Menopause and *Oja Vikruti – Ojakshay*
Madhuri Bhalgat*1, Archana Paval2

1. HOD, Streerog and Prasutitantra
2. P.G. Scholar, 2nd Year
Stree-roga and Prasutitantra Department
Shri Vivekananda Nursing Home Trust Ayurved Mahavidyala
Shri Shivajinagar, Tal. Rahuri, Dist. A’Nagar - 413705
*Corresponding Author: madhuribhalgat@gmail.com

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, whereas 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, Ojaskshay, 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 Vridhha. In women, her madhyavastha has again sub-divided in Vrudhi, Youvan, Sampuranata and Hani. [1]

Kapha, Pitta and Vata Dosha dominate Bala, Madhya and Vriddhawashta 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 Chikitsha*.

**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

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

Rajonivrutti 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. Abhigata

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

\[\text{Increased Vat Dosha} \rightarrow \text{affect mana guna (Rajja, Tama)}\]

\[\text{Dhatukshaya} \rightarrow \text{Ojakshay}\]

\[\text{Updhatu Kshaya (Artavkshaya)} \rightarrow \text{Psychological Disturbances}\]

\[\text{Menopausal Symptoms}\]

Menopause

Co-relation of Rajonivrutti and Oja –
Sushruta describes Ojas as paramtej of saptdhatu 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 –
- Shareer Dharan
- Shareer Poshna

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

Sahaj is genetic or constitutional which is from time of formation of fetus. Kalaj means strength is gained as per the season. Yuktkrut 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 dilemma 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, Chandrasphur, 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 Pishti –
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.

References:
4. Shaw’s Textbook of Gynaecology, Hawkin and Burne’s edited by V. Pandubidri, 16th Edition. (Pg. 66)
15. Sushrut Samhita, Chaukhamba Prakashan, Sanskrit Sansthan,


18. Vidhyadhar Shukla, Ravi Dutta Tripathi, Charak Samhita, 2006. (Pg. 203)


Cite this article:
Menopause and Oja Vikruti – Ojakshay
Madhuri Bhalgat, Archana Paval