



# INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

( Peer-reviewed, Refereed, Indexed & Open Access Journal )

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 7.560 (SJIF 2024)

## Ayurvedic drugs in menopausal syndrome; a review

**Dr. Abhijeet A. Shinde**

Associate Professor,  
Striroga & Prasutitantra Dept.,  
Ashvin Rural Ayurved College, Manchi Hill, Ashwi Bk,  
Tal. Sangamner, Dist. Ahmednagar (Maharashtra, India)

DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doi/10.2024-48147176/IRJHIS2408004>

### **Abstract:**

*Menopausal syndrome is not a disease but a biological process. In this the women undergoes hormonal changes in accordance to the progressive age and exhibits some group of symptoms. It include physical as well as mental symptoms, collectively they are termed as menopausal syndrome. In Ayurveda it is termed as Rajonivriti, and its age is also specified in classics. The vitiation of Vata and Pitta are primarily responsible for the condition with Kapha Kshaya. Irregularities in menses, hot flushes, palpitation, anxiety, joint pain etc. are some of the symptoms and signs. Diet and lifestyle changes along with use of some herbs would give ease to the women in this phase. Here a review is done for the comprehensive Ayurvedic approach for addressing it.*

**Keywords:** Menopausal syndrome, Rajonivriti, Kapha Kshaya

### **Introduction:**

*Prakruti* – nature had bestowed women with the boon of recreation. The body structure and the physiology is aligned for the reproduction. Hormones play an important role in this journey of motherhood. In present corporate culture women are indulged in excessive work pressure and unhealthy lifestyle adoption. Working in shifts and sleep deprivation to achieve the never-ending targets had led to total deterioration of her health. Faulty food habits like excessive use of packed foods, overeating, disturbed times of meals, consumption of soft drinks and starving to lose weight has major impact on her physical as well as psychological health. It also tends to disturb her hormonal cycles. As the age advances the physical and mental ability to cop up with the ever changing pace of life is affected largely.

### **Menopause:**

The end of menstrual cycles in women is termed as menopause. It is the regular and natural part of women ageing in which the ability of ovaries to produce the new eggs are lost. It usually around 45 to 50 years of age. The hormones secreted by these ovaries, estrogen and progesterone are

also not secreted and cause various signs and symptoms in women body. Most women nearing menopause will begin experiencing vasomotor symptoms (VMS). The most common is hot flashes. During a hot flash there is a sudden feeling of warmth that spreads over the upper body, often with blushing, a racing heart, and sweating. These flashes can range from mild in most women to severe in others.

Other symptoms of menopause are -

Uneven or missed periods

Vaginal dryness

Sore breasts

Needing to pee more often

Trouble sleeping

Emotional changes

Dry skin, eyes, or mouth

In Ayurveda it is termed as *Rajonivritti*. Term *Rajonivritti* is made up of two words *Raja* means *Aartava* (menstruation) and *Nivritti* means ending so it is permanent cessation of menstruation resulting from the loss of ovarian follicular activity. It is confirmed by amenorrhea of consecutive 12 months. In *Sushrutasamhita*, the age of *Rajonivritti* is mentioned as 50 years. In this transit phase, the women physical as well as psychological state experience a great turbulence resulting in set of various mind body symptoms. To address this, a comprehensive approach of Ayurveda is been briefed which include lifestyle modification in accordance to Ayurveda on basis of *Aahara*, *Nidra*, *Vihara* (*Vyayama*) and use of some medication – *Aushadhi*. More or less the symptoms observed in menopausal state are largely related to vitiation of *Vata* and *Pitta Dosha*. Here there is *Kapha Kshaya*.

Ayurveda had mentioned many factors under different terms which can be useful in lifestyle modifying and will have positive effect on ones total health. This factors can also help to maintain optimum hormonal levels.

*Ahara* -*Aahardravya* are *Rasa Pradhan*, *Rasa* is nothing but taste types mentioned in Ayurveda. (*Madhur*, *Amla*, *Lavan*, *Tikta*, *Katu* and *Kashaya*) The quantity and frequency of food is decided by the health of ones *Agni* – digestive fire. So here under the section of *Aahar* we should emphasis on building optimum *Agni* and also taking food at proper times as per described in *Dinacharya* is essential. Here the vitiation of *Vata* is balanced by including foods in diet which are *Guru*, *Ushna*, *Bruhana*, *Madhura Rasa* and soothing in property.

*Vihara* – these are the set of rules which when followed leads to healthy body and mind. In this section the *Yoga* as prescribed in *Patanjali Yog sutra* are indicated with following *Yama* and *Niyama*. *Acharya Rasayana* and *Sadvritta Palana* is expected for calmness if mind. Practicing

breathing exercises and meditation for controlling thoughts and associated emotions.

**Aushadhi–**

In accordance to the severity and type of signs and symptoms, the use of following herbs as well as medicinal formulations can be undertaken.

**Single herbs:**

1. *Shatavari*
2. *Ashwagandha*
3. *Shatapushpa*
4. *Bala*
5. *Eranda*
6. *Bramhi*
7. *Shankhapushpi*
8. *Lasuna*
9. *Jatamansi*
10. *Mannuka*
11. *Haritaki*
12. *Kumari*
13. *Hadjod*
14. *Methika*

**Formulations:**

1. *Arjuna Ksheerpak*
2. *Soubhagya Sunthi Pak*
3. *Erand Pak*
4. *Sarivadyasava*
5. *Dadimadi Ghrut*
6. *Shatavaryadi Ghrut*
7. *Bramhi Ghrut*
8. *Chandraprabha Vati*
9. *Nagarjuna Abhra Rasa*
10. *Ashokarishta*
11. *Bramhivati*
12. *Lodhrasava*
13. *Kumariasava*
14. *Lodhrasava*
15. *Chawanprash Rasayana*



**Mineral drugs:**

1. *Kukkutand Twak Bhasma*
2. *Rajata Bhasma*
3. *Muka Bhasma*
4. *Praval Pishti*
5. *Pradarantak Loha*
6. *Abhraka Bhasma*
7. *Suvarna Makshik Bhasma*
8. *Vaikrant Bhasma*
9. *Kapardik Bhasma*

**Inference:**

If we go through the signs and symptoms of menopausal syndrome, we can categorize it in terms of physical *Dosha* or imbalance in mental plane. The use of these above mentioned drugs and formulations onto the *Lakshana* can be summarized as,

Hot flushes, increased acidity, anxiety, and insomnia – we can use *Shatavari*, *Ashwagandha*, *Mukta Bhasma*, *Abhraka Bhasma*, *Kapardik Bhasma* etc.

Palpitation, sweating, fatigue, restlessness – in this condition we can use *Nagarjuna Abhra Rasa*, *Sarivadyasava*, *Praval Pishti*, *Rajat Bhasma*, *Bramhi Vati*, *Arjuna Ksheer Paka* etc.

Loss of appetite, hair fall, joint pain, heaviness in body – in such cases we can use *Kumariasava*, *Lodharasava*, *Methika*, *Chandraprabha Vati*, *Kukkutanda Twak Bhasma*, *Erand Paka* etc.

Mood swings, feeling of unwell, emotional disturbance and other such *Manas Lakshana* can be addressed by use of *Bramhi Ghrit*, *Dadimadi Ghrit*, *Mukta Pishti*, *Jatamansi* etc.

Along with the use of these medications, the practice of Yoga and meditation can help to ease the condition.

**Bibliography:**

1. Acharya Shushruta, *Shushrut Samhita*, Edited by Dr. Anant ram Sharma, Chaukhamba Surbharati Prakashan Varanasi, Vol I,II,III, reprint 2010.
2. Vagbhata, *Ashtang Hrudaya*, edited by Dr. Bramhanand Tripathi, Chaukhamba Sanskrit Prakashan, Delhi, reprint 2009.
3. Acharya Charaka, *Charak Samhita*, edited by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakashan, Varanasi, Vol. 1, reprint 2009.
4. Dutta D.C. *Text book of Gynaecology*. 4th edition. Culcutta: New central book Agency LTD
5. Professor Dr. Premvati Tewari, *Ayurvediya Prasutitantraevum Striroga*, Part II *Striroga*, Chaukhambha Orientalia Varanasi, reprint 2005