Short-term hot flushes, Vasomotor Symptoms
- Dyspareunia, Libido
- Urethral Syndrome
- Long-term, Osteoporosis
- CVD
- Alzheimer's disease

HRT is contraindicated in –

- Breast cancer, uterine cancer and family history of cancer.
- Previous history of thromboembolic episode
- Liver and Gall bladder disease
- Uterine fibroids
- Ovarian Cancer
- Lipid Profile Disfunction

Rajonivrruti – *Rajonivrutti* means ends of *Aartavpravrutti* or cessation of menstruation.

Rajonivrruti Kal – According to Sushruta and Ashtang *Hridayam*, age is mentioned up to 50 years when body is fully in grip at senility. [5] In *Ayurveda*, menopausal *Rajonivrutti* symptoms are regarded as

‘imbalance of *Doshas* and *Ojakshay* which occurs as natural and gradual due to ageing’.

Nidan of Rajonivrutti –

Most probable reasons are – [6]

1. *Swabhava*
2. *Jarapakvasharira due to kala*
3. *Dhatukshaya*
4. *Ojakshay*
5. *Effect of Dosha*
6. *Vayu*
7. *Abhighata*

Types of *Rajonivrutti* –

According to *Sushrutsamhita*, all diseases are divided into four major types – *Agantu*, *Sharir*, *Manas* and *Swabhavik*. [7] *Rajonivrutti* is also divided into *Kalkrit* and *Akalakrit*. [8]

Kalj Rajonivrutti –

If *Rajonivrutti* occurs as probable age, it is *kalaj*. This condition is *yapya* by *Rasayan*.

Akalj Rajonivrutti –

When *Rajonivrutti* occurs before or after it's probable age, it is called *Aklaj Rajonivrutti*. According to *Acharya Dalhan*, they should be treated on basis of nature of illness. [9]

Samprapti of Rajonivrutti –

Vrudhavasta



Increased *Vat Dosha* → affect *mana guna* (*Rajja, Tama*)



Dhatukshay



Ojakshay



Updhatu Kshaya (*Artavkshaya*)



Psychological Disturbances



Menopausal Symptoms



Co-relation of *Rajonivrutti* and *Oja* –

Sushruta describes *Ojas* as *paramtej* of *saptadhatu* and as the *bala* or biological strength of an individual. ^[10]

Ojas is responsible for strength vitality and immunity against the disease.

There are two main function of *Dhatu* –

- *Shareera Dharan*
- *Shareera Poshna*

According to *Ayurveda*, in *Charak Samhita*, *Bala* is of three types – *Sahaj*, *Kalaj* and *Yuktikrut*. ^[11]

Sahaj is genetic or constitutional which is from time of formation of *fetus*. *Kalaj* means strength is gained as per the season. *Yuktikrut* is acquired strength which is achieved or induced with the help of dietary and other regimen with the help of *Rasayan*.

Bala/Vitality principle –

Firm, integrity to muscle, good voice, complexion, motor and sensory function and intellect to perform their natural function. *Oja* is pervaded in entire body. *Oja* keeps our body moist, cold and also gives stability and support to body. It is transparent and strengthens and nourishes the body. ^[12] *Oja* is related to *Rajonivrutti* also. In *Rajonivrutti*, there is *Ojakshay* as we can see signs of *Rajonivrutti* like dryness of skin, *maunskshinata*, mental instability and increased body heat.

Every individual is living due to *Oja* without which they are unable to live or they die. This *Ojas* stays in body right from embryo stage. It is in the form of essence of *Rasa* and enters into heart during its formation and sustains throughout the life. We can co-relate the

sign and symptoms of *Ojavistravan*, *Ojavypat* and *Ojakysay* to *Rajonivrutti*.

Oja Vistravan – Due to *Oja Vistravan*, there are loosening of our body joints and there is generalised fatigue and weakness. Body is under lethargy. ^[13]

Oja Vyapat – Due to *Oja Vyapat*, there is feeling of stiffness and rigidity in body. Also, there is oedematous swelling due to vitiation of *vatadosha*. Also, there is changes in normal complexion. ^[14]

Ojakshay – When there is *Ojakshay* in body, one can feel weakness and fear. Person with *Ojakshay* is always in confusion and dilema and with unstable mind. Also, she may face mental disorder and skin problems like dryness.

^[15] Because of weakness in body there may be fainting attacks sometimes. Due to *Ojakshay* there is emaciation and muscle tissue wasting. Also, person may feel giddiness and lack of decisive powder. And may have irrelevant talk and last may face to death. ^[16]

As per we see the sign and symptoms of *Oja Vikrutti*, it is related to endocrinology of human body. Hence, we can say that *Ojavikruti* is related to *Rajonivrutti*. Mostly *Ojakshay* is related to *Rajonivrutti*.

Management of *Rajonivrutti* –

- 1) *Rasayan* Therapy – *Rajonivrutti* is classified under *swavabhavika* vyadi occurring at the end of *Praudhawashta* and beginning of *Jarawastha*. Chakrapani while commenting on the word ‘*Nishpratikriya*’ says that these diseases cannot be managed with any treatment other than *Rasayan*. ^[17]

Rasayan drugs in *Ayurveda* not only prevent the ageing process, but also increased lifespan and memory.

Acharya Charak explains *Rasayana Prayojana* as life promoter, maintains positive health, preserves health and preserves youth and cure morbid sleep, drowsiness, physical and mental fatigue, laziness and weakness. It helps in balancing Tridosha, produces stability, cures smoothness of muscles, stimulates enzymes responsible for digestion and metabolism and brings about excellence in lustre, complexion and voice. ^[18]

- 2) Medicines – We can give herbal combination to balance *Vata Dosha* and anti-oxidant. We can use *Dashmool*, *Bala*, *Shatavari*, *Ashwagandha*, *Yashtimadhu*, *Chandrashur*, *Gokshur* and *Amalki*, etc.

Ashwagandha (Withania Somnifera) –

It helps to improve concentration and peaceful sleep. The severity of symptoms like mood swings, hot flushes and overall quality of life gets improved. ^[19] It is diuretic, immunomodulator, sedative, nerve tonic, purifies blood and relieve oedema. ^[20]

Shatavari (Asparagus Racemosus) –

It is well known *Ayurvedic Rasayan* which prevents ageing. It has Phyto estrogenic activity to regulate the hormone. It is used in postmenopausal syndrome pelvic inflammatory disease, acts as soothing agent upon systemic dryness which is part of natural soothing ageing process. ^[21]

Prawal Pishiti –

It can reduce pain and fluid retention and prevent

osteoporosis and it helps in excessive sweating. ^[22]

Brahmi Wati –

It helps in depression, enhances memory, intelligence, longevity, strengthens all *saptadhatu* useful in anaemia and urinary disorder. ^[23]

Yograj Guggula –

It pacifies all three *doshas* and improves digestion. It helps in dysmenorrhea, leucorrhoea and other gynaecological problems. It rejuvenates body tissues and increases strength. It is good *rasayan*. ^[24]

Saraswatarishta –

It is helpful in arthritis, helps in relieving some other menopausal complaints. ^[25]

3) *Panchkarma –*

- *Shenan*
- *Swedan*
- *Shirodhara*
- *Nasya*
- *Utterbasti*
- *Pichu*
- *Anuvasan Basti*

- 4) Diet – *Vata Shamak* and *Kapha Vardhak* diet should be taken which help in preventing *Dhatukshay*. In diet, women should take milk, milk products, proteins, calcium, phytoestrogen rich food like Soya, Wheat, etc.

- 5) Yoga, Exercise and Meditation – *Yoga*, *Pranayama*, *Suryanamaskar*, *Meditation*, *Anulom-Vilom* is helpful in relieving stress and other psychological symptoms as well as improves muscle tone, decreased anxiety, stress and depression. Yoga controls

Pranvayu which regulates all *Panchavata* in human body.

- 6) Counselling – It is very important to maintain her physical as well as mental status, many psychiatric symptoms occurs during this period,
- 7) *Medhya Rasayan* – *Medhya Rasayana* is very beneficial for menopause. *Acharya Charak* has described four *medhyarasayan* namely – *Shakhpuspi*, *Manduka Parni*, *Guduchi* and *Yastimadhu*.
[26]

Conclusion –

Ayurveda has excellent solution for safe and happy transition into menopause. Basic concept of Ayurveda is – “Prevention is Better than Cure” So, we can manage Rajonivrutti by taking above Rasayan Diet and Yoga and Medicines.

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