

Ayurvedic Approach Towards Menopause - A Single Case Study.

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Abstract:

Menopause is a natural phenomenon in every woman's life. Menopause is defined as the time of cessation of ovarian function resulting in permanent amenorrhoea. Menopause can be correlated with Rajonivritti in Ayurveda. To confirm menopause, it takes 12 months of amenorrhoea. In menopausal phase due to hormonal imbalance, some symptoms may be felt by some woman. In most of the cases woman may not feel any discomfort but rest need treatment. In this study, a 50 years old lady came to OPD section at 50 bedded Ayurvedic Hospital, Dudhnoi with a history of whole-body ache, hot flashes and painful intercourse. By observing the menopausal status, an Ayurvedic treatment protocol was planned along with Yoga & meditation and after 3 months of treatment patient got improved.

Keyword: Ayurveda, Menopause, Rajonivritti, Amenorrhoea, Yoga.

Introduction:

Menopause can be defined as 12 months of cessation of menstruation. Climacteric phase of menopause may begin 2-3 years before menopause and continue for 2-5 years after it. This phase involves physical, sexual & psychological adjustment. Menopause normally occurs between 45-50 years. During climacteric, ovarian activity declines. Almost 60-70% woman go through menopausal period without problem. Rest need guidance & treatment. Hot flashes, insomnia, psychological, irritability, dyspareunia, mood swings, vaginal dryness, stress, body ache, depression etc. are the early features of menopause[3].

Rajonivritti can be co-related with menopause. Rajonivritti is mentioned by almost all Acharyas. Sushruta, Astanga hriday, Astanga Sangraha mentioned age of menarche along with menopause. According to Acharyas, 12 years is the age of menarche and 50 years is the age of menopause[5]. As it is mentioned that Rajonivritti is not described in the classics as a separate disease but as a event in woman's life. In this context, the meaning of rajah like artava i.e. menstrual blood is taken into consideration. Acharya Hemachandra has coated the synonyms of the word Nivritti like apravritti, virati etc meaning cessation or completion[4]. Thus, the whole term Rajonivritti means end of Artava Pravritti or cessation of mens.

Case Report:

A 50 years old lady came to OPD section at 50 Bedded Ayurvedic Hospital, Dudhnoi with symptoms of whole-body ache, hot flashes, painful intercourse. After taking proper history of that patient, it was found that most of the other menopausal symptoms were also felt by the patient. The patient had short stature, obese built, weighing 72 kg. Her TSH level was within normal limit and other vitals were also stable.

Therapeutic Intervention:

Menopausal symptoms are felt mainly due to jara abastha and characterized by dhatu kshaya [2] and imbalance of vata and pitta. So, vata-pitta shamak treatment was planned. Along with that other symptomatic treatment was also planned.

Sl. No	Visiting Date	Number of Visits	Treatment Plan	Dose
1	15/01/2026	1 st visit	1.Brahmi Vati 2.Satawari Guda 3.Ashwagandha churna 4.Calci Guard Tablet. (Good Care) 5.V-Gel Ointment (Himalaya) 6.Meditation 7.Bhramari Pranayam 8.Anulom-Bilom Pranayam 9.Yogasanas: i.Padmasan ii.Bhujangasana iii.Setu Bandhasan	2 Pill BD 1 Tsf BD 1 Tsf with Milk HS. 2 Pill OD Locally Apply.
2	28/04/2026	2 nd visit	1.Brahmi Vati 2.Satawari Guda 3.Ashwagandha churna 4.V-Gel Ointment (Himalaya) 5.Meditation 6.Bhramari Pranayam 7.Anulom-Bilom Pranayam 8.Yogasanas: i.Padmasan ii.Bhujangasana iii.Setu Bandhasan	2 Pill BD 1 Tsf BD 1 Tsf with Milk HS. Locally Apply.

Results:

This study was purely based on symptoms. After around 3 months, patient came for revisit. Most of her symptoms were subsided during that treatment period. No evidence of adverse effect was reported by the patient. Ayurvedic treatment with meditation & yogasanas helped the patient for restoration of her physiological balance.

Discussion:

Rajonivritti is mentioned in Ayurvedic classics as a phase of woman's life. Every woman has to go through rajonivritti or menopause. Until & unless all the symptoms hamper the normal lifestyle of a woman, no intervention is required. In this study, patient came to OPD of 50 Bedded Ayurvedic Hospital, Dudhnoi with symptoms which had affected her day-to-day life. She came to OPD for Ayurvedic treatment only and a treatment plan was outlined accordingly. Brahmi is a medhya rasayan and is helpful for removing stress & anxiety. Brahmi makes the brain focused and has calming effect. It is useful for insomnia[2]. Satawari is a potent rasayan. It has antioxidant property and is useful for treating hormonal imbalance[6]. Ashwagandha acts as a stress remover and it can be used for increasing libido[1]. V-Gel ointment is a pure

herbal ointment and helpful for dyspareunia as it lubricates the vaginal passage. Calci Guard tablet was a natural Ayurvedic calcium supplement to support her bone health. Meditation helps the patient by providing calming mind. It changes brain's electrical activity by shifting the brain wave into calmer frequencies. It helps to release stress, anxiety, depression, insomnia and makes the person mindful. Yogasanas provides flexibility to the body and gives physical strength.

Conclusion:

Hormonal imbalance mostly produces those symptoms during menopausal period. Ayurvedic medication with Yogasana and meditation has a good impact on H-P-O axis. By regular use and practice of these, one can master to control psychosomatic symptoms. One can't use Ayurvedic medicines for a longer period but yogasanas and meditation should be practiced regularly and for the whole life.

Reference:

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