

AYURVEDIC MANAGEMENT OF RAJONIVRITTI (MENOPAUSAL SYNDROME)**Dr. Gourish Asuti,**Associate Professor & HOD, Dept. of PTSR, Sanjeevini Ayurveda Medical College and
Hospital Hubballi**ABSTRACT**

Menopausal syndrome refers to final cessation of menstruation with climacteric changes of symptoms, when the women attain the end of the reproductive life. So to maintain her health with utmost care, effective treatment is needed. Rajonivritti is part of jaraavasta. Ayurveda advises Rasayana therapy which is very useful when compared to HRT which creates side effects. Objectives of the study were to evaluate the efficacy of the Amalakyadi yoga in the management of Rajonivritti. As Rajonivritti is jaraavasta, Rasayana therapy is indicated. Amalakyadi yoga is a good remedy in the management of Rajonivritti.

Keywords: Rajonivritti, Amalakyadi yoga, Menopause, HRT.

INTRODUCTION

Woman at menopause is expected to retain her peak mental and physical performance. Then only she can continue taking care of elderly people (Parents & In-laws), husband & children. She is at the top of her career and needs to perform optimally in her professional arena. The distress caused due to the transition to menopause adds to her suffering. According to Sushruta, the age of menarche is at 12 years & menopause occurs by 50 years of age. Menopause occurs between the

ages of 45 to 55 years, the average age being 47 years.¹ The range of symptoms seen in a symptomatic post menopausal woman include disturbance in menstrual pattern, vasomotor instability, atrophic conditions & problems secondary to long term deprivation of estrogen like osteoporosis & cardiovascular disease.²

There is a need to provide relief in the short term & prevent symptoms in long term. There is a considerable literature available in modern system of medicine about the management of

post menopausal woman. Charaka mentioned rasayana therapy in swabhavajanyavyadhis.

Jara&rajonivritti are due to swabhava. So rasayana drugs of ayurveda find a role in rajonivritti.³

OBJECTIVES

Aims and Objectives of the study

1. To evaluate the efficiency of Amalakyadi yoga (Amalaki, Shatavari, Jyotishmati, Yastimadhu)
2. To find out simple, economical & best possible non hormonal therapy for menopausal syndrome.

METHODOLOGY

MATERIALS & METHODS

SELECTION CRITERIA:

INCLUSION CRITERIA

1. Women of age group between 40-55 years.
2. Intervention is needed secondary to menopause.
3. Menopausal symptoms developed.

EXCLUSION CRITERIA:

1. Premature menopause. (Before 40 years)
2. Artificial menopause i.e. surgical menopause.
3. Delayed menopause (After 55 years)
4. Malignancy & other systemic diseases.

Intervention

Group A (Treatment Group):-

Amalakyadi yoga (AmalakiChurna, ShatavariChurna, JyotishmatiChurna, YastimadhuChurna) 6gm B.D orally daily with honey or milk as Anupana for 3 consecutive months with once in a month follow up.

Group B (Control Group):-

Patients will be given a Placebo. The patients are assessed for subjective & objective parameters. The follow up period is once in a month for 3 months.

Anupana : - Ksheera (Milk) or Honey

Duration : - Three months

Follow Up : - After every month

ASSESSMENT CRITERIA (PARAMETERS)

Direct: It includes the physical and psychological signs and symptoms of menopause. The response against the chief complaints and status of clinical features were recorded. Results of the treatment were assessed on the basis of relief in signs and symptoms. Stage of disease and overall improvement is also taken into consideration.

1. Symptomatic relief caused by the treatment has been assessed periodically in both the groups, in terms of subjective feeling of well being and reduction in the symptoms complained by the patients.
2. Quantitative assessment of the symptoms was done by adopting scoring method .The basis adopted was as follows.

SCORE:

1. No complaints -0

2. Mild complaints -- (1)
3. Moderate complaints -++ (2)
4. Severe complaints ----(3)
(Difficulty in routine work)

**CRITERIA OF RESULT
(GRADATION)**

Cured: -If total symptoms are subsided.

Improved: - If symptoms are relieved partially.

No relief: - If no relief observed after the treatment.

OBSERVATIONS & RESULTS

The following observations were made before the treatment of the patient in this study. In the present study, 30 patients fulfilling the inclusion criteria of Rajonivritti (Menopausal Syndrome) were studied.

Age of menopause in Years	Group A		Group B		Total	
	No of Pts	%	No of Pts	%	No of Pts	%
40-45	10	67%	9	60.00%	19	63.33%
46-50	3	20%	4	26.66%	7	23.33%
51-55	2	13.33	2	13.33	4	13.33

Overall Percentage of Symptoms:

Sl.No	Symptoms	Percentage Of Cure In Trial Group	Percentage Of Cure In Placebo Group
1	Hot Flushes	90.20%	51.20%
2	Night Sweating	80.50%	42.40%
3	Disturbed Sleep	83.70%	48.30%
4	Palpitation	60%	56.66%

AYURVEDIC MANAGEMENT OF UTERINE FIBROID: A CASE STUDY

5	Anxiety	85%	68.50%
6	Depression	92.80%	50%
7	Irritability	86.80%	59.30%
8	Headache	74.10%	51.40%
9	Forgetfulness	86.10%	52.90%
10	Joint Pain	74.30%	32.20%
11	Heart Rate	7.56%	4.56%
12	Blood Pressure	6.64%	7.13%
13	Weight	1.18%	0.85%

Overall clinical results:

Result	Group-A		Group-B		Group-A		Group-B		Group-A		Group-B	
	AT1	%	AT1	%	AT2	%	AT2	%	AT3	%	AT3	%
Cured 67-100%	0	0	0	0	1	6.67	0	0	13	86.67	1	6.67
Improved 34-66%	0	0	0	0	14	93.33	6	40	2	13.33	11	73.33
Not cured 0- 33%	15	100	15	100	0	0	9	60	0	0	3	20

DISCUSSION

Health of the nation, society & family depends upon the health of woman. A woman starts her youth from menarche & it eventually ceases with menopausal stage. Any change involving the reproductive function in a woman seriously affects her health & happiness. Menopause is one such change, causing untoward physical &

mental change. Being a physiological phenomenon, some women are asymptomatic & some show symptoms. Rajonivritti (Menopausal Syndrome) is a gynecological problem seen in age group of 40-55 years. In Ayurvedic system of medicine no specific references are available regarding the somatic & psychological symptoms & their management associated with

menopausal syndrome. Rajonivritti (Menopausal Syndrome) is considered as Jaraavasta so Rasayana therapy is recommended.

In modern medicine the management of menopausal syndrome is Hormone Replacement Therapy (H.R.T). Though there is a spectacular achievement in combating the disease, still a high risk exists due to its serious side effects.

In Ayurvedic system of medicine certain measures like rasayana were found to be effective in the management of menopausal symptoms (Rajonivritti). In the present study Amalakyadi yoga (Ingredients: Amalaki, Shatavari, Jyotishmati, Yastimadhu) for the management of menopausal symptoms associated with menopausal syndrome was tried.

30 patients of menopausal syndrome (Rajonivritti) were treated in 2 groups. Group I (Treatment group) was given Amalakyadi yoga 6gms B.D with honey/milk, & Group II (Control group) was given placebo, for 3 months. Once in a month follow up was done in both groups.

Overall effect of treatment on clinical features observed in Menopausal Syndrome:

After comparing all the symptoms 81.3% improvement shown in trial group & only 51.2% improvement shown in placebo group.

CONCLUSION

Salient features of the whole study may be presented as follow:

1. Only few scattered references are available in ancient literature on Rajonivritti stage of women.
2. Rajonivritti is a stage of Jaravastha.
3. All the acharyas have mentioned 50 years as the age of Rajonivritti.
4. Rajonivritti is a swabhavikaavasta but it causes discomfort either to mind or body in symptomatic menopausal women.
5. Rajonivritti is caused due to old age & in this stage vata dosha is dominant.
6. Frequency & severity of Rajonivrittilakshnas (Menopausal Symptoms) differ from person to person.
7. Rajonivrittilakshnas (Menopausal Syndrome) is a common disorder among the late middle aged women. In short it requires early attention & effective management.

8. Rasayana is the treatment of choice in Jara. Rajonivritti is caused by jaravastha so it can be managed by Rasayana therapy.
9. Observation showed that maximum women around the age of 41-45 years suffered much from climacteric symptoms than women of old age group between 46-55 years. In this group osteoporosis is common.
10. It was found that patients having vata-pitta & vata-kaphaprakruti with mandagni & vishmagni, were more prone to dhatukshaya as vata is dominant in Jaraavastha of Rajonivritti.
11. It is seen that Hot flushes, Night sweating, Anxiety, Depression, Irritability, Forgetfulness are treated effectively by Amalakyadi Yoga.
12. Patients of treatment group A, who were given Amalakyadi yoga for 90 days showed significant results in Rajonivritti.
13. It is essential to provide psychological counseling apart from the medicine.
14. The duration of treatment is only 90 days. Trials involving longer duration are required to establish the efficacy of Amalakyadi yoga.

REFERENCES

1. Menopause current concepts.pp-1
2. Shushrutsamhita, edited with 'sushutavimarshini' hindi commentary by dr.anantram Sharma, reprint 2012, chaukhambha surbharti, Varanasi (India) sutra shtana.14/6
3. Sharma PV. CharakaSamhita of Agnivesha's. Chikitsa Sthana, Chapter 30. Varanasi: Chowkhamba Sanskrit Series Office; 1980 chikitsa shtana.1/8
4. Clinical gynecology endocrinology & infertility.

Corresponding author:

Dr. Gourish Asuti

Associate Professor & HOD, Dept. of PTSR, Sanjeevini Ayurveda Medical College and Hospital Hubballi

Email: drgurish@gmail.com

Source of Support: NIL
Conflict of Interest : None declared

Published BY:
Shri Prasanna Vitthala Education and Charitable Trust (Reg)